



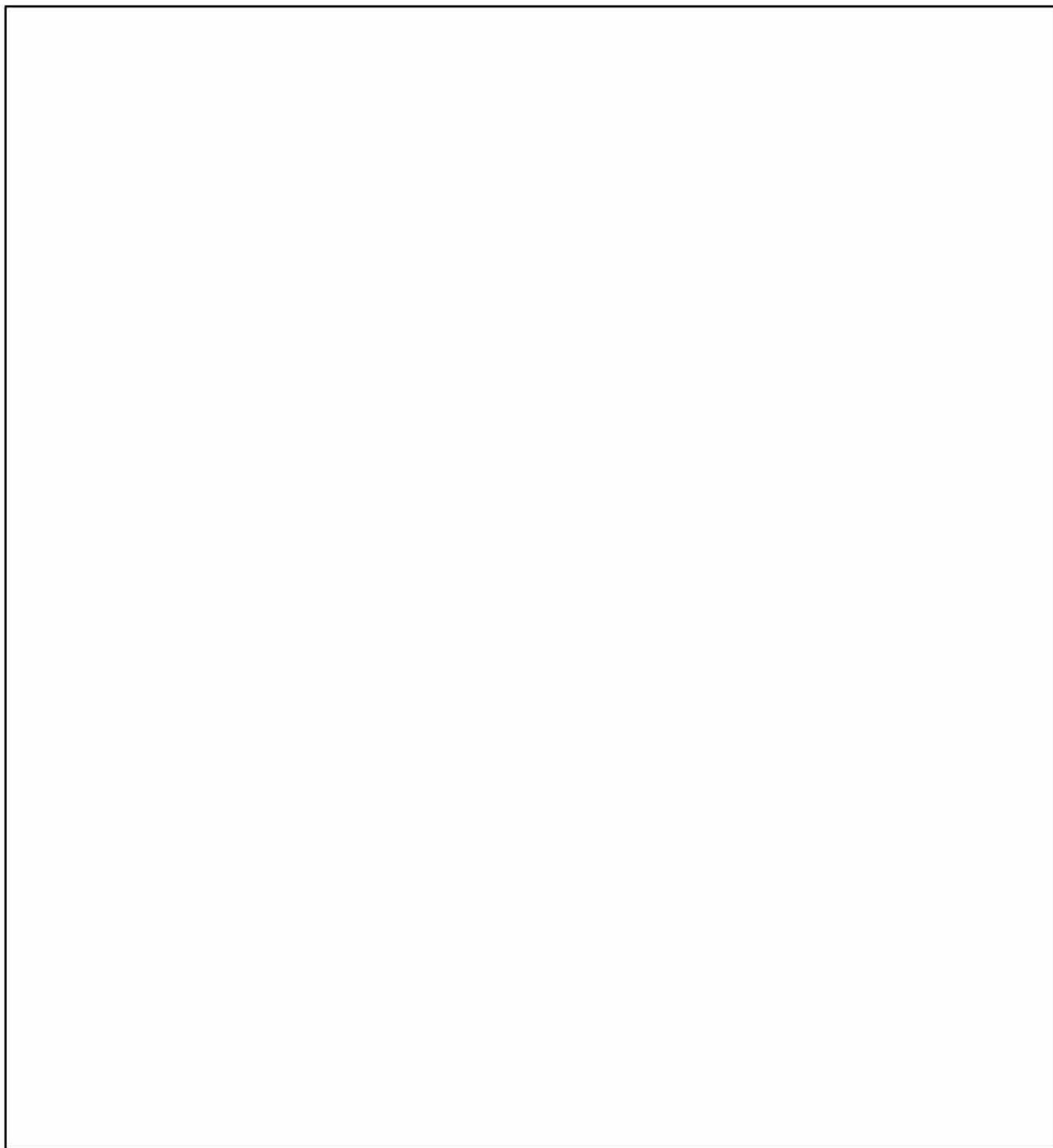
Authentic Creativity

by Emily Steffen

YOU+ YOUR PREFERENCES

PATTERNS I LOVE!

