

♥ heartstories

Gilded Ink GNO

HOSTESS GUIDE

an alcohol ink &
gold leaf painting girls night

featuring





HELLO & welcome

Hey Sister! We see you working your tail off to be the most amazing mother, wife, friend and contributor to this world that you possibly can. And sometimes you feel discouraged when you can't keep all of those plates spinning as fast as you'd like. Girl, it's stressful! On top of that, as much as you'd love to get time with your girlfriends and feel like you're investing in yourself, who has the time (or energy) to plan & coordinate a night out?

It's easy for women like us to chalk it up to being a season of life we just have to endure. But you know you're meant for more. HeartStories is on a mission to replace the worn out stories in your mind with love. By acknowledging we are all in this together, we're establishing new ways to support each other. Together, we're improving the way women think, love, and live. Are you ready for a new story? Let's dive in to more love...

Crystal & the HeartStories Team



Girls Night Made Easy!

Here's a brief overview of what you can expect throughout this joy-filled Girls Night Out experience!

1

Enjoy a warm welcome from Crystal, followed by a guided meditation to open your heart.

2

Get a front row seat to an exclusive interview & connect through storytelling.

3

Have fun creating beautiful artwork with Chelsey Rogers of ColorHype!



SOMETHING TO TALK ABOUT *how Storytelling works*

This is our favorite part of Girls Night - we call it "Gossip Time!" Don't worry, it's GOOD gossip - the kind where personal stories are shared, and the most authentic connections are made! During your storytelling session, you'll hit the "pause" button on the evening for a few minutes to connect on a deeper, more meaningful level with your girlfriends.

"A connection is the energy that exists between two people when they feel seen, heard and valued ..."

• UNKNOWN •



Frequently Asked Questions

What will I need to do to prepare for hosting an event?

Hosting a HeartStories GNO can be as simple or "to the nines" as you want it to be! We have women who go all out with decorations and themed meals, while others show up with pizza, messy buns and yoga pants. The level of prep is up to you. Just remember to invite your girlfriends!

What supplies do I need for this event?

Our goal is to make GNO as easy as possible, so we've provided a clickable Shopping List in this guide with links to everything you'll need for a fun, successful event!

How do I access my Girls Night event?

Your confirmation email includes instructions on how to access to your virtual GNO on Demand event. Please refer to the steps provided to view your video.

How long do I have access to an event after I purchase it?

Once you've purchased a GNO on Demand event, it's yours to use over and over again! This means you can host multiple Girls Night events with different groups. More gatherings = more connections!



Frequently Asked Questions

Can I stream the event on my TV?

If you have a smart TV, you can mirror your screen from your laptop or phone. If you don't have a smart TV, try connecting your TV to your computer with an HDMI cord. Please refer to your TV manual or [click here](#) to learn how.

Can I interact with other attendees in real-time?

Due to the pre-recorded nature of our On Demand events, our live chat feature will not be available. If you're gathering virtually for this event, we encourage you to use FaceTime, Marco Polo or a similar communication tool to interact with your girlfriends.

Will I be able to get technical help during the event?

While we do not currently have an IT Department, we *will* do our best to assist you with minor troubleshooting issues that may arise during your On Demand event. We encourage you to test your video and internet connection prior to gathering to ensure a seamless experience. Should you experience any technical difficulties, please message us on [Facebook](#) or [Instagram](#), and we will respond as soon as possible!



SHOPPING LIST

Recommended Supplies & Materials



- [ColorHype Gilded Ink GNO Alcohol Ink Painting Kit](#)
 - Order ONE (1) kit per person
 - Choose from a variety of color combos
 - Discounts available when you purchase multiple kits
 - Hostess Kits include 6-pc. Acrylic Ornament Set



- [Romanstile Rectangle Tablecloth 60 x 84 inch - Waterproof and Wrinkle Resistant Washable Polyester Table Cloth for Kitchen Dining/Party/Wedding Indoor and Outdoor Use Table Cover \(White\)](#)
 - **OPTIONAL:** purchase extra covers separately if needed



- [PANCLUB Foam Brush Set I Sponge Brush Paint I 1 Inch](#)
 - **OPTIONAL:** purchase extra brushes separately if needed



- [Ampersand Gessobord Gesso Wood Painting Panel: Museum Series Gessobord, 12" x 12", 1/8 Inch Depth](#)
 - **OPTIONAL:** purchase extra boards separately if needed



Gilded Ink GNO

Chelsey's Tips & Tricks

SPACE

PREPARE YOUR SPACE

Alcohol inks will stain surfaces easily, so be sure to set up your workspace in a place where messes are okay.



BREATHE

BREATHING ROOM

The inks can emit a strong smell, so make sure your space is well ventilated. Outdoors or in a large room with a fan is ideal.



SAFETY

SAFETY SISTER!

Alcohol inks are flammable. Please use them away from open flames like candles, stovetops and fireplaces.



GRACE


DITCH PERFECTION

This workshop is all about embracing & finding beauty in our imperfections. Relax, have fun and let the creativity FLOW!




Gilded Ink GNO


Conversation Cards




Are you an "artsy-fartsy" person?




What's something in your life that always needs to be/feel perfect?



Which area of your home will showcase the art piece you create tonight?




What's something "messy" you're working through right now?




Have you ever been to an art exhibit?




If you could have a piece of art commissioned for free, who would paint it for you?



Share an experience when perfectionism backfired on you.



If you could name your artwork, what would you call it?



Why did you choose the ink colors in your kit?





Cheers to girlfriends, creativity and imperfection!

Special thanks to our Featured Guest, Chelsey Rogers, for leading us! Chelsey owns ColorHype - a painting class company located in Dallas, Texas specializing in "In Person" classes, virtual classes and DIY art kits. Classes focus on fun, abstract mediums to keep the stress low and the fun maxed out! Chelsey loves to inspire others to chase their dreams and sharing tips that helped her along the way.

Thank you for joining us for this girls night of fun, creativity and inspiration! We hope you are leaving tonight feeling refreshed, uplifted and inspired to embrace the imperfections that make you uniquely you!



Follow us on social media to stay up to date on all things HeartStories!

To More Love,

Team HeartStories



WHAT'S NEXT ?!?

Sign up for your next Girls Night Made Easy at [GNOatHome.com!](https://GNOatHome.com)

SIGN UP