

*sketchbook*  
**SIRENS**

*A COLORING BOOK*



*by* KAMMIE KOBYLESKI

sketchbook  
**SIRENS**  
*A COLORING BOOK*

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Original artwork, concept & designs by Kammie Kobyleski.  
Artwork adapted for coloring book by Meredith McCreight.

KAMMIEK.COM



Honor

the

or



Create  
the  
things  
you wish  
existed

The text is written in a highly decorative, cursive script. The word 'Create' is at the top, followed by 'the' on the next line. 'things' is on the third line, and 'you wish' is on the fourth line. The final line is 'existed'. The letters are embellished with various patterns: some have small circles, others have diagonal stripes, and some have scalloped edges. There are also floral motifs, including roses and small flowers, and leaf-like shapes interspersed between the words. Small circles and dots are used as decorative accents throughout the text.







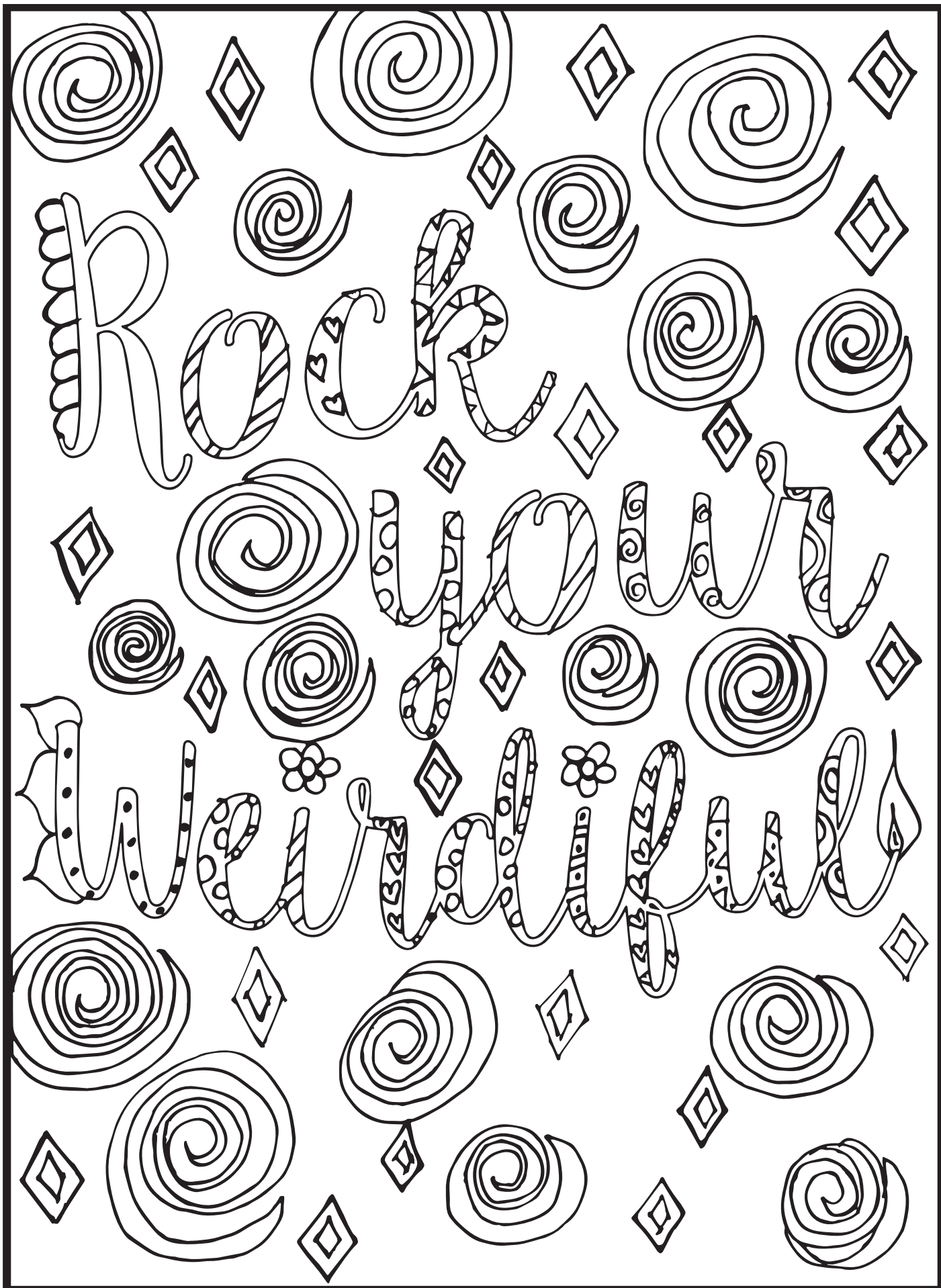


Live love.

