

WAYS to HELP YOUR BRAIN limit the amount of visual info it must sort and process every time you look at your photo and canvas.

Work from a **black-and-white** source photo...

Make and use **windows, viewfinders, blinders...**



Turn your photo and canvas **upside-down** or **sideways**...

Use **cards, tape, or strips** of paper...

Cut your gridded photo **into pieces**, put them into an envelope or bag, and work from **one piece at a time**.

