



Creative Revolution Challenge

- Art First.* Make art first thing in the morning. Let it be a meditation.
- Cultivate Courage.* Do something that scares you. Big or small. You've got this.
- Seek Inspiration.* It's all around you! Check out some street art, a gallery show, live music, a poetry slam, a play, or whatever stokes your creative fire.
- Quotify.* Find a quote or saying you love, and create a piece of art to honor and share it.
- Use Your Nondominant Hand.* Embrace the awkward freedom and let go!
- Dance Break.* Shake up your day by putting on your your favorite tunes and moving your body in a way that feels great. Dance like nobody's watching, because, hey, nobody is!
- Wear More Color.* Wear a color or pattern you don't usually wear. Be bold!
- Visual Riffing.* Check out this simple exercise from the Creative Revolution E-Course, and start "riffing" with just a pen on paper. www.bit.ly/visualriffing
- Food Art.* Put extra love into how you prepare and present your food. Savour your effort.
- Honor an Artist.* Send some love to an artist who inspires you. Share their work, and tell us (and them) what you enjoy about their work.
- The Original Selfie.* Grab your favorite art supplies and a mirror to create a loving self-portrait. Don't worry, this can be a very loose interpretation of your you-ness.
- Listen to a Podcast About Creativity.* Some of my faves: www.bit.ly/fbpodcasts
- Ugly Color Revival.* You know those colors you always avoid? It's time to dust them off and give them another chance. Try combining them with colors you already love.
- Color Collecting.* Grab your camera and head out for an inspiring scavenger hunt to document your favorite colors and color combos found in their natural habitat.

- Talk to a Stranger.* Notice who intrigues you, and strike up a conversation!
- Blind Contour Drawing.* Find an interesting object, place it in front of you, and without looking at your paper at all, draw the object. Stay loose!
- Mix It Up.* Work with a brand new art medium or mix two mediums that you've never mixed before. Let go of expectations and simply play.
- Mandala Love.* Create a mandala using any material you feel inspired to play with.
- Stop Collaborate and Listen.* Grab a friend + make some art! Pass two drawings or paintings back and forth, or work on one creation simultaneously.
- Dream Big.* Start with the writing prompt, "If money were no issue, I would create..." Fill one journal page with your fabulous dreams.
- Shape Collecting.* Use your camera and/or a sketchbook to document interesting shapes and images you find in the world around you.
- Postcard Art.* Create a mini art offering and send it in the mail, snail mail style.
- Figure Drawing.* Grab your favorite art making tools and capture some human forms. Ask a friend to be your model or do quick sketches of people passing by.
- Nature Date.* Go outside, breathe some fresh air, watch the animals, listen to the sounds, touch the ground, hug a tree...get inspired.
- Take a New Route.* Ditch your routine and explore a new way of getting "there."
- Five Minute Art Sesh.* Sometimes the less time you have, the easier it is to let go and just have fun. See what you can create in a short burst of focused creative time.
- Create Studies.* These can be color studies, drawings, mini paintings, photos, writing, a body movement, you name it. Explore one thing in a variety of ways.
- Meditate.* Whether it's 20 seconds or 20 minutes, allow yourself to simply sit, breathe, and BE. This free app is a treasure trove of guided meditations. www.insighttimer.com
- A Sense of Place.* Create a landscape drawing or painting to honor and reflect the region where you live. This can be as abstract as you like!
- Host an Art Party.* Invite a friend (or five) over to make art, drink tea, share techniques, and bask in each other's creative genius.