Express joy.

Simply inspire.







sing  
your song ...

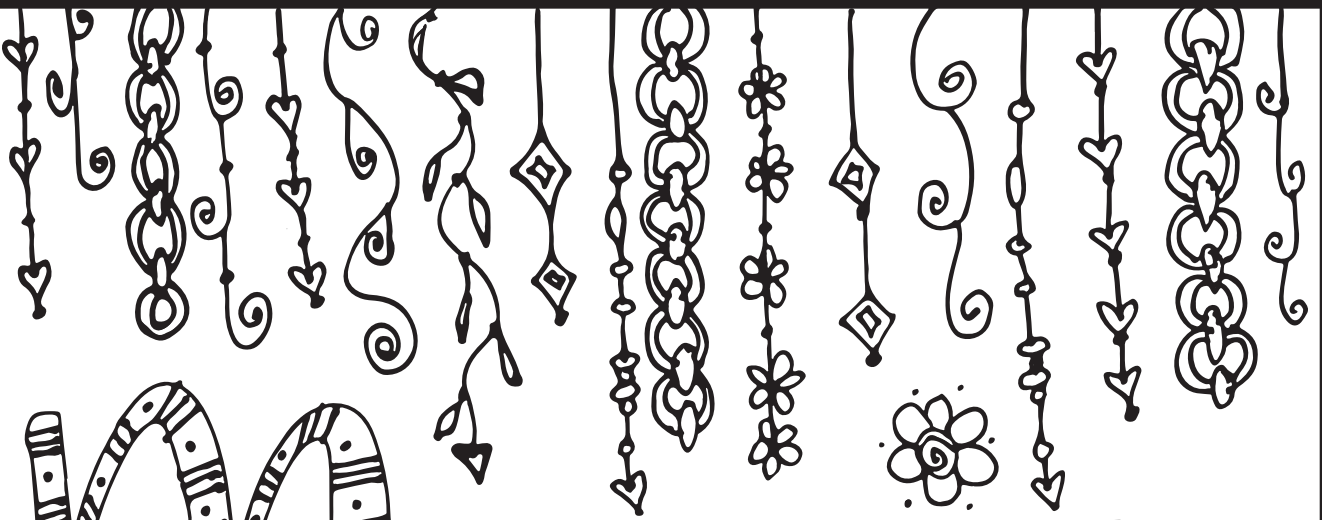




Thank  
you  
is a  
prayer







name

is a

nickname

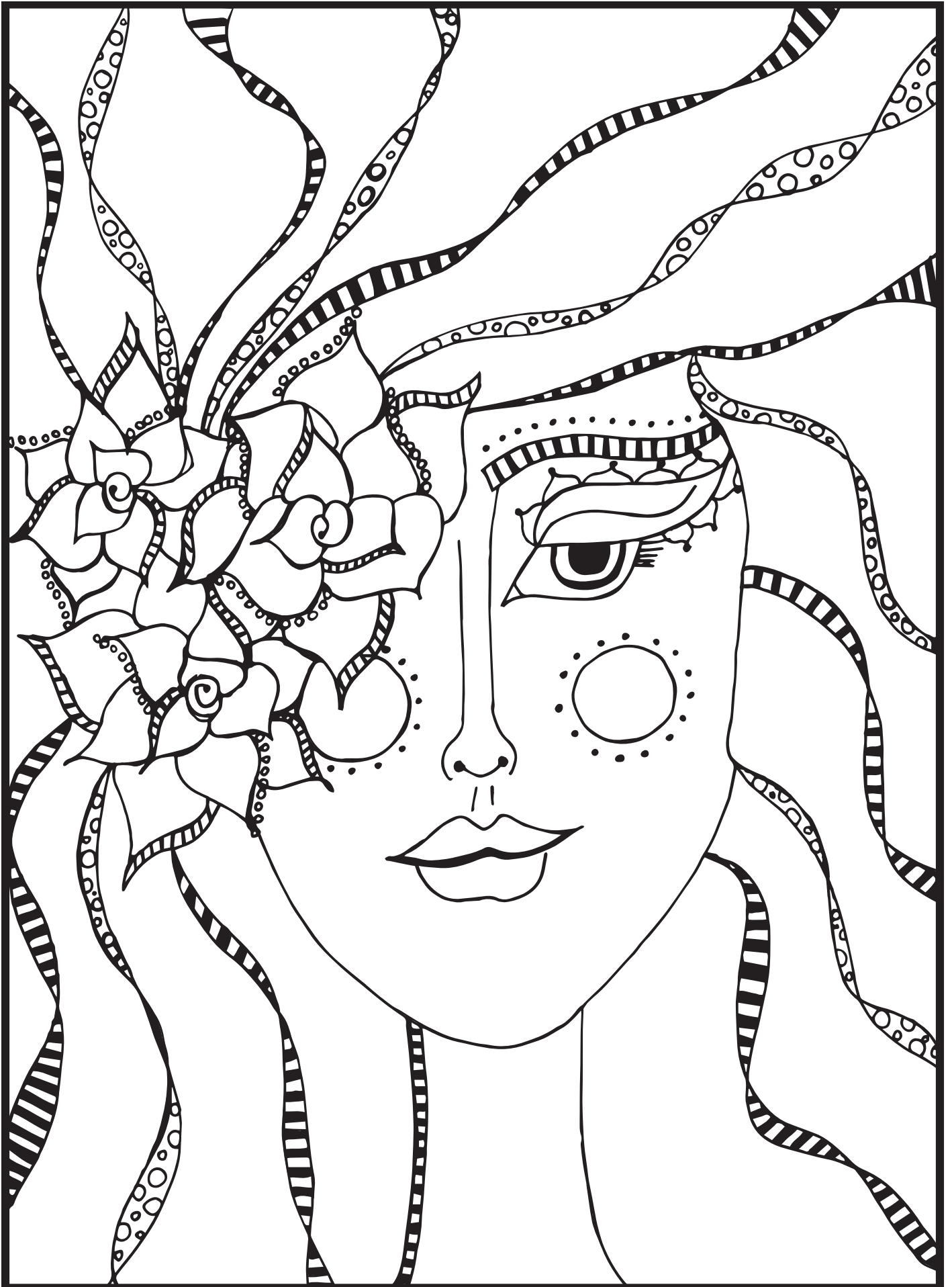


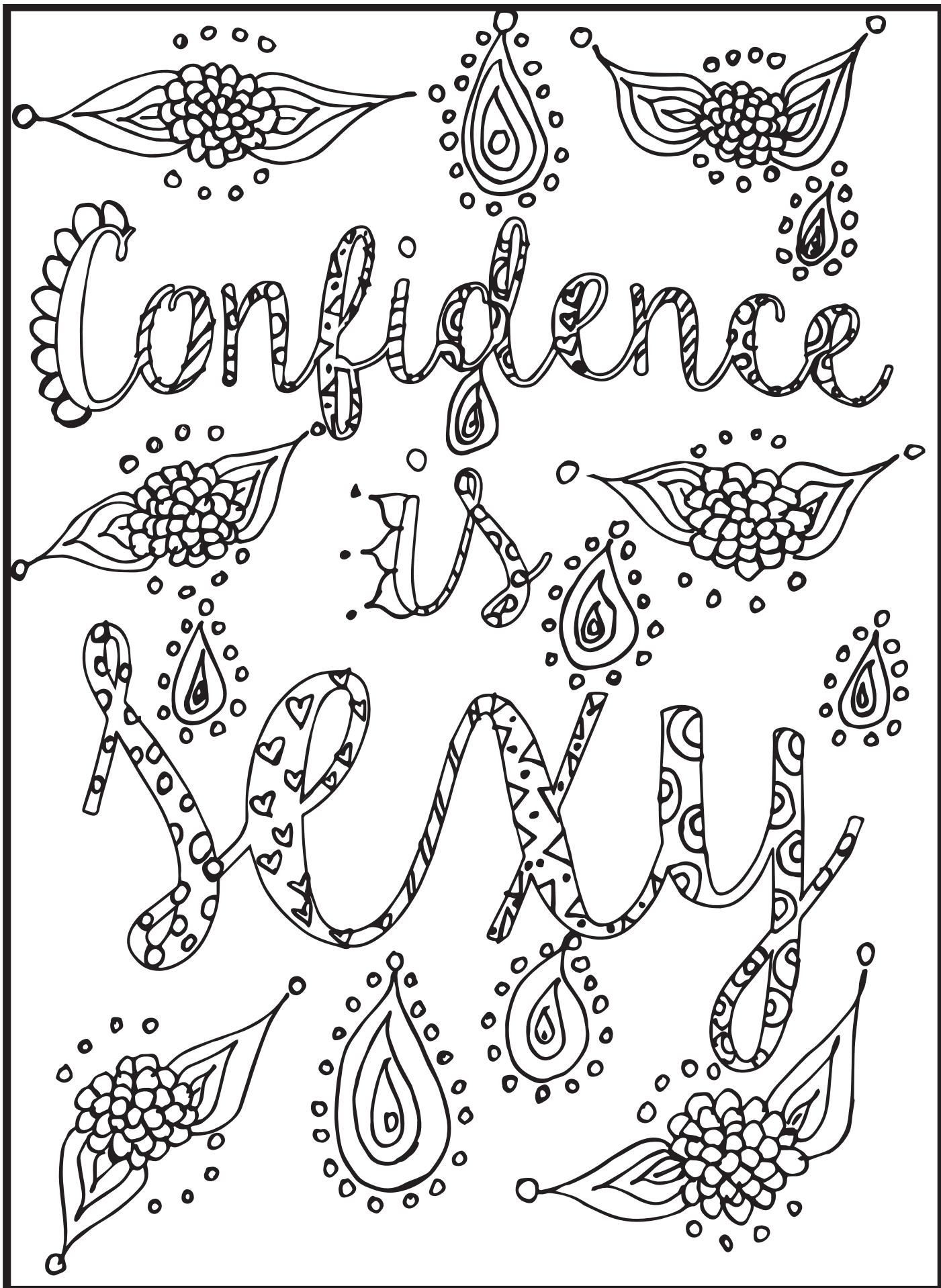


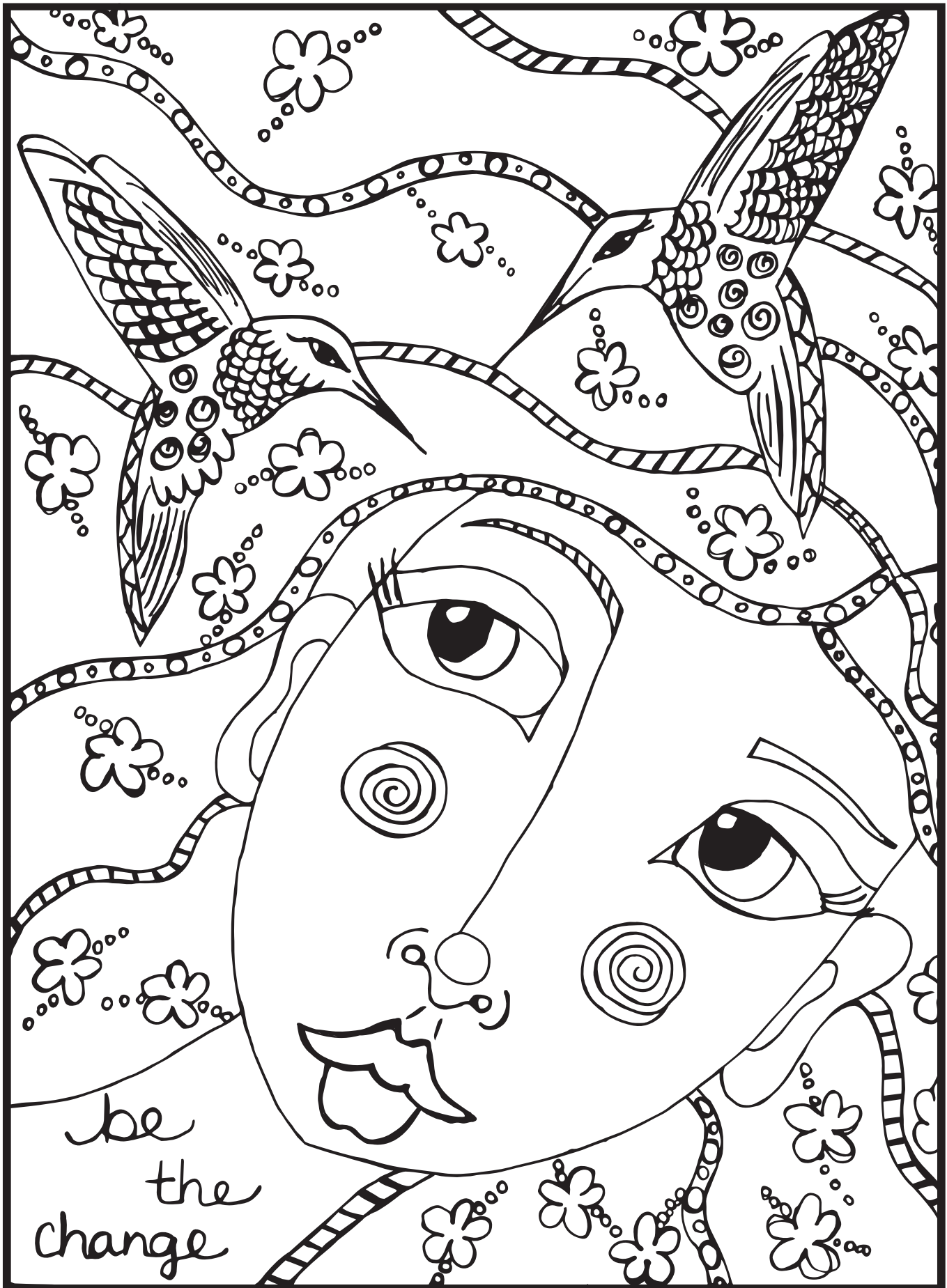


Life  
is  
Art

Create audaciously







## LIFE IS ART...CREATE AUDACIOUSLY!

*"I think everything in life is art. What you do. How you dress. The way you love someone, and how you talk. Your smile and your personality. What you believe in, and all your dreams. The way you drink your tea. How you decorate your home. Or party. Your grocery list. The food you make. How your writing looks. And the way you feel. Life is art."*

HELENA BONHAM CARTER

I'm obsessed with this quote from Helena Bonham Carter. I've adopted it as my mission statement. It so eloquently captures how I "do" life. It's also how I encourage others to "do life," too.

