

# MAKE IT EASIER TO “ART”

MOST OF US DON'T STOP MAKING ART BECAUSE

WE DON'T WANT TO CREATE.

WE STOP BECAUSE THE SETUP FEELS LIKE TOO MUCH,

THE CLEANUP FEELS EXHAUSTING,

OR WE DON'T KNOW WHERE TO BEGIN.



THIS GUIDE IS ABOUT REMOVING THOSE OBSTACLES.

THOSE SMALL BUT POWERFUL REASONS WE DON'T PICK UP A PEN, A  
BRUSH, OR SIT DOWN AT OUR WORKSPACE.

WHEN ART IS EASY TO START AND EASY TO WALK AWAY FROM IT  
BECOMES PART OF YOUR LIFE AGAIN AND JUST NATURALLY STARTS TO FIT  
INTO THE SPACES OF YOUR LIFE.

BECOMES A JOY INSTEAD OF A CHORE. IT LET'S YOU HAVE FUN AND  
EMBRACE THE PARTS OF CREATING THAT YOU LOVE, THAT MAKE YOU  
RETURN TO ALL THE REASONS YOU STARTED CREATING IN THE FIRST  
PLACE.





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- KEEP A FEW ESSENTIALS VISIBLE, ALWAYS.

**EXAMPLE FOR WATERCOLOR:** LEAVE A DOT CARD, SMALL PALETTE, JAR OF WATER, BRUSH, AND A FEW SHEETS OF PAPER OUT OR A SKETCHBOOK WHERE YOU CAN SEE THEM.

**EXAMPLE FOR PEN AND INK:** SKETCHBOOK, PEN AND PENCIL

- CREATE A PORTABLE MESSY STUDIO.

A SMALL BIN, TRAY, OR 12×12 SCRAPBOOK ORGANIZER CAN HOLD ACTIVE SUPPLIES AND HALF FINISHED WORK SO NOTHING NEEDS TO BE RESET EACH TIME.

**HINT:** A 12X12 SCRAPBOOK ORGANIZER WILL FIT UNDERNEATH MOST COUCHES AND IS LARGE ENOUGH TO DOUBLE AS A PORTABLE WORKSURFACE.

- USE A GRAB AND GO DRAWING POUCH. KEEP YOUR MOST USED PENS, PENCILS, ERASER, AND SHARPENER TOGETHER SO STARTING FEELS EFFORTLESS.

DON'T RESERVE THIS FOR ON THE GO... GRAB IT ANYTIME AND USE IT AT HOME TOO

- PRE-CUT MATERIALS. STORE EPHEMERA, PAPERS, SCRAPS, BOOK PAGES, OR TEXTURES YOU LOVE IN AN ENVELOPE SO THEY'RE READY WHEN INSPIRATION STRIKES.. TUCK THIS ENVELOPE INTO YOUR KIT OR THE BACK OF YOUR SKETCHBOOK.

- HAVE AN IMPERFECT SKETCHBOOK. KEEP ONE NEARBY THAT'S MEANT FOR EXPLORATION, NOT FINISHED PIECES, NOT “YOUR BEST WORK” AND ALLOW YOURSELF TO USE IT FOR PLAY.



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- LIMIT WHAT’S IN YOUR CURRENT ROTATION. LIMITING YOUR MEDIUM OR OTHERWISE CHOOSING A SMALL SET OF TOOLS TO WORK WITH FOR THE WEEK/MONTH CAN REDUCE DECISION FATIGUE LEADING TO MORE TIME SPENT CREATING. IF YOU DON’T HAVE TO MAKE YOURSELF DECIDE WHAT YOU ARE DOING EVERYTIME YOU MAKE ART, YOU’LL MAKE MORE ART!

- DECIDE HOW YOU’LL START, THEN DO THAT...EVERY TIME

**EXAMPLES:** FILL THE WATER JAR, OPEN THE SKETCHBOOK AND MAKE ONE MARK, PUT ON SPECIFIC MUSIC, WET YOUR PAINTS.

IF YOU CREATE A PROCESS THAT STARTS THE SAME EVERY TIME YOU WILL FIND IDEAS FLOW FASTER. (THOSE OF YOU THAT FOUND ME THROUGH TANGLING KNOW HOW THIS WORKS ALREADY!)

- STORE SUPPLIES WHERE YOU ACTUALLY CREATE.

ART TOOLS SHOULD LIVE WHERE ART HAPPENS, NOT WHERE THEY LOOK BEST. ARE THOSE CUTE JARS WITH ALL YOUR COLORED PENCILS WORKING FOR YOU OR DO THEY JUST LOOK CUTE? WOULD A PENCIL CASE MAKE MORE SENSE? OR VICE VERSA? THINK ABOUT IT. WHAT DO YOU NEVER GRAB... WHY?

IF YOU HAVE LIMITED SPACE, BE CREATIVE WITH YOUR STORAGE.

**SUGGESTION:** A FAKE BOOK FILLED WITH PENS, DOT CARDS AND SMALL SKETCHBOOKS LOOKS GREAT SITTING ON AN END TABLE.

- KEEP A RUNNING IDEA LIST.

WRITE DOWN PROMPTS AND IDEAS AS THEY COME SO YOU’RE NEVER STARTING FROM NOTHING.

REMEMBER IF YOU DON’T HAVE A NEW IDEA, REVISIT A PREVIOUS ONE!

- MAKE CLEANUP GENTLE AND OPTIONAL. KEEP WIPES OR PAPER TOWELS NEARBY AND ALLOW YOURSELF TO PAUSE WITHOUT FULLY CLEANING UP. IT’S OK TO LEAVE A MESS SOMETIMES, AND IT’S OK TO NOT WORRY ABOUT CLEANING UP PERFECTLY!



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THE MOST IMPORTANT THING TO REMEMBER, IS THAT ART DOESN'T REQUIRE LONG STRETCHES OF TIME OR PERFECTLY ORGANIZED SPACES.

IT ASKS FOR ACCESS, PERMISSION AND A LITTLE KINDNESS TOWARD YOURSELF.

IF YOU CAN TAKE SOME STEPS TO MAKE IT EASIER TO BEGIN AND EASIER TO STOP, ART STOPS FEELING LIKE ANOTHER TASK AND STARTS FEELING LIKE A FRIEND AGAIN.

YOU DON'T NEED A PERFECT STUDIO.

YOU JUST NEED A PLACE WHERE CREATIVITY IS ALLOWED TO LINGER

THANKS FOR VISITING ME, AND GIVING YOURSELF THE OPPORTUNITY TO MAKE IT EASIER TO ART.

IF YOU NEED A PERMISSION SLIP, BECAUSE IT'S STILL HARD FOR YOU TO FREE YOURSELF UP TO JUST PLAY, TO LEAVE A MESS OR TO JUST DIVE IN, FEEL FREE TO PRINT AS MANY OF THE BELOW AS YOU NEED.

