

Twenty Top Secrets for Loosening Up



1. Always be Ready

Pick a spot to be your studio. Whether it's your garage or a kitchen corner, call it "your studio." Keep your art supplies out and ready to go. When inspiration hits you, you are ready to leap in. No excuses for not being able to find your stuff.

2. Art Materials All Out

Before you begin, prepare your "palette" with cups of paint, premixed, along with several large buckets of water.

3. Clear the Creative Space

Clear away and prepare your studio painting space by eliminating anything near you that does not serve you.

4. Ambient Sounds

Paint in silence, put on lots of music on your iPod or use something like Pandora... it's your choice.

5. Your Time

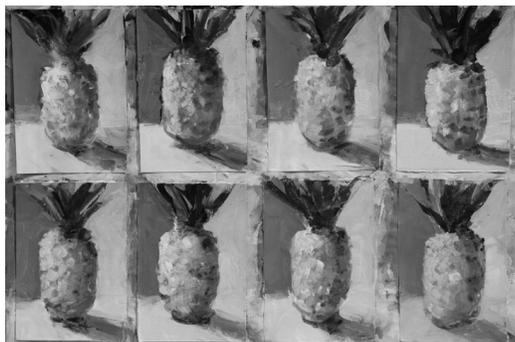
Focus only on your creativity. This is your voice. Do not paint for those who don't.

6. Goals

Before painting, do a short writing exercise on your thoughts. Decide what you want to achieve; your expectations for the painting and what you want your painting to express. Your head is now cleared from your "mind chatter."

7. Physical Preparation

Wear loose or oversized clothing. If it pinches you, take it off. Take off your shoes... and turn off the phone. Lock the door. Hang a "do not disturb the artist" sign.



8. Start Extremely Loose

Pick a jarring color scheme... a combination you would never do.

9. Think Big

Use larger paper or canvases than you normally use.

10. Back Away

Keep your paper at arm's length. If you can... stand up and paint on flat tables.

11. No Tiny Brush—Ever!

Use larger and longer brushes. Extend the handles with twigs and tape.

12. Water Everywhere

Work wetter... use several one gallon buckets of water around you!

13. Big Picture First

Think bolder... and bigger! Have courage to paint dangerously fast during the first few minutes.

14. Be Sporadic

Work for a shorter time... maybe 15-minute spurts; take a break, work on several other pieces and go back again... and again.

15. A Sense of Urgency

Work faster... don't slow down. Crank up your music.

16. Stop at 90%

Don't paint a finished painting. Be courageous to stop too soon.

17. Paint Lots More

There are no mistakes... only more opportunities. Remember, you paint to teach yourself to paint.

18. Un-Bore It

When your work bores you... creatively turn left and keep going.

19. Look at It

Look at your painting under a mat from time to time.

20. Oh No!

As always, paint as if this one was your last gig.