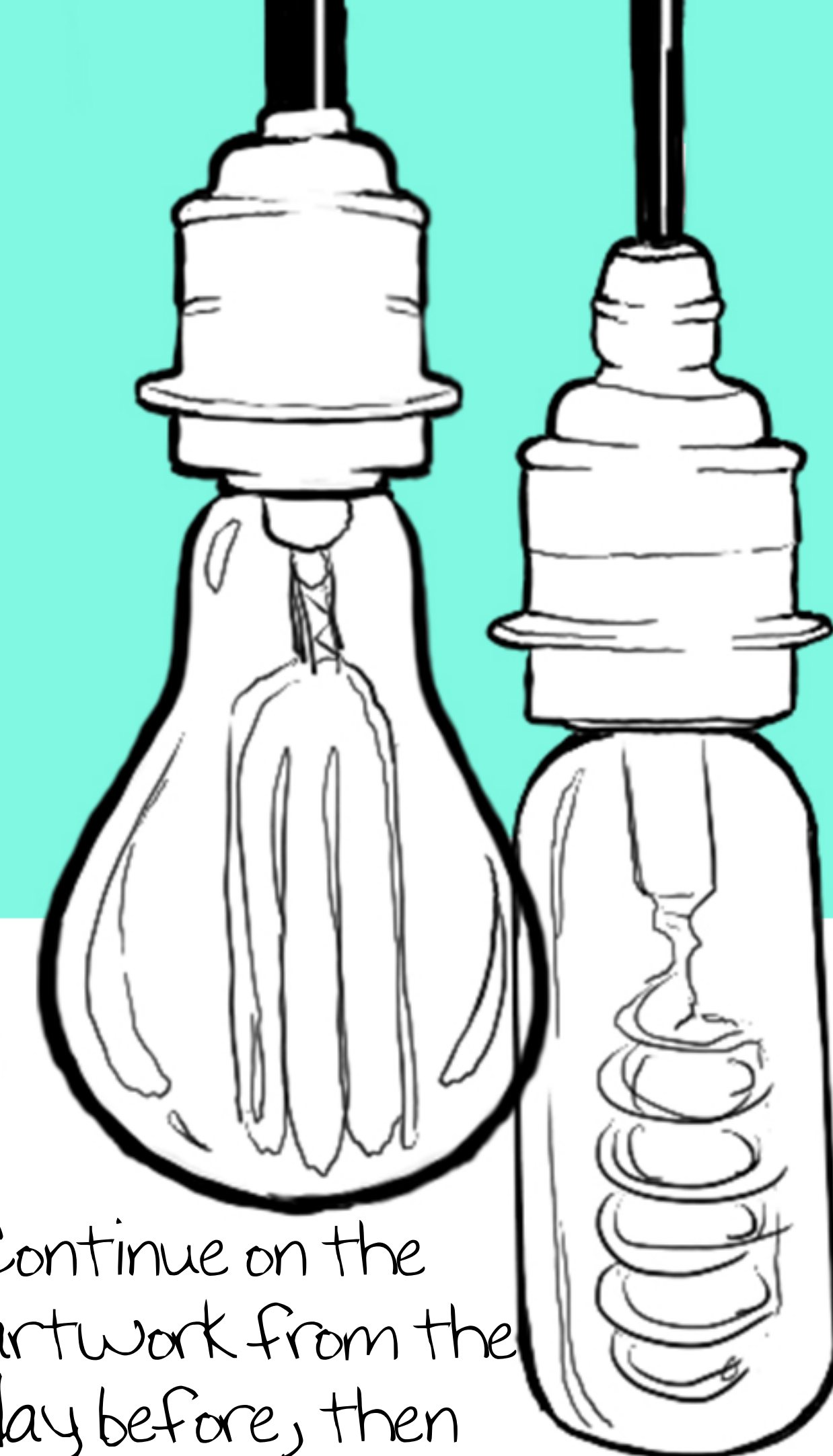
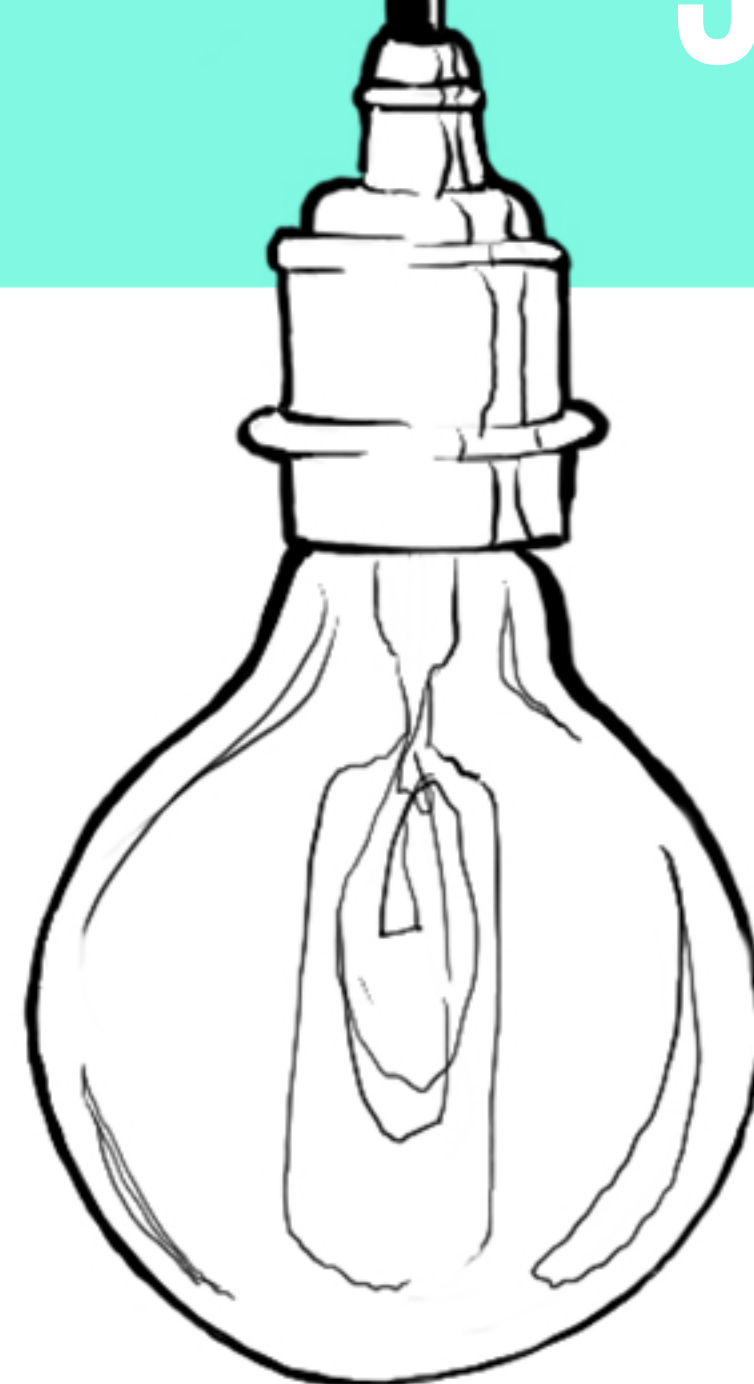


