

10 Creative Mindsets

1. Give yourself permission to make it imperfect and find beauty in imperfection.

2. Don't overthink it, listen to your creative intuition and allow yourself to PLAY.

3.

Creating isn't always blissful or smooth sailing. Frustration, doubt and struggle are a natural part of the Creative Process. Keep going!

4.

Get messy, don't be afraid to be spontaneous & try new things.

5.

If there is something you're not happy with, pause and look for the creative gems. Ask yourself, "What part of this piece do I like so far?"

6.

Follow your curiosity versus fear. The more hesitant you are to do something the more you should go for it. Follow the thought, "What if I...?"

7.

You don't always have to know where your piece is going, just trust the creative process, keep creating and see how it unfolds.

8.

Know when your piece doesn't want to go any further and take a break from it. You can always come back and finish later.

9.

Welcome accidents and mistakes. That is when the creative magic happens.

10.

Practice self-compassion and loving-kindness. Try not to judge yourself or the artwork. Instead, always be kind to yourself and give your artwork some LOVE.