Look through magazines, online or in real life to pull patterns you love. Look for line + shape + repetition that you are inately drawn to. Sketch if needed.

A large, empty rectangular box with a thin black border, intended for sketching patterns. It occupies the majority of the page below the instructions.

YOU+ YOUR PREFERENCES

**KNOWING YOURSELF IS ESSENTIAL FOR
INSPIRATION+ AUTHENTICALLY MAKING**

What makes me unique?

What brings me joy?

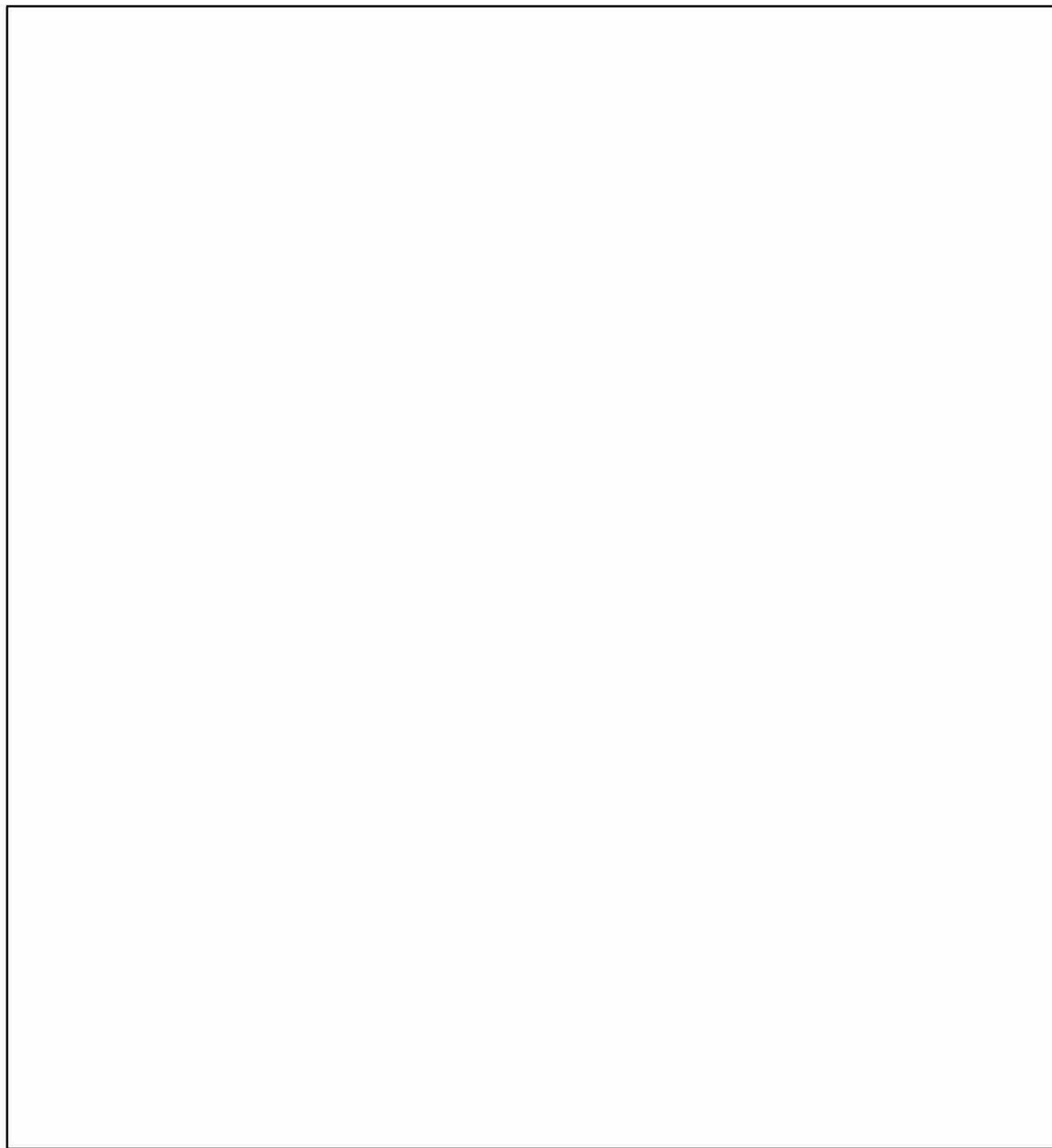
What do my friends say about me/my talents/creativity?

