

FREE OBSERVATION PRACTICE

Seven Days of Looking Closer

A pencil. One object. Ten unhurried minutes.

You do not need a perfect drawing. You need one specific thing to notice, one small study to make, and one change to try next time.

Before you begin

Choose a simple object: a cup, a leaf, or a piece of fruit. Gather plain paper, a pencil, and an eraser. Keep the object and your light in the same position when you repeat a study.

Use this plan

Work through one day at a time. The timing is a suggestion, not a target. Write a short observation on the lines after each exercise. If an exercise feels difficult, simplify the object and repeat it.

Useful companion: The Art of Seeing

Read the free guide at lurexen.com/learn/the-art-of-seeing/

Original LUREXEN exercises. No purchase or email required. For personal practice; not an accredited course or a promise of progress.

DAY 1 / ABOUT 10 MINUTES

Start with the outer shape.

Notice the width and height before you draw details.

1. Look at your object for a full minute. Find its widest point, highest point, and lowest point.
2. Mark those three landmarks lightly. Join them with a simple outline; leave texture and shading out.
3. Hold your drawing beside the object. Compare the overall height-to-width relationship.

Check: Which part is too wide or too narrow? Circle one area to adjust.

DAY 2 / ABOUT 10 MINUTES

Draw the space around it.

Use an empty shape to check the object without naming its parts.

1. Choose one clear empty space: the opening inside a handle, or the gap between a leaf and its stem.
2. Sketch that empty shape first. Add only the nearby edges needed to place it.
3. Compare the empty shape in the drawing with the real one. Adjust its angle or width.

Check: Can you describe the gap as a shape, rather than as a cup or a leaf?

DAY 3 / ABOUT 10 MINUTES

Compare two angles.

Trade a remembered symbol for a measured direction.

1. Choose two edges: a tilted stem and a leaf edge, or the two sides of a cup.
2. Hold your pencil at each observed angle without changing your viewpoint. Put two light guide lines on paper.
3. Build a small outline around those guides. Compare again before adding detail.

Check: Did one edge become more vertical or more horizontal than it really is?

DAY 4 / ABOUT 10 MINUTES

Separate light from shadow.

Find the large value groups before small surface marks.

1. Squint at the object under one steady light. Identify the main light area and main shadow area.
2. Draw a small outline. Leave the light area as paper and shade the shadow area with one even tone.
3. Step back. If the form reads clearly, resist adding more detail for now.

Check: Does the shadow shape help show volume, or does it look like an unrelated patch?

DAY 5 / ABOUT 10 MINUTES

Choose three useful details.

Include only details that explain the object.

1. Make a quick outline. Choose three features that explain structure: a rim, a fold, a main vein, or an overlap.
2. Add those features with light, deliberate marks. Ignore tiny texture.
3. Compare the drawing with the object and remove a mark if it confuses the shape.

Check: Would the object still be clear if you removed one of those details?

DAY 6 / REPEAT WITH ONE CHANGE

Make a second small study.

Repeat Day 1 or Day 4 with the same object and light. Choose only one change: a narrower outline, a clearer shadow shape, or a lighter first line. Compare both studies. Write what changed, not whether the new drawing is "good".

DAY 7 / NOTICE WHAT YOU NOW SEE

Look before you draw again.

Observe for two minutes, then make a five-minute study. Compare it with Day 1. Name one observation you missed earlier and one question you still have. Keep both drawings: they are records of decisions, not a score.

My next practice will focus on:
