

Self-portrait evaluation and building your skills step-by-step

د ځان انځور ارزونه او ستاسو مهارتونه گام په گام وده کول

Proportion and detail: Shapes, sizes, and contour

تناسب او توضیحات: شکونه، اندازې، او کنټور

Shading technique: Deep black colours, smoothness, and blending

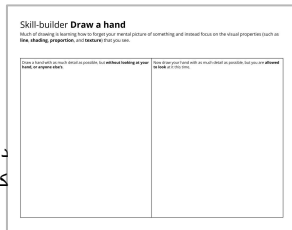
د سیوري کولو تخنیک: ژور تور رنګونه، نرموالی، او مخلوط

Composition: Complete, full, finished, and balanced

ترکیب: بشپړ، بشپړ، او متوازن

- ☐ **1.** Learn the difference between **looking and seeing**.

د لیدلو او لیدلو ترمنځ توپیر زده کړئ.



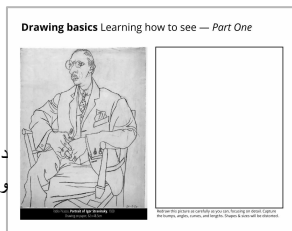
- ☐ **7.** Practice drawing it **all together**.

دا ټول په ګډه رسم کړئ.



- ☐ **2.** Improve your ability to **see** and **draw details**.

د توضیحاتو لیدلو او رسم کولو وړتیا ته وده ورکړئ.



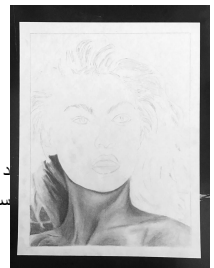
- ☐ **8.** Choose a **reference photo** with good **lighting**.

د ښه رڼا سره د حوالې عکس غوره کړئ.



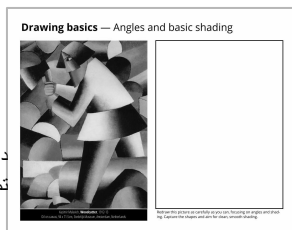
- ☐ **12.** Shade the **lighter** parts of the **shirt and neck**.

د کمیس او غاړه روښانه برخې سیوري کړئ.



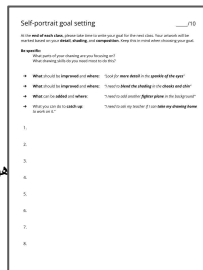
- ☐ **3.** Practice **drawing angles** and **shading**.

د انځور کولو زاویې او سیوري تمرین کړئ.



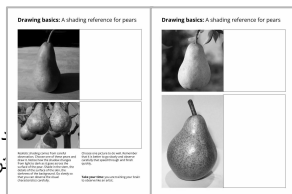
- ☐ **9.** Write one goal each day.

هره ورځ یو هدف ولیکئ.



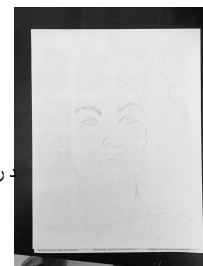
- ☐ **4.** Practice **blending** to make things look **3D**.

د مخلوط کولو تمرین وکړئ ترڅو شیان 3D ښکاري.



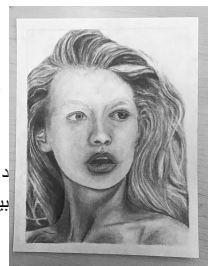
- ☐ **10.** Trace a **light outline**.

د رڼا ځاګه تعقیب کړئ.



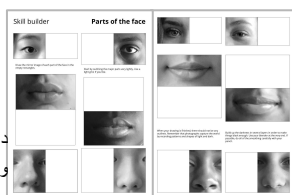
- ☐ **14.** Shade the **dark** parts of the **face**, then the **lights**.

د مخ توري برخې سیوري کړئ، بیا رڼا.



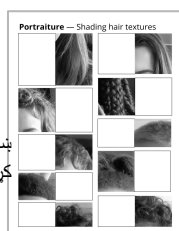
- ☐ **5.** Practice drawing **parts of the face**.

د مخ د برخو انځور کولو تمرین وکړئ.



- ☐ **6.** Improve how you draw **hair textures**.

ښه کړئ چې تاسو څنګه د ویښتو جوړښت رسم کړئ.



- ☐ **11.** Shade the **darkest** parts of the **neck and shirt**.

د غاړې او کمیس توري برخې سیوري کړئ.



- ☐ **15.** Shade to **connect** the parts, & **find improvements**.

د برخو سره نښلولو لپاره سیوري، او پرمختګونه ومومئ.