What do I daydream about?

YOU+ YOUR PREFERENCES

COLORS I LOVE!

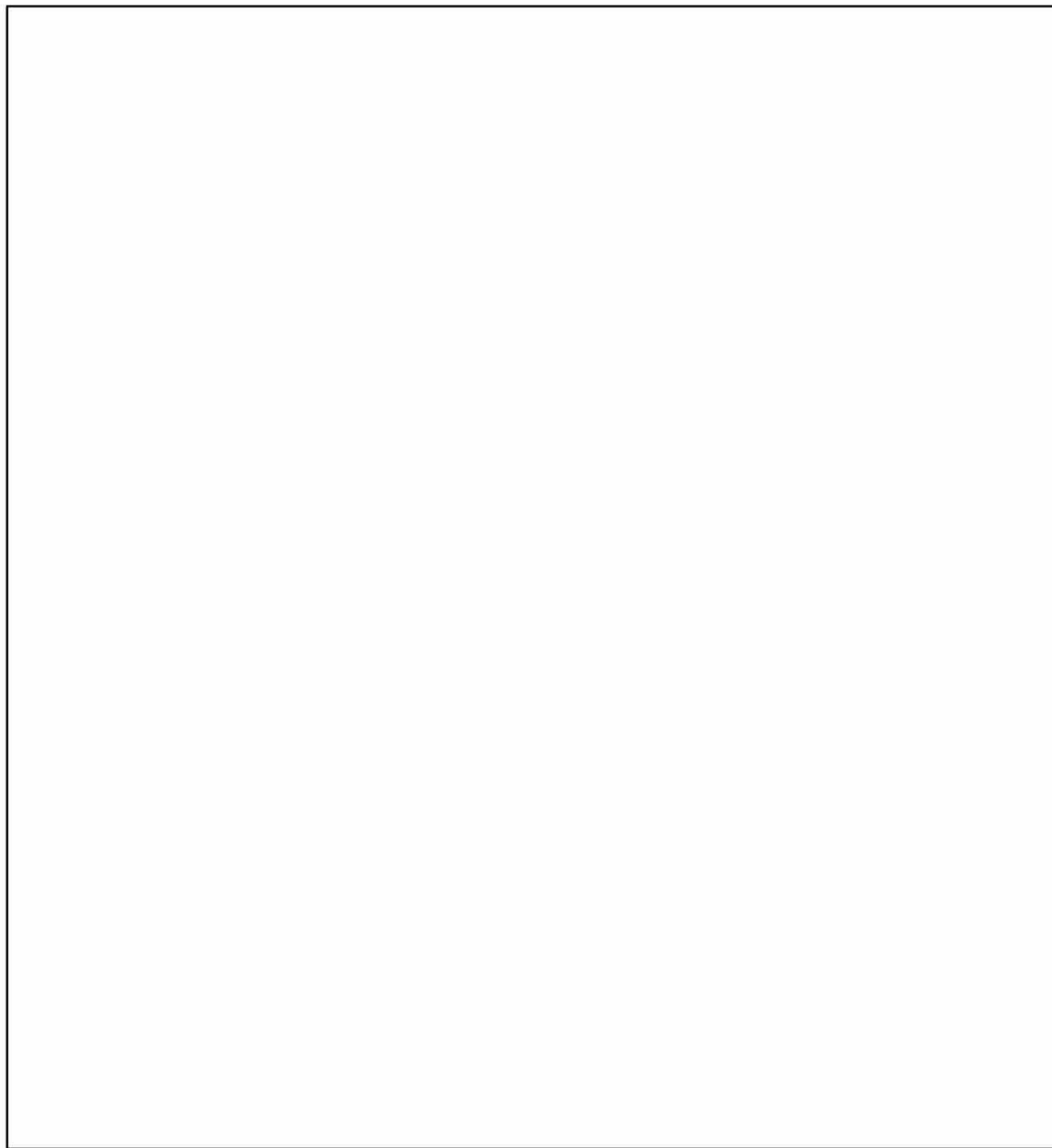
Pull colors + rip out pages in a magazine or swatches that you are drawn to. Try not to second guess or overthink, and just go based on your gut reactions!