THE INTENTIONAL ARTIST

30 DAYS TO MINDFUL CREATIVITY AND SELF-CARE



<input type="checkbox"/> Look at your art from the last 6-12 months, piece by piece - without judgement or negativity 01	<input type="checkbox"/> If you can, start a new sketchbook today. Fill one page in the middle, try not to put pressure on yourself 02	<input type="checkbox"/> Draw one page in your sketchbook in coloured pencil. Choose the motif you enjoy most. 03	<input type="checkbox"/> Look at an old sketchbook of yours and appreciate every page 04	<input type="checkbox"/> Spread one fellow artist's work on all your social media platforms and give them a shoutout 05	<input type="checkbox"/> Remake one of your old sketches or paintings from years ago. See how much better you became? 06	<input type="checkbox"/> Continue on the artwork from the day before, then take a walk 07
<input type="checkbox"/> Try smiling today while drawing, no matter if it's boring client work or a personal piece. Does it influence your art? 08	<input type="checkbox"/> Draw one page in your sketchbook with a colour you don't love so much. Try to appreciate even the ugliest pigment! 09	<input type="checkbox"/> Write down three adjectives that describe your art as it is right now 10	<input type="checkbox"/> Dedicate 30 mindful minutes to instagram. Like beautiful art, find inspiring new artists to follow, comment on what you see 11	<input type="checkbox"/> Spread one fellow artist's work on all your social media platforms and give them a shoutout 12	<input type="checkbox"/> Plan one drawing or painting for the next day. Make detailed notes, research, read about your subject and look for reference 13	<input type="checkbox"/> Create the art you planned for the day before. Compare your notes to the finished art 14
<input type="checkbox"/> Try not to let your thoughts wander while drawing. Stay present in the moment, focus on the here and now 15	<input type="checkbox"/> Time to leave the comfort zone! For one page in your sketchbook, use a new medium: Ink, Markers, Acrylics, Watercolor... 16	<input type="checkbox"/> Write down three adjectives that describe your art as you want it to be seen 17	<input type="checkbox"/> Write a message to another artist on social media with compliments and feedback 18	<input type="checkbox"/> Spread one fellow artist's work on all your social media platforms and give them a shoutout. 19	<input type="checkbox"/> Look at the artwork again from day 1. Where can you improve? Try to be very specific, not too general. 20	<input type="checkbox"/> Take one point from the "to improve" list from the day before, practice it for one hour 21
<input type="checkbox"/> In stressful times we tend to become unfocused and unproductive. Take 30 minutes to meditate about mindfulness 22	<input type="checkbox"/> Go outside to draw today! Use your sketchbook or iPad. Feel how the fresh air fuels your creativity 23	<input type="checkbox"/> Write down three adjectives that you never want your art to be 24	<input type="checkbox"/> Create a new board on Pinterest about your day 21 practice. Look for tutorials, reference, photos and art. Pin as much as you can in 30 minutes 25	<input type="checkbox"/> Spread one fellow artist's work on all your social media platforms and give them a shoutout 26	<input type="checkbox"/> Name one specific art-related topic you want to do more of. Create a mind-map for this topic with every single association you can think of 27	<input type="checkbox"/> Look at your mindmap from the day before, chose one term to draw about for an hour 28
<input type="checkbox"/> Look at the artwork again from day 1. What do you genuinely love about your art? Appreciate every flaw, see the beauty in what you created 29	<input type="checkbox"/> Review the last 30 days and write down your thoughts. Take time to plan the next 30 days of your life as an artist 30					

INSTRUCTIONS:

START ON A MONDAY AND COMPLETE ONE TASK EVERY DAY.

HAVE FUN WITH IT AND DON'T PUT PRESSURE ON YOURSELF!

SHARE AND TRY TO COMPLETE THE CHALLENGE WITH A FRIEND FOR EVEN MORE FUN.

FIND MORE INFO ON



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