

SPIRIT ANIMAL PAINTING TUTORIAL:

Cheetah



A stylized, cursive signature in black ink, consisting of a large 'A' followed by a series of loops and a horizontal line.

www.amyyeagerjorge.com

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How to use this guide

Keep it super simple:

You can follow this guide in order, or jump to what you need:

1. Gather your supplies
2. Try the qigong warm-up
3. Listen to the guided meditation
4. Watch the acrylic paint tips and set up video
5. Begin the painting tutorial video



Let's have fun!



Gather your supplies

Brushes

1" Flat Brush or large brush
#2 Angled Brush or medium brush
Small Liner Brush or small brush

Paint Colors, any acrylic paint brand

Yellow, Ivory/Buttermilk, White
Blue
Black, Orange
Turquoise
Burnt Sienna, optional Metallic Gold

Other Materials

Canvas, 8x10 inches
Cup of water
Paper towels
Palette (or disposable plastic plate)
optional spray bottle
optional easel

You are welcome to use any acrylic paints and brushes you already have at home. If you'd like, here are a few similar supplies I'd recommend from Amazon or craft store. Michael's always has coupons as well!):

- Acrylic Paint Set, Buttermilk, Burnt Sienna (Michael's less expensive than Amazon, Gold paint, canyon orange.)
 - 8"x10" Canvas
 - Brush Set
-

Getting Your Sketch onto Canvas

To make this process easier, a printable outline of animal is included on the following page.

Use this printable outline to transfer the animal design onto your 8" x 10" canvas.

HOW TO TRANSFER THE SKETCH

- ① Print this page at 100% size (Actual Size).
- ② Turn the page over and lightly shade the back of the outline with a soft pencil.
- ③ Place the printout on your canvas and secure it with painter's tape.
- ④ Trace over the outline with a pencil or ballpoint pen.
- ⑤ Remove the paper to reveal the transferred sketch.
- ⑥ Lightly reinforce any lines if needed.

IMPORTANT REMINDERS

♥ Keep your sketch simple:

Focus on the main shapes and proportions. There is no need to include every small detail.

♥ Sketch lightly:

Use a light touch so any visible pencil marks can easily be covered with paint.

♥ Trust the process:

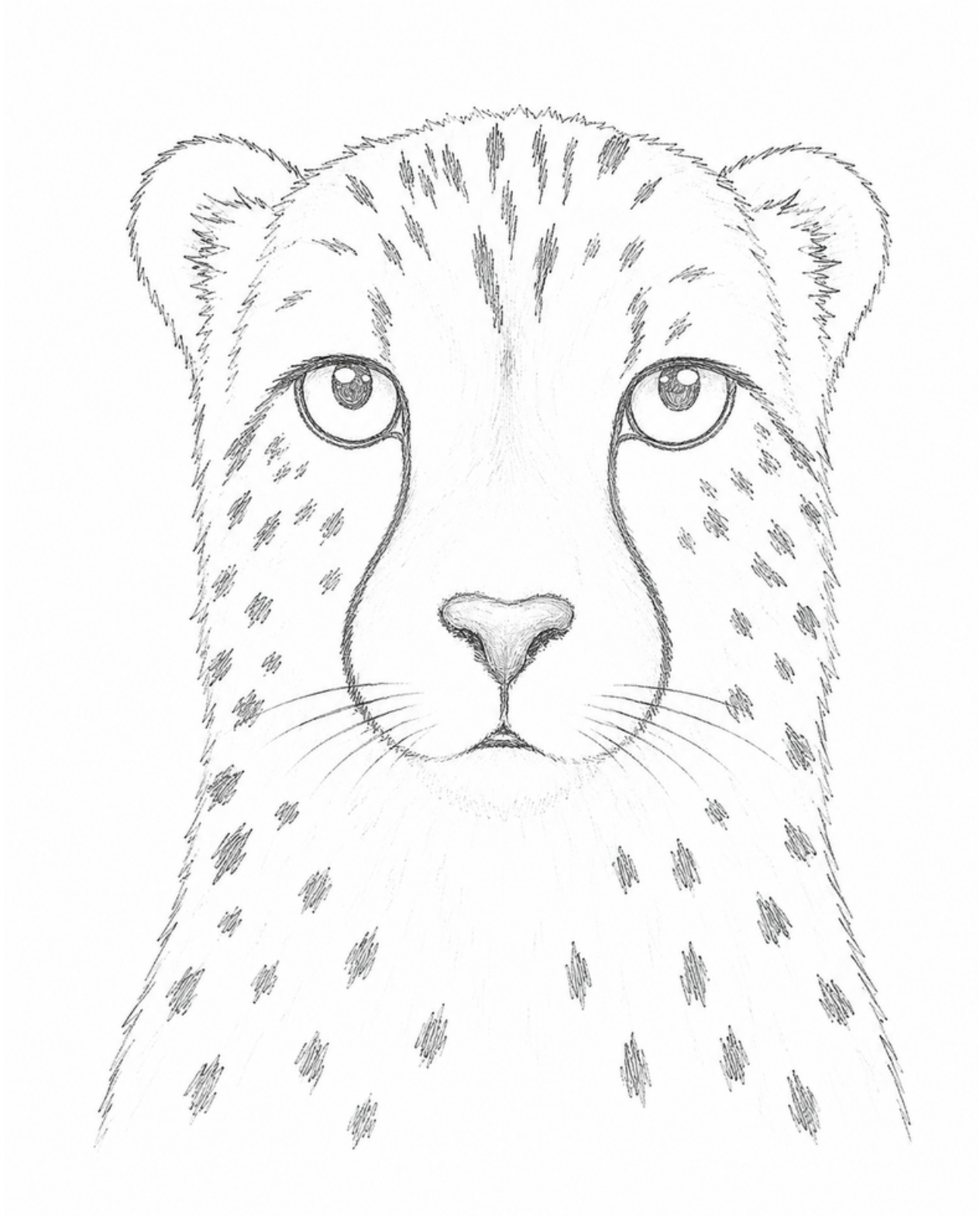
The sketch is simply a guide. Details, texture, and personality will develop as you paint.

