

E-Course

The Art Habit

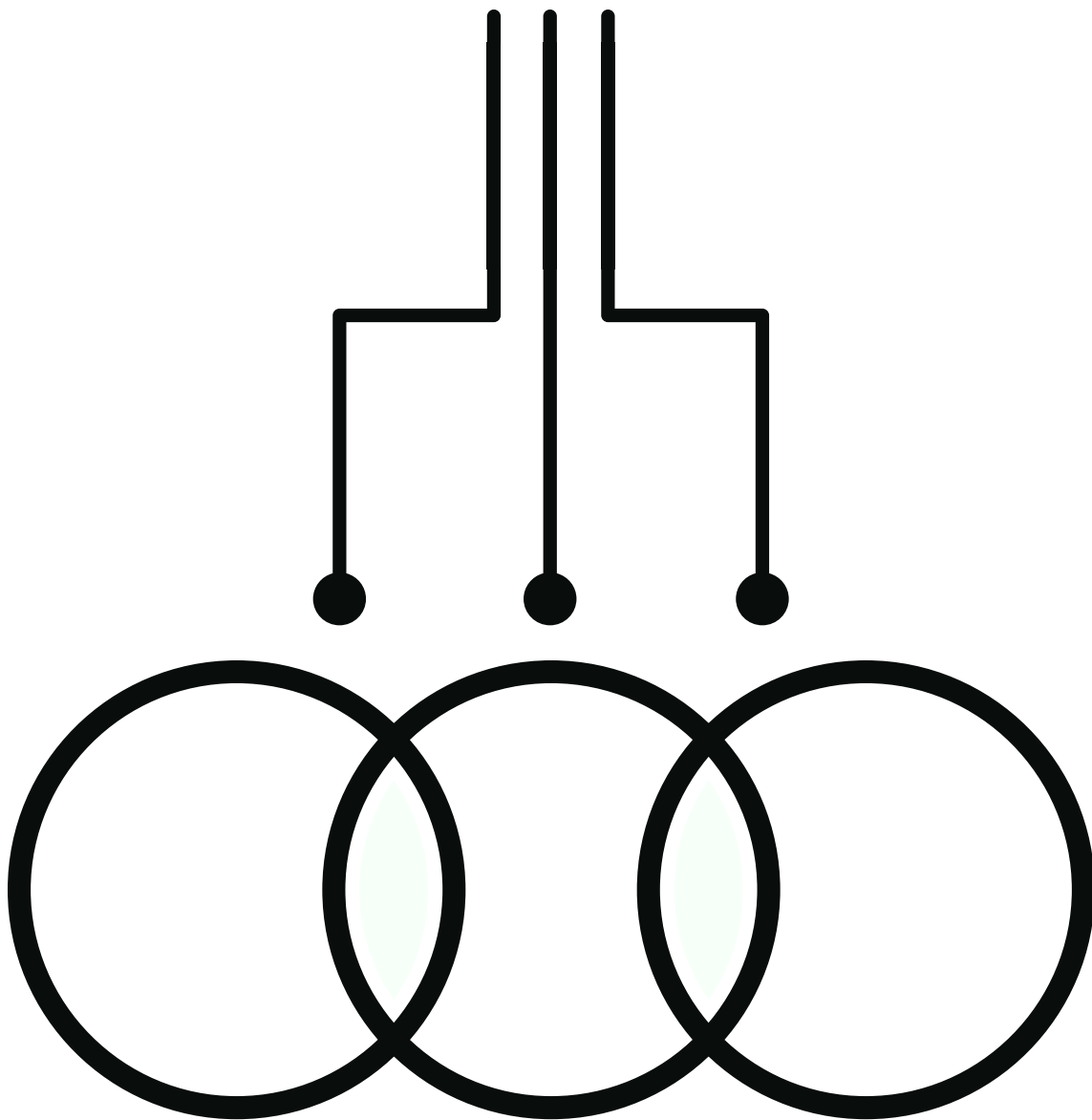
FOR
MOMS

HOW TO CULTIVATE
A *Creative* PRACTICE
IN THE MIDST OF
Busy MOTHERHOOD



WHAT IS MY *Why?*

MY THREE TOP REASONS TO MAKE
TIME FOR ART



"When your WHY is big enough, nothing will stop you from finding your HOW."

WHAT IS STOPPING ME FROM
MAKING *Art*?

WHAT WOULD MAKING *Art* A PRIORITY LOOK LIKE IN MY LIFE?

"Creative work is not a selfish act or a bid for attention on the part of the actor. It's a gift to the world and every being in it. Don't cheat us of your contribution.

Give us what you've got."