YOU+ YOUR PREFERENCES

IMAGERY I LOVE!

Look through magazines, online or in real life to find imagery you are drawn to.
It can be interiors, places, or the feelings in the imagery!



YOUR VISUAL VOICE

SEARCH FOR SIMILARITIES

What consistencies do you see in the colors you chose? Warm colors? Cool colors? Muted colors? What do you seem to gravitate towards with color? Be as specific as possible?

What do you notice in the patterns you chose? Do you gravitate towards straight or organic lines? Natural or geometric patterns? Is there a lot of repetition?

What feelings do you get from looking at the imagery that you chose? What similarities do you see in the images you chose?

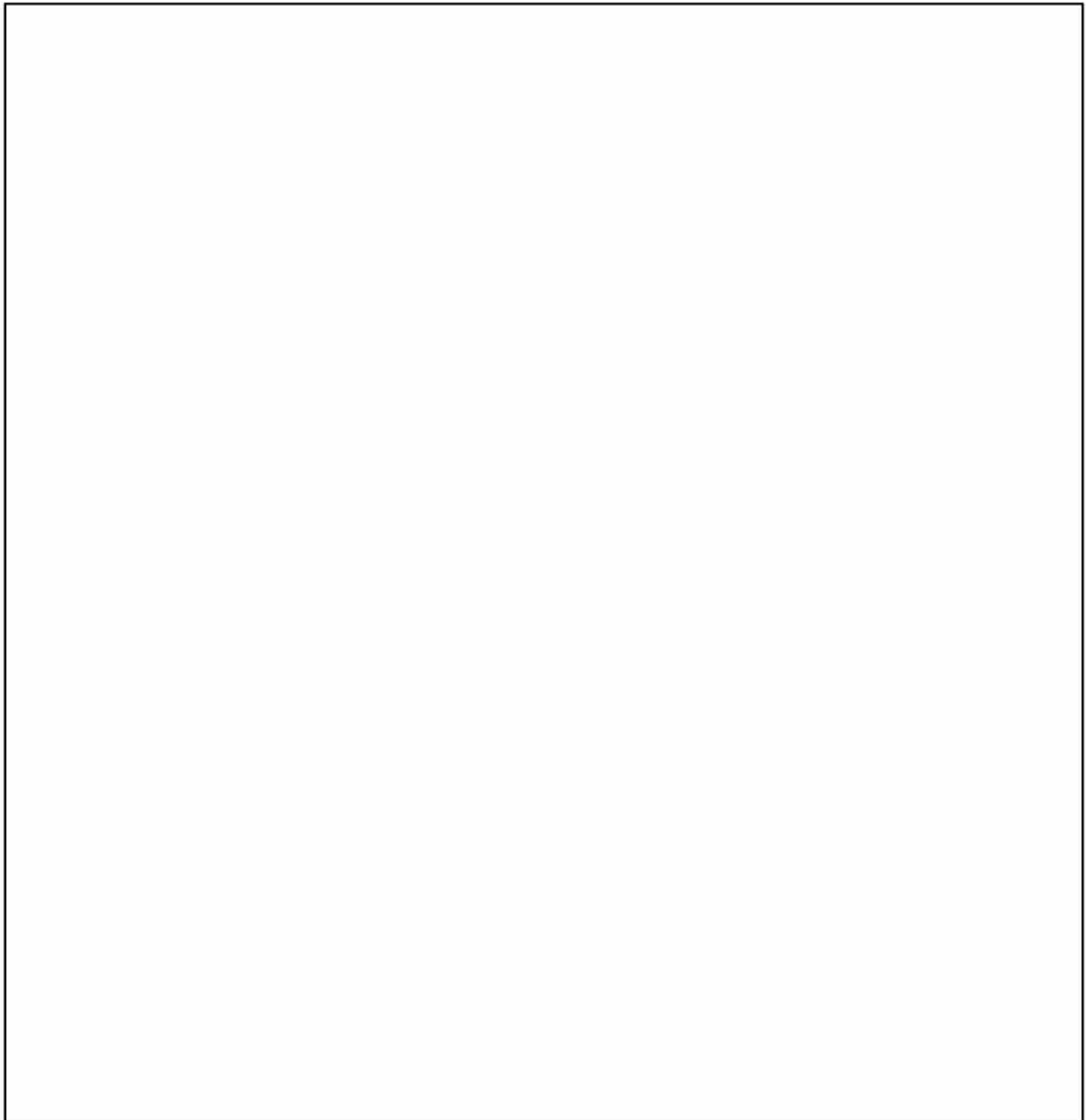
What are the overall similarities do you see? What 3 adjectives would describe your style?

