



There is something so freeing when you zentangle, doodle, or color. You feel yourself reconnecting with your inner child who enjoyed creative discovery and play without judgment. It makes you thirsty for further art exploration. You want activities, exercises, and play opportunities to guide your creative discovery.

You've recently embraced your passion and curiosity for the arts, though sometimes you feel guilty for leaving out a creative space in your dining room or taking a break from your caregiving duties. It all feels new and you want to celebrate and embrace the sense of childlike discovery and play that the arts provide you.

Curious creators sometimes feel a bit intimidated by a blank canvas: you maybe are not sure what to create or how to even start. You want to let loose and play with art materials without that pesky inner critic ruining your fun. That's why projects and guided activities can be so powerful for you.

Continue to Foster

Your wonderment at the world of art and your excitement at the idea of participating in it

Your inner child --> give yourself that permission to play and explore new materials and ideas

Your desire to make time for your creative play --> this time improves your mental and physical health, which are two very important reasons to create

Consider

Sometimes may feel nervous to buy expensive or valuable supplies because it feels like wasting them - it's not - you are worth it

Your inner critic is worried about lack of skill and trying to protect you but don't worry: you aren't running from a saber-toothed tiger and you are more than capable of developing skill

Your desire to creative is valuable and important. Full stop.

Take Action: What is ONE thing you can do to help your art?

Resources for the Curious Creator

Articles

Articles are clickable links - choose the ones that you feel called to read/watch!

Take Action

List 1-3 action steps you can take from the articles you read that will help you with your art. Choose actions you feel CALLED to do.

Mindset and Creative Process

Play is for kids

The importance of creative play

3 books to get you making

Creativity care-package

Mixed Media Exploration

How mixed media art relieves stress

10 ways to build skill with mixed media

10 reasons to create with mixed media

Why do artists limit themselves to one medium?

Skill Development

7 Lessons I'd tell my early artist self

Artist Mythbusting: The "Talented" Artist

Is art a skill or talent?

Challenges/Mini-Courses

Choose one free activity or mini-course for you to engage in.

Make a commitment to yourself and make the commitment public.

Draft your commitment in the box to the right.

How you can help support the arts

If you find these free resources valuable please consider a one-time donation or becoming a patron.

Enjoy more resources and fun at www.ArtistStrong.com