- Steven Pressfield, The War of Art



Mom is an Artist

"THOSE TWO WORDS, 'ARTIST' AND
'MOM' ARE ONE AND THE SAME.
MOTHERING IS PROBABLY THE MOST
CREATIVE THING YOU OR I WILL
EVER DO. IT IS IN EVERY WAY A
WORK OF ART."

-HANNAH STEVENSON

WHAT ARE MY CREATIVE *Limits*?

WHAT CAN I DO WITH THE *Limits* I HAVE?

"Much of the beauty that arises in art comes from the struggle an artist wages with his limited medium"
- Henry Matisse

"Your creative limit will be the restraints you have on your time and energy at this full stage of life. If you think of your creativity flourishing because of limits you will see that art in the midst of motherhood gives you the potential to do some of your best creative work!"

HOW CAN I LET MY KIDS *Witness* MY ART HABIT?

HOW CAN I FIND *Meaning* IN THE MESS?

*"When we stop seeing messes and start looking for meaning, our homes and relationships begin to naturally reflect peace instead of the pressure."
- Nicolette Sowder, Wilder Child Blog*

WHAT MEDIUM WILL I FOCUS ON AS I START MY *Art* HABIT?

WHAT SUPPLIES DO I ALREADY HAVE?

WHAT SUPPLIES DO I NEED TO PURCHASE?

WHAT ARE MY NEEDS FOR MY *Art* SPACE?

WHERE CAN I SET UP AN *Art* SPACE IN OUR HOME?

"The principle is this: If art is important to you, you need to make space for art. Whatever that looks like in your home and in your life."

HOW CAN I OVERCOME *Blank Page* PARALYSIS?

- *Just start scribbling and build on from there.*
- *Open a book. Do something based on what you see or read.*
- *Do a contour drawing - No peeking!*
- *Create something based on lyrics to your favorite song.*
- *Go to your backyard and create something based on the first thing you see.*
- *Ask the kids!*

WHOSE WORK *Inspires* ME? WHAT IS IT ABOUT THEIR STYLE THAT I ADMIRE?

"Nobody is born with a style or a voice. We don't come out of the womb knowing who we are. In the beginning, we learn by pretending to be our heroes. We learn by copying. We learn to write by copying down the alphabet. Musicians learn to play by practicing scales. Painters learn to paint by reproducing masterpieces." - Austin Kleon, Steal Like an Artist

HOW CAN I *Start Small* WITH MY PARTICULAR MEDIUM?

WHAT AM I GOING TO *Create* TODAY?

"Painting small and often gave me the freedom to experiment- every day. I got to start on an entirely new project. No longer did I feel overwhelmed by the large number of things I wanted to paint - I could do them all. If one subject or one style didn't work out, well, I didn't sweat it. I had only invested a part of a day's worth of work on it, after all. My fear of failing disappeared -- well, almost. Probably a little fear is good for us. I do know I was no longer making excuses not to paint."

-Carol Marine - Daily Painting

WHAT WILL MOTIVATE ME TO *Start* ?

"An object at rest stays at rest, and an object in motion stays in motion." - Isaac Newton

"Before you can write 2,000 words a day, you have to be able to sit down and write a single sentence. Before you can paint your masterpiece, you have to find a way to pick up your paintbrush. Before you can accomplish whatever it is you want to achieve, you need to find a way to take that first step." - Drew Kimball, Getting Creative

TRIGGER = HABIT

WHAT *Triggers* CAN I SET UP TO GET INTO THE HABIT OF CREATIVITY?

"Habits work because they remove the thinking part of our brain (i.e. the excuse making factory) from the equation. In other words, we don't have to weigh the pros and cons every time we decide to brush our teeth or make our breakfast - we just do it automatically." - Drew Kimball, Getting Creative

ESTABLISHING MY HABIT

Does it have a low hurdle?



Is it portable?



Does it take less than 15 minutes?



Is it flexible?



*"You have until your head hits the pillow to complete it. Be sure to build some flexibility into your first creative habit by not setting up firm deadlines that require you to race the clock. This not only takes off some of the pressure, but it also eliminates the "it's too late" excuse."
- Drew Kimball*

HOW WILL I STAY *Accountable* ?

HOW CAN I KEEP MY *Supplies* HANDY?

WHAT *Reward* WOULD KEEP ME MOTIVATED?

"As mothers, we are very familiar with adding newness to the universe; we are directly responsible for birthing and/or nurturing new lives. bringing them into being. Motherhood and Creativity go hand in hand."

- Jennifer Johnson, Mamasmagicstudio.com



- REMEMBER -

Your Life
is
Your Art

- MAKE IT YOUR FINEST WORK -