Here's why. Near the end of 2012, I had this over-the-top, crazy desire to PAINT. But I hadn't taken an art class since high school. I've been a writer, speaker, marketer, teacher and coach – but ART? Nuh. Uh. Nope. Not me. ART was always for "other people."

For most of 2012 (just before my 40th birthday), I couldn't shake the intense desire to get messy with paper, and paint, and glitter. I didn't know the difference between oil, watercolor and acrylic and was confused where to begin. Around that same time, I had a reading with a psychic. The first thing she said to me was, "You need to paint." (Ask me to tell you that story in person!)

That was the kick in the pants I needed to pick up a paint brush and give it a go. Two weeks later, I created my first series of mixed media paintings. In April 2014, I had my first art show, at which I was surprised to sell several original paintings—not to mention cosmetic bags, journals, and greeting cards I had designed from my paintings.

The images in this coloring book were some of the first sketches to emerge after that wild reading. Totally self-taught. No art degree. Just a desire and divine intervention. I continue taking classes to learn new techniques and discovering what untapped inspiration is hiding under the fear.

Creating art has been the scariest and most liberating thing I've ever done. It has opened up new channels of joy, inspiration, impact and connection with others. Art can touch people and resonate with them in ways that words can't.

Whether I'm writing or teaching, coaching or creating art, it's my mission to Inspire. Educate. Empower. I want to make an impact. In the world. In a positive way. I believe in YOUR potential to live the most amazing, kickass, joyful life you desire.

Shine on sweet soul. Shine on.

XO,

kammie k.



# sketchbook SIRENS

*A COLORING BOOK*

Sketchbook Sirens is a lovely coloring book that helps you relax while creating beautiful images for framing, gifting or sharing! This book is a collection of my original sketches from 2014 to 2017, and it is art straight from my heart to YOU.

Stressed out? Need to take a break from all of your electronic devices? Want to quiet your busy mind? Coloring not only relaxes you, but also helps you tap into that “flow” state. There’s no better way to unwind from your busy day than to color these gorgeous works of art.

I encourage you to make them your OWN!

Have fun exploring these whimsical babes, circles, flowers, zig-zag’s and paisleys. Use your favorite colored pencils, markers or crayons and enjoy tuning into these good vibes.

There are 12 individual “girls” and 10 pages of uplifting quotes to help you create your very own, unique masterpiece and elevate your mood.

Enjoy your Sketchbook Sirens coloring book. Tune in and let it flow!

XO,

kammie k.