YOUR VISUAL VOICE

YOUR STYLE+HOW IT TRANSLATES TO YOUR CREATIVITY

How do the adjectives that you chose translate to your making? Do you feel like it correlates to your story + personality? Do you feel like your style is reflective of the work you've made in the past?

How can you use your authentic visual voice in your creativity?

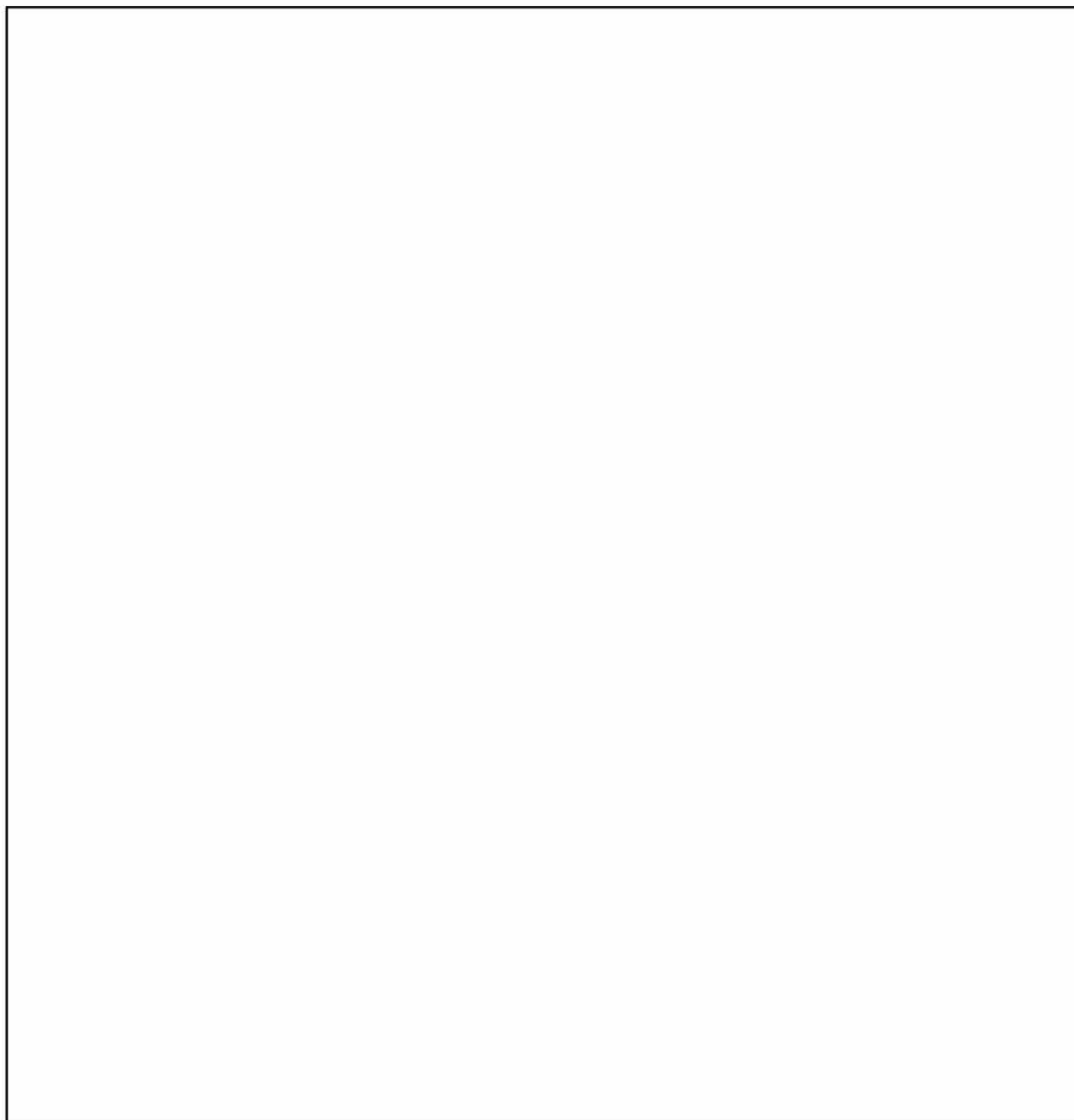
A large, empty rectangular box with a thin black border, intended for a user to write or draw their response to the prompts above.

