



SEASON OF STARTING

PROMPTS

GET ✨
messy
ART ✨





PROMPTS

PROMPT #1 - 8

React to one or all of these quotes:

“The beginning is the most important part of the work.”

- Plato

“Action is the foundational key to all success.”

- Pablo Picasso

“Creativity takes courage.”

- Henri Matisse

“You get whatever accomplishment you are willing to declare.”

- Georgia O’Keeffe

“Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep.”

- Scott Adams

“Be willing to be a beginner every single morning.”

- Meister Eckhart

“If you don’t feel foolish the first time you try something new, you probably aren’t doing it right.”

- Kara Timmins

“Some people say they have 20 years experience, when in reality, they have 1 year’s experience repeated 20 times. - Stephen M R Covey



PROMPTS

PROMPT #9 - FIRST PAGE JITTERS BY VANESSA

We all feel the pressure of that first page in a new art journal or notebook. We want it to be perfect; we feel precious about the journal. What if you were to start on a random page inside the journal? How would that make you feel? What if you came back to that first page when the journal is almost done and you have a better idea of what you are exploring within its pages?

Take a journal or notebook that you have been hoarding, open it at random and start a spread with the intent of not finishing it. Just start

PROMPT #10 - STARTING AGAIN BY VANESSA

Do you have half abandoned journals? Ones that are sitting half completed on the shelf? What if you decided to start again? How would that look to you: would you rip out the pages that are already done or would you cover them up? Or would you simply carry on in the journal as if there had been no hiatus?

Pick an art journal that you have set aside because it no longer serves and consider if you would like to start again from scratch or by picking up where you left off. Journal about how you feel about getting back to this journal and starting again.



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