

# THE HAPPY HABIT Planner - SUPPLIES LIST

By Mónica Linares

## A basic supplies list for those wanting to start painting daily(ish)

Easel ([I prefer a standing easel](#) ). But use whatever you already have!. If you don't have one, you could start by using a 2" 3-ring binder, and tape your panel to the binder, so you create an inclined table.

I love flat brushes, I would start with sizes #2 to #8 (Silver Bristlon is the brand I use) and one signing brush (#0 or #00)

A split primary palette is all you need. That means a warm and a cool of each primary color plus white. If you are going to paint a lot of pink subjects...I would add magenta:

Lukas, Golden or Liquitex acrylic paint:

- Cadmium Red deep
- Alizarin Crimson
- Cadmium Yellow
- Cadmium Yellow light or Lemon Yellow
- Ultramarine Blue
- Pthalo Blue or Cerulean Blue
- Titanium White
- Quinacridone magenta (extra)

One roll of paper towel

Water Spray

Palette: I like the stay wet [Masterson palette](#) , the big one. Palette measures 16"W×12"D. If you don't have it or don't want to invest on this yet, a paper palette works too, a big one!

As many small (5x7", 6x6") panels you want. Get 30 at least so you don't have to stop frequently because you ran out of panels

I use 6×6 inches masonite un-primed panels. They are the least expensive, perfect to avoid resistance to paint because we don't want to ruin a very expensive substrate.

1 [view finder](#)

1 Color wheel