ALTERNATIVE TRANSFER METHODS

- Use graphite transfer paper.
- Project the image onto your canvas and trace.
- Draw freehand using the outline as a reference.

Cheetah Sketch Transfer

No need to sketch all of the spots or whiskers,
we will add those later with paint.



General Tips

This short video shares some general suggestions
when working with acrylic paint:

1. The brushes: **small, medium, or large** sizes. A medium/small angled brush may be helpful but not necessary.

They may be referred to as 1" or liner brush, but there are simply 3 sizes.

1. Work in **layers**, building upon coat after coat of paint.

2. **Pause** the tutorial often and stand to take breaks.

3. Play your own favorite **music** if you'd like.

4. Light a nice candle or **set the room** for calm joy.



Watch 

Click for the general painting set up tips and suggestions video.
(7:30 minutes) This is **not** the actual animal video.

A moment to create.

Take a breath.

There's no rush here.

This painting is not about perfection.

It's about enjoying the process and letting something beautiful emerge.

Allow your brush to move freely.

Trust each step.

You don't need to be an expert to create something meaningful.

Have fun and when in doubt, shake it out!

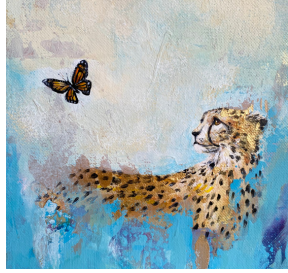
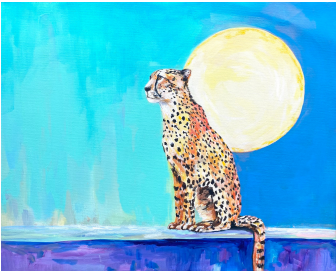


Unwind 

[Click](#) for Gentle seated warm up.

This simple 5 minute qigong warm up can help ease tension and prepare your mind and body for a deeply relaxed painting experience.

Image Inspiration



Cheetah Symbolism:

The cheetah is a symbol of focus, confidence, and trusting your natural timing. Although known for its remarkable speed, the cheetah teaches us that wisdom comes not from constant movement, but from knowing when to rest, observe, and act.

Those drawn to the cheetah may be encouraged to move through life with clarity and purpose, trusting their instincts and conserving energy for what truly matters.

Trust your instincts, honor your pace, and
move forward with purpose.

Reflection while painting:

Where are you being invited to trust your own timing instead of forcing the next step?

What helps you feel focused, confident, and aligned with your natural path forward?

Guided Meditation

Get comfortable in a chair, floor, bed, or wherever your body can relax and let go. This short guided meditation will help you connect to the cheetah spirit animal before painting. Feel free to listen again at any time in the future when you're needing a little reminder on how to feel this calm energy.



SPIRIT ANIMAL *guided meditation*

Listen: 

[Click for Guided Meditation for Cheetah Spirit](#)



Start Painting



Watch 

[Click for the Cheetah Video Tutorial.](#)

Thank You for Creating!

You showed up.
You created something from nothing.
Your painting doesn't need to be perfect,
it's a reflection of your moment, your energy, your expression.



Cheetah Spirit Animal Guide
Print this page to keep with your or rest in your journal
to use as a reference and as a reminder to invite
more joy and lightness into your life.

I would love to see what you created.
Tag me or share your piece, every version is unique.
Instagram @amyyeagerjorge

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