



Big Sur, California 15x18" Acrylic on Linen

Richard Robinson

Find Your Style in 7 Days

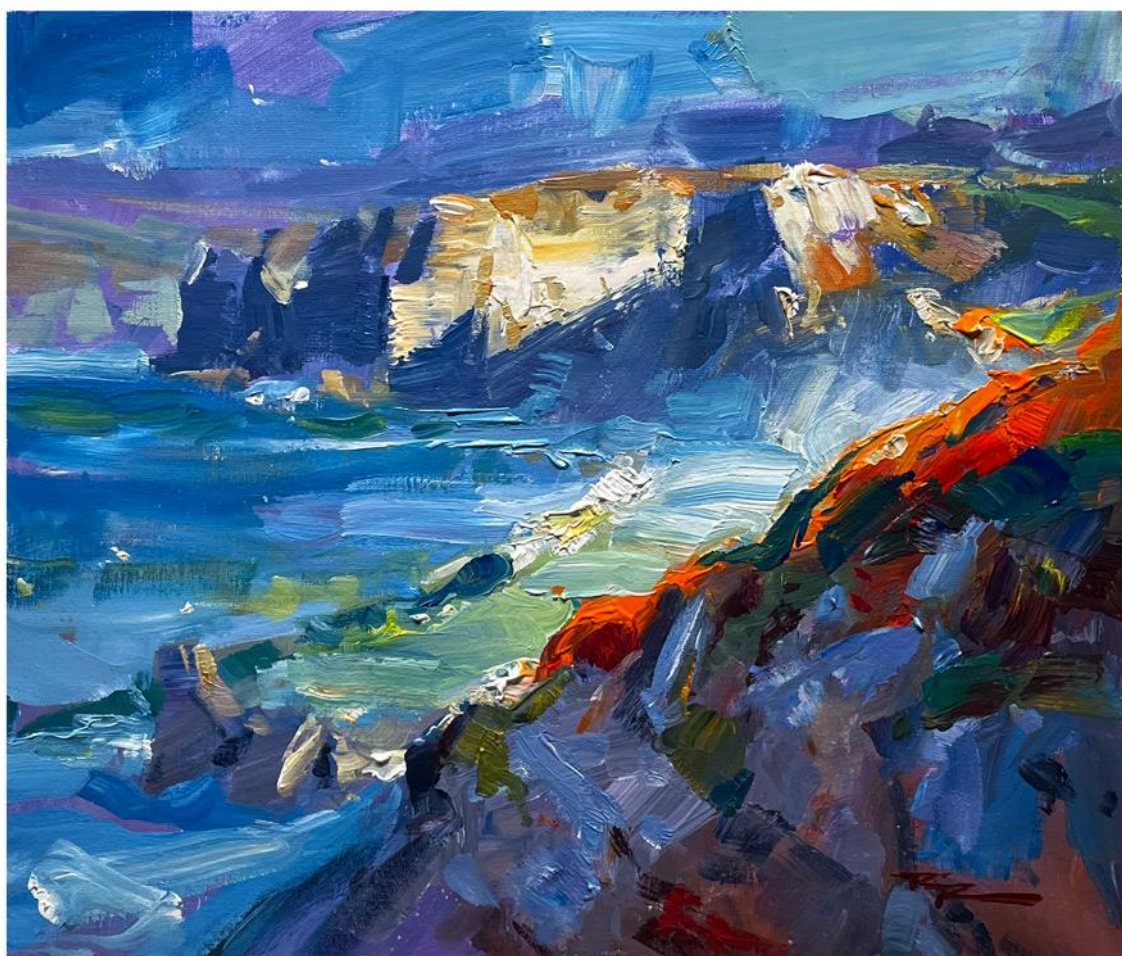
A step-by-step painting guide by Richard Robinson

Watch the full lesson at <https://mypaintingclub.com/lessons/230-Find-Your-Style-in-7-Days>

