

Week 32: Letting Go and Trusting Yourself

By Leslie Ackman

"I used to believe I needed to paint something that looked like something. I used to believe I wasn't good enough to be a really artist. I used to believe something was missing. Now I know that the only thing missing was self belief and the courage to take the leap." -Fiona Lowe

****Enjoy the following ideas to help you "Let go" on your backgrounds and enjoy the process. ****

*paint circles

*small dots

*triangles

*swirls

*rotate your paper/pages

*listen to a new song while you work

*set a timer

*use numbers or random letters

*stencils

*stamp an image over and over

*close your eyes

*let your paintbrush flow freely

*use a water bottle

*pick three colors you normally don't use

*use what's in front of you

*fill an entire page with colored dots

*use neon paint

- *write words from your creative manifesto on your pages
- *splatter paint on your page
- *write the words Let go on a page

Quotes on Creativity

"CREATIVITY IS INVENTING, EXPERIMENTING, GROWING, TAKING RISKS, BREAKING RULES, MAKING MISTAKES, AND HAVING FUN." — MARY LOU COOK

"So you see, imagination needs moodling – long, inefficient, happy idling, dawdling and puttering." — Brenda Ueland

"Around here, however, we don't look backwards for very long. We keep moving forward, opening up new doors and doing new things, because we're curious... and curiosity keeps leading us down new paths." — Walt Disney

"If you hear a voice within you say, 'You cannot paint,' then by all means paint, and that voice will be silenced." — Vincent van Gogh

"You can't use up creativity. The more you use, the more you have." — Maya Angelou

"Every artist dips his brush in his own soul, and paints his own nature into his pictures." — Henry Ward Beecher

***"To draw, you must close your eyes and sing."
— Pablo Picasso***

