How to Start an Art Habit

1. Let go of the idea that you're not an artist. Everyone is capable of creative expression.

2. Figure out your mode of creative expression. Knitting, scrapbooking, painting, baking, writing, clay sculpting.

3. Focus on the making! You don't need to finish — you don't need to like it. This looks like crap! *10 days later... it's beautiful.*

4. Feel the flow. It's the sense of losing all time and place when you create.

5. Set up a time to do it on a regular basis.

6. Designate a "creative corner" in your home.

If you have creative block, take deep breaths to check in with yourself. What's really going on?

And get to work!!!