MY PAINTING CLUB

Introduction

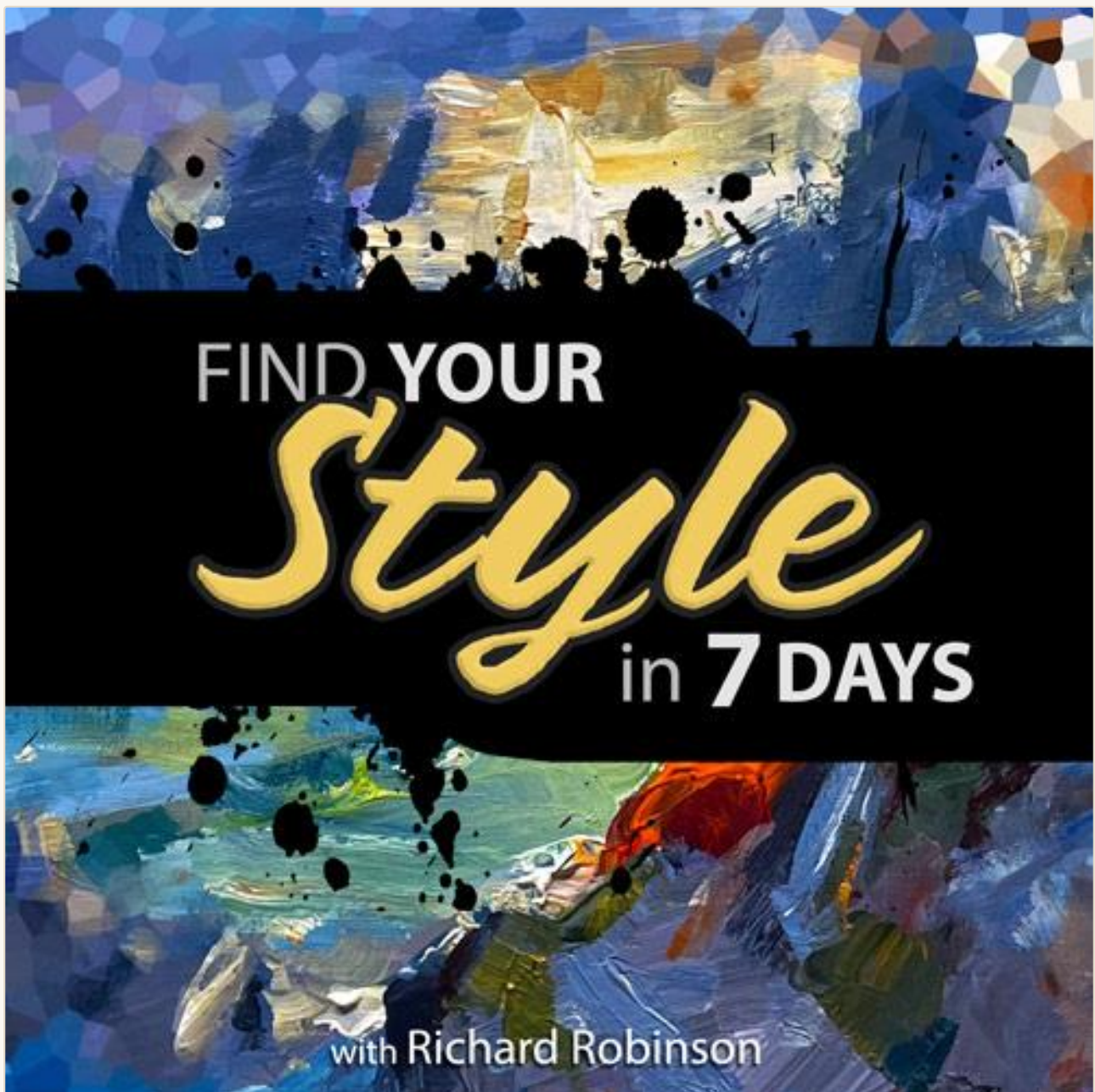
As you settle into your painting space, I invite you to find a comfortable position in front of your easel, perhaps with a cushion to support your back. Hold your favorite brush in hand, ready to embark on a journey of creativity and discovery. This chapter is about finding your unique painting style in just seven days, a process that traditionally unfolds over years. By leveraging the latest in Artificial Intelligence, we can reverse engineer the styles that inspire us, much like AI creates innovative artworks by blending multiple styles. This course is designed for artists of all levels, using any medium, and will guide you through a three-step process to develop your own style. You'll learn how to harness AI, understand the core elements of style—design, color, and texture—and ask the right questions to unlock your creative potential. This scene is rewarding because it offers a structured yet flexible approach to style exploration, allowing you to express your individuality while learning from the masters. As you breathe deeply and let go of daily distractions, focus on the present moment and the exciting journey ahead.



