

31 Days of Creativity by Leslie Ackman

Pick out 3 words you love. Create **"WORD ART"**. Choose a canvas, a piece of cardstock, maybe a sheet of notebook paper, even fabric and **CREATE** a masterpiece using your thoughts and feelings involving your word.

I really **LOVE** today's challenge!! I want you to **take a shape or object you like** {ex. stars, butterflies, buttons, circles, flowers...you get the idea} and **repeat it** on a journal page or notecard.

Use this quote in your art...*Art is as natural as sunshine and as vital as nourishment.* MaryAnn F. Kohl

Think of your **creative mentor** and write down everything that inspires you about them. **Creative minds can keep us moving on the right path.**

Are you tired but need something creative in your life? Flip through a magazine and cut out images, stamp images on a piece of copy or book paper, create backgrounds using a few colors of paint and stencils. **Even if it's for 10 or 15 minutes** our creativity well is filled when we create!

Take a **WALK** outside, on a treadmill or just walk in place in front of the TV. Do **SOMETHING** to get **your blood pumping!** Whenever I am in a rut with almost anything in my life...just **MOVING** my body helps!

Start collecting **WORDS**. Find a manila envelope, a folder, anything you can put your **WORDS** into. You can jot down words on paper scraps or find them in magazines and books and cut them out to use on your projects. Not only is this a fun way to spend some time but you will thank yourself later when you have a **whole folder of Words** for your projects!

This particular prompt is inspired by an old edition of "O" magazine..."Convinced you don't have the hours to make a life {creative} change? Make a time map of your day's activities to see how and where you spend... your days. Where could you reclaim half an hour?"

Using just a napkin and watercolors or acrylic paint...**create a background** in your journal

Create a background page using **found objects** to create "marks" on...old paper towel rolls, the ends of your paintbrush or pencil, a sponge, an old mascara wand, plastic fork, old credit card, bubble wrap, the list goes on!

You've been told you have **24 hours to live**...what would you do? Create a Time Map in your journals of everything you would do...even what you would eat.

Go to your local library or bookstore and choose 3 magazines or books you normally wouldn't read. Be sure and take a notebook and pen to jot down anything that catches your eye and **fills you with inspiration**.

Using ONLY the **Words** you collected earlier or ones that you have on hand/find...create a page in your journal

Create circles on your journal page in **one color** then fill them in with white or black paint

Create Marks on your page...Dashed, triangles and Petals

Think about your Heart and what it is telling you...now **create a one Large Heart** on your journal page and fill it in with your list

What colors are you drawn to time and time again? **Choose three** and use only those colors on a page

Use a border on your page...create a **FUN BORDER** of various collage elements on your journal page

Using just your fingers dipped in paint *make Marks* all over a background

Create a deck of inspiration! Take every idea from this print out and decorate a deck of Inspiration cards. **When you get stuck** in a creative rut...pick a card and go with it!

Use primarily flowers on your page

Make a list of **all the places you want to go** one day....now create a travel themed page in your journals!

List 5 things that nobody knows about you...create a page...use your photo if you have one

Copy a classic painting you like...maybe it's Starry Night from Van Gogh (like me) or perhaps Paul Klee is your muse..or maybe your Heart sings when you see a Frida Kahlo painting... Take your favorite artist and copy the things you love about their work

Make a list of **ALL THE THINGS YOU SAY THE MOST**...for me it's "Oh my Heck" and "That's Amazing!"
Create a fun, silly page!

Using this phrase....**Dare to Leap**...create a page or canvas that inspires you!

Create a background using only Hearts

Take ONE stencil and use it over and over again on your page in various ways...turn it sideways, upside down, right side up...texture paste, various colors....whatever you feel like!

Be inspired by this quote...*"Inspiration exists but it must find us working."* -Pablo Picasso

Use only images of magazine **women and words** on a page

Use this quote on a page...**"If you keep a green tree in your Heart,** perhaps a singing bird will come." -Chinese Proverb