PLAY!

BRAINSTORM

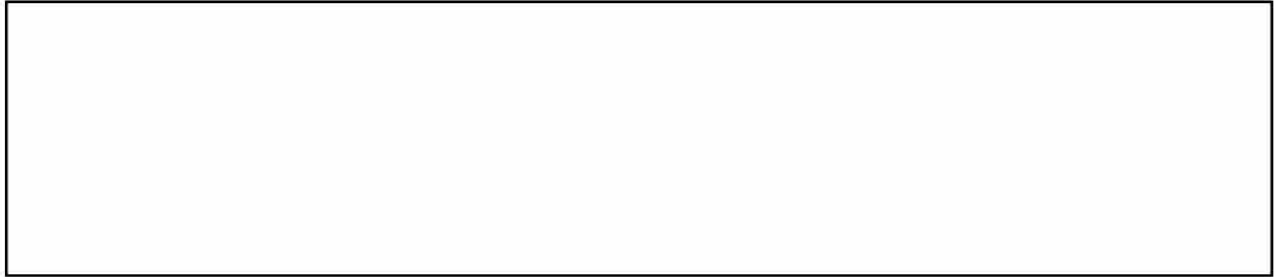
What new materials have you had a desire to try out? What techniques are you aching to play with?

What if you drew with your non-dominant hand? Or did a scribble drawing or blind contour drawing? Release expectations and just have fun!