Big Sur, California 15x18" Acrylic on Linen

Richard Robinson

16x18" Acrylic on Canvas



REFERENCE PHOTO

The scene as Richard found it.

Materials

Gather these materials before you start. If you don't have the exact same supplies, use what you have and substitute freely.

YOU AND AI

- [Click to Download Course Notes \(30mb PDF\)](#)

ANALYSING A STYLE

- [Click to Download Course Notes \(30mb PDF\)](#)

MASTER COPY

- [Click to Download Course Notes \(30mb PDF\)](#)

BORROWING A STYLE

- [Click to Download Course Notes \(30mb PDF\)](#)

STEALING A STYLE

- [Click to Download Course Notes \(30mb PDF\)](#)

FRANKENSTYLE

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ITERATIVE PAINTING

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EXPLORING STYLE WITH AI

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NEXT STEPS

- [Click to Download Course Notes \(30mb PDF\)](#)

JOHN-SINGER-SARGENT

- Oil Paints
- Ivory Black
- Burnt Sienna
- Venetian Red
- Permanent Alizarine
- Cad Red Light
- Cad Orange
- Yellow Ochre
- Cad Yellow Light
- Phthalo Green
- Ultramarine Blue
- Cobalt Violet
- Titanium/Zinc White (Permalba White)
- Canvas
- Fredrix Ultrasmooth Canvas
- (Give it a light sanding first)
- Brushes
- [Rosemary & Co. Richard Robinson Brush Set](#)
- Gamsol by Gamblin
- Alkyd walnut medium by M. Graham
- Paper Towels

SOROLLA

- Oil Paints
- Permanent Green Light
- Phthalo Green
- Phthalo Blue
- Ultramarine Blue
- Cobalt Blue
- Quinacridone Violet
- Alizarin Crimson
- Cadmium Red
- Cadmium Red Light
- Cadmium Orange
- Yellow Ochre
- Cadmium Yellow
- Cadmium Yellow Light
- Titanium White
- Burnt Sienna
- Canvas
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1 Breathing and mental relaxation



Deep Cleansing Breath

Close your eyelids and take a deep cleansing breath in. Hold it for a few seconds, then release it slowly. This helps to calm your mind and body.

Controlled Breathing

Breathe in for a count of two, hold for one, and release for a count of four. As you exhale, let go of any thoughts from the day, allowing them to drift away with your breath.

Release Stray Thoughts

If a stray thought arises, let it drift away on your breath. Focus on the present moment and your breathing.

Return to Normal Breathing

After a few conscious breaths, let your breathing return to its natural rhythm. Observe your breath without trying to control or slow it down.

PRO TIP

Focus completely on each breath, coming in slowly through your nose and then slowly out, to enhance relaxation.

2 Physical relaxation



Release Tension from Your Head

Focus on the very top of your head and release any tension you might have there. Allow the relaxation to begin spreading gently.

Guide Relaxation Downward

Slowly move your attention down your head, feeling the relaxation spreading like warm water. Let it flow down your face, neck, and shoulders.

Relax Your Upper Body

Direct the relaxation through your chest and back, allowing any tension to melt away.

