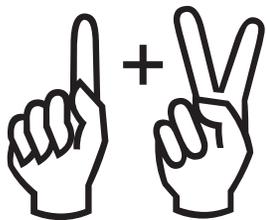


28 reasons & ways to CREATE DAILY

Get inspired for a successful
#OPUSDAILYPRACTICE
 February 1 – 28!



MAKE SPACE TO CREATE in your LIFE & in your MIND

A simple sketchbook, a drawing tool, and the mindset that you're forever a student is all you need to get started!

3 improve your technique
 develop your style
 & generate fresh ideas

(4) Make it Easy. ART = FUN!

take it from those who've worked it

- 09. Inspiration does exist but it must find you working. – Pablo Picasso
- 10. Every great idea I ever had grew out of work itself. – Chuck Close
- 11. When you work, you learn something about what you are doing and you develop habit and procedures out of what you're doing. – Jasper Johns
- 12. We work because it's a chain reaction; each subject leads to the next. – Charles Eames
- 13. My work is a game – a very serious game. – M.C. Escher
- 14. If people knew how hard I worked to get my mastery, it wouldn't seem so wonderful at all. – Michelangelo
- 15. Don't think about making art, just get it done. Let everyone else decide if it's good or bad, whether they love it or hate it. While they are deciding, make even more art. – Andy Warhol

5. set some limits

Decide on a focus for your practice, something that is achievable in the time you have to dedicate to making.

6. adjust those limits!

If you find the focus you set for yourself is no longer serving you, feel free to change it! Loosen things up or challenge yourself further.

There are no rules. That is how art is born, how breakthroughs happen. Go against the rules or ignore the rules. That is what invention is about.

– Helen Frankenthaler



There is no "right" way to make art. The only wrong is in not trying, not doing. Don't put barriers up that aren't there – just get to work and make something.

– Lisa Golightly in *Creative Block* by *The Jealous Curator*, Danielle Krysa

PUT YOURSELF BEHIND THE EIGHTBALL!

IF YOU WORK BEST WITH A DEADLINE, SET A GOAL.

ADD A TIMER TO YOUR PRACTICE SESSIONS, OR MAKE A DEAL WITH YOURSELF THAT YOU WILL COMPLETE A SPECIFIC TASK BEFORE A PARTICULAR DATE.



"Great things are done by a series of small things brought together." – Vincent van Gogh

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FORGET ABOUT TALENT

FOCUS ON BUILDING SKILLS

"I'm always doing that which I cannot do, in order that I may learn how to do it."
 – Pablo Picasso



Painting is just another way of keeping a diary.
 – Pablo Picasso

19/STEAL (LIKE AN ARTIST)

Study, credit, remix, mash up and transform. Creative work builds on what came before, and thus nothing is completely original. – Austin Kleon

TAKE YOUR STUDIO WITH YOU!

Carry a small sketchbook with you to jot down ideas and draw as you go.



21 Create A Great Habit

Habits are formed – and reformed – by employing 3 factors: **a Cue, a Routine, and a Reward.** Set up a daily Cue with prompt emails from Opus, a calendar reminder, or by placing your materials out where you'll see them every day. Your Routine is the challenge you've set for yourself, and your Reward is sharing your daily practice with your fellow challengers! (Discover more in *The Power of Habit* by Charles Duhigg.)

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IT'S JUST PRACTICE:
**EMBRACE
 IMPERFECTION!**



TWENTY-FIVE USE WHATEVER IS AT HAND WHEREVER YOU MAY BE

Forgot your sketchbook, or can't find time for your practice? MAKE IT WORK! Ask for a pen at lunch & doodle on your napkin, or go wild & use a lipstick to draw on a flyer.

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PUBLICLY BARE
 YOUR SKILLS – TRY
LIFE DRAWING!

26+27 ATTENTION & INTENTION

What we **pay attention** to grows – and when we do it **with intention**, it grows exponentially!

-28 →

AS PRACTICE MAKES PERFECT,
 I CANNOT BUT MAKE PROGRESS;
 EACH **drawing** ONE MAKES,
 EACH STUDY ONE **paints**,
 IS A STEP FORWARD.
 VINCENT VAN GOGH



22: make time to MAKE & SHARE

Switch scrolling for sketching! Move some of your social media time to your daily art practice. You'll feel and become accomplished PLUS you'll have made art that you can share online!

And now you're
 ready for

JOIN YOUR CREATIVE COMMUNITY FOR 28 DAYS OF OPUS DAILY PRACTICE!

Throughout February, we're inviting you to join us in making art a solid part of all of our daily routines. The guidelines are simple:

1. **Practice your art every day.** Paint, draw, colour, photograph, carve, fold, create! Your mission is to just practice, so, whether you can set aside minutes or hours, be sure to engage your creativity daily.
2. **Share your progress on Instagram or Twitter with #opusdailypractice, or at facebook.com/opusartsupplies on our daily posts.** This will connect you with others participating in the challenge, providing support from your creative community.

To sign up for daily prompts, and to find how-tos, videos, and all the details, visit opusartsupplies.com/dailypractice

#OPUSDAILYPRACTICE

ART EVERY DAY!