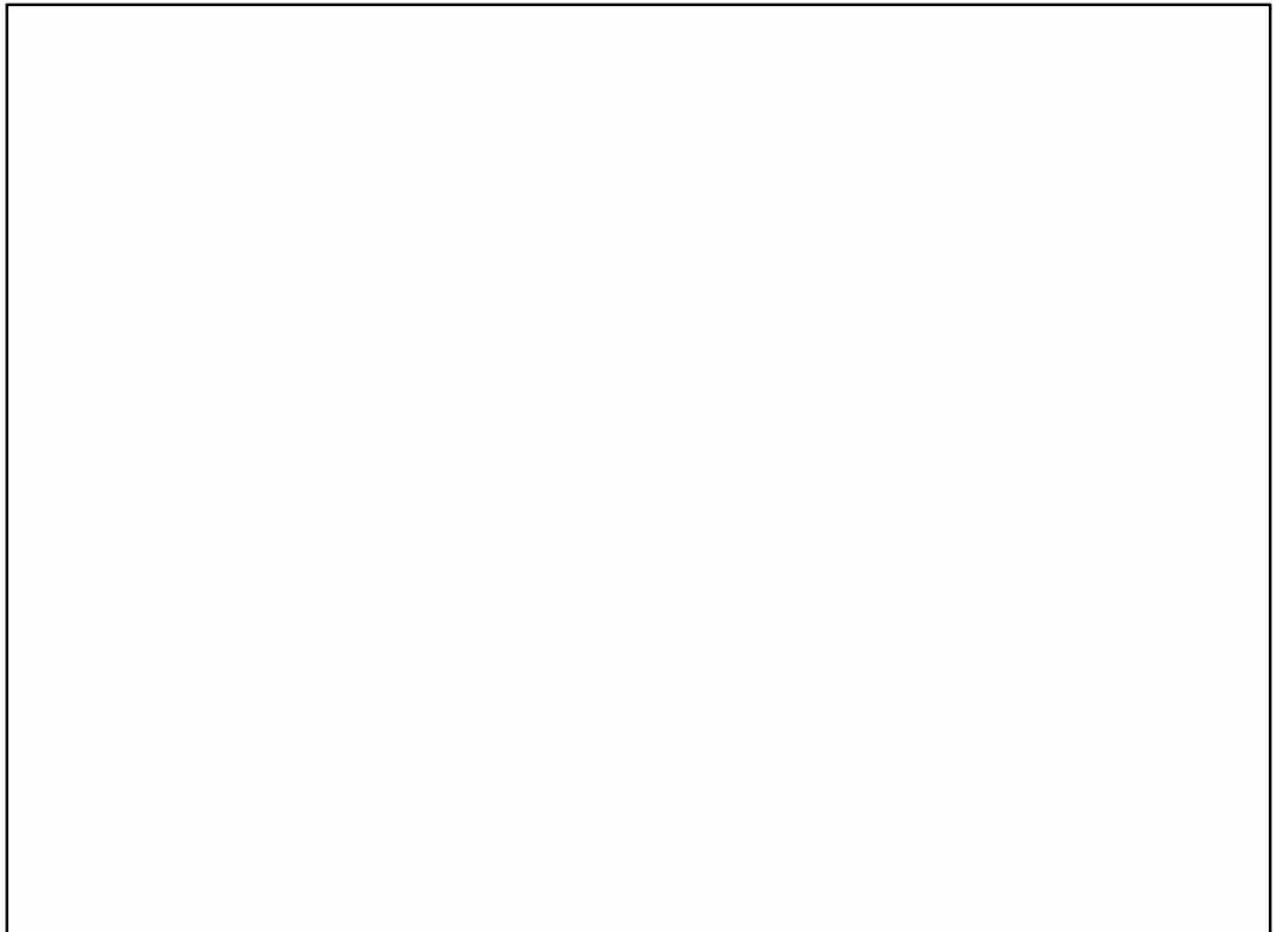
A large, empty rectangular box with a thin black border, intended for users to write down their brainstorming ideas.

COPY YOURSELF
FIND AN OLD PIECE OF ARTWORK TO COPY

What do you love about your old piece of art? Be detailed!



Knowing your visual voice, what things would you like to change about this piece of art?



CREATIVE RUTS!

3 EXERCISES WHEN YOU'RE IN A RUT!

1. **SUPPLY SHOPPING CHALLENGE!** Give yourself one hour or heck, even the whole day. Head to your fave supply store (lumber yard, craft store, painters warehouse....the sky's the limit). Walk through the isles, look at the materials. Go through isles that you've never gone into before and get curious. Pick up a few materials you've never used and read the instructions. Imagine how YOU could use this or incorporate it into your art. Even bring a sketchbook so that you can make a list or jot down some ideas. No purchases necessary, but this is an exercise to get ideas flowing!

2. **FILL A PAGE!** One of my favorite exercises when my brain is stuck. Grab your sketchbook and your fave pen or pencil and just start doodling. There is just one rule in this exercise: you **MUST** fill the **ENTIRE** page from top to bottom! This seems easy, but keep going.

3. **DO THE OPPOSITE!** :) Sometimes all you need is a little perspective and less pressure to make. So go opposite....and play with curiosity in the opposite medium you are used to working in. If you are a woodworker, find a friend with a sewing machine. If you are a gardner, grab a canvas and paintbrush from the store. If you are a writer, buy some air dry clay to play with. Get your brain thinking in new ways, in new forms. Then record your experience.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing. There are no margins, text, or other markings on the page.