Soften Your Lower Body

Guide the relaxation through your stomach, the tops of your legs, and down over your knees.

Complete Relaxation

Let the relaxation continue down through your calves, ankles, feet, and toes until you are completely blissfully relaxed.

PRO TIP

Focus on each body part individually to ensure complete relaxation.

3 Maintaining focus and creativity



Refocus Your Mind

If any stray thoughts come into your mind, smile at them and gently return your focus to your breath. This helps maintain your concentration and keeps you present in the moment.

Breathe in Creativity

Breathe in joy and creativity, allowing yourself to pause and float with these feelings. This enhances your creative flow and prepares you to express it on the canvas.

Breathe Out onto the Canvas

As you breathe out, imagine releasing your creativity onto the canvas. Enjoy this process, as it is your time to create and express yourself.

PRO TIP

Smile at stray thoughts and gently refocus on your breath to maintain concentration.

Summary & Key Takeaways

Embark on your painting journey by first centering yourself through mindful breathing. Close your eyes and take deep, cleansing breaths to calm your mind and body. As you exhale, let go of any lingering thoughts, allowing them to drift away. This practice sets the stage for a focused and creative painting session.

Once your mind is calm, guide relaxation through your entire body. Start from the top of your head and let the sensation flow down, releasing tension as it moves. This physical relaxation prepares you to engage with your art fully, free from distractions and stress.

With a relaxed mind and body, maintain your focus and creativity by gently redirecting any stray thoughts back to your breath. Breathe in joy and creativity, and as you exhale, imagine your creativity flowing onto the canvas. This mindful approach not only enhances your artistic expression but also makes the painting process a joyful and fulfilling experience.

LESSON POINTS TO REMEMBER

- Focus completely on each breath to enhance relaxation.
- Release tension from the top of your head down to your toes.
- Concentrate on each body part individually for complete relaxation.
- Smile at stray thoughts and gently refocus on your breath.
- Breathe in joy and creativity to enhance your creative flow.
- Imagine releasing your creativity onto the canvas as you exhale.



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Student Critiques

Club members painted their own versions of this scene and I critiqued each one. Their paintings — and my feedback — are a wonderful way to see this lesson's ideas in action.

“Elmari van Zyl” by **Elmari Van Zyl**



Elmari van Zyl

Great work Elmari! Very accurate colour and drawing, rich brushwork and interesting textural variety. Lovely. Would just like to see a little more care in the foreground rocks. Consider the direction of the light and how that will shape the jetty as a whole and also each block. Be clear about the line at which the rocks enter the water. That could be achieved with a blue-green glaze at this point. Again, beautiful work.

“Fall Lighting” by Jorge Zamora



Fall Lighting

Hi Jorge, good on you for entering a different painting using similar ideas. Nicely done too. Interesting variety of texture and brushwork. You've made a good sense of light and shadow across the scene. The foliage has been nicely developed with multiple layers and you've captured that sense of dappled light. Personally I'd like to see the central main sunlit tree reflected a little more strongly in the water to add more exciting colour there, and I'd consider using blue greys in the distance on the left to indicate another layer of depth there into the far distance.

Great job.

"Sargent by Martha Waardenburg" by Martha Waardenburg



Sargent by Martha Waardenburg

Good effort Martha, I can see you've paid particular attention to the drawing and brushwork. Just three things I'd look at changing: The black boat need to extend further left to be the right size for that big sail. The foreground rock wall is making a pattern of shapes that are too similar. Similarly, the four trees behind the building are shaped and placed in a pattern, as are the four windows. In short, avoid making patterns because they are less interesting than off-beat rhythms.

“Martins Sargent” by **Martin Soja**



Martins Sargent

Some great work in here Martin. I love how you've taken care with the modelling of the foreground wall and the drawing overall is very good. I'd like to see you take another shot at the reflections of the yellow sail in the water. Don't be afraid to scrape off and try again to you're fully happy with it. The hull of the white boat should be slightly deeper and bring the reflection of the sail there a little closer to the boat too.