

## Hopes, Wishes, Dreams Drawing

### Media:

- One sheet of 12 x 18 inch white drawing paper
- Oil or chalk pastels

### Directive:

- Close your eyes and imagine yourself before the start of the eating disorder. Remember what your important wishes, hopes, and dreams for the future were at that time. Think about where you imagined you would live, who you thought you would live with, and what sort of work you wanted to do.
- When a picture is in mind, portray it on paper.
- Please date and title the finished image.