



Creative Approach to Painting Workshop



Creative Approach to Painting Workshop Outline

- Introduction
- Key Concepts & Frameworks
- Exercise ~ Declaring an Intention
- Warm Up ~ Stamps and Paper Making
- Assignment ~ Creative Play with Mixed Media
Applying Concepts & Frameworks
- Wrap Up



Creative Approach to Painting Workshop Objective

EMBOLDEN US FOR CREATIVE ADVENTURE & DISCOVERY



Cage Bars are Constraints of:

- *Should's*
- *Must's*
- *Rules*
- *Have To's*
- *Only Way's...*

A LOCKED CAGE OF FRUSTRATIONS & UNMET EXPECTATIONS



Cage Bars Provide Foundation of:

- *Tools*
- *Techniques*
- *Principles*

- *Many Possible Way's...*

AN OPEN DOOR OF OPPORTUNITY & FREEDOM TO EXPLORE & CREATE BOLDLY



Key Concepts – How We Think

Our Motive – *Why* are we creating in the first place?

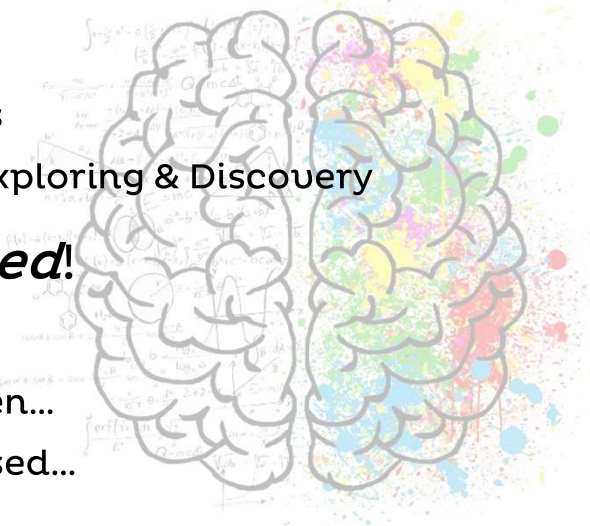
- Constructive (build up, positive) – learning, exploring, expressing, sharing...
- Destructive (tear down, negative) – show off, compete, please others...

Our Inner Narrative – Would you talk to your friends that way?

- TONE and WORD CHOICE of our “Inner Voice” matters!
- Negative responses STOP US & SHUT US DOWN while positive responses ENCOURAGE GROWTH & DISCOVERY!
 - I HATE vs. I LOVE...
 - WHAT NOW...? In Desperation vs. WHAT NOW...? In Possibilities
 - WHAT IF I...? Focused on Failure vs. WHAT IF I...? Focused on Exploring & Discovery

Our Attitude – Whatever we FOCUS on gets *magnified*!

- Attitude is a CHOICE! So, Choose Wisely!
 - Fun, Joyful, Child-Like Exploration, Curiosity, Expression, Open...
 - Striving, Laboring, Restricted, Condemning, Criticalness, Closed...



MINDSET Drives Why, How, & What We Create...



Key Concepts – What We Do...

- Choosing a Starting Point...
- Declaring Intention (Trajectory)...
- Intention-Based Decision-Making...
- Assessing As We Go...
- Entering the Dialogue, Iterating & Enjoying the Adventure...
- Building Creative Idea Repository Along the Way...



Which Would You Prefer With Your Creative Process...

An Inquisitive & Responsive Dialogue... or Forced Monologue?

An Exciting Journey of Discovery... or Forced March to Known Conclusion?



Declaring Intention

What do I mean by creative “*Intention*”?

- A **GUIDING STATEMENT** articulating idea being pursued
 - A *TRAJECTORY* or *DIRECTION* to head allowing room for creativity to move, respond, and stretch along the way
 - More than *WHAT* you want to create, it includes *WHY* you want to create it... Something about IT you want to express and share
- It can be ANYTHING so long as it is clearly stated...
 - E.g., related to process, subject, mood, feeling, story, message, etc.
- A **GUARDRAIL** to help you:
 - Exclude things that detract
 - Avoid temptation to include EVERY technique and/or idea into a single creation of art!

Intentions allow partnering with the artwork as it develops...



Declaring Intention

- An Intention is *NOT a SPECIFIC EXPECTATION* of the *PERFECT END STATE!*
 - EXPECTATIONS are rarely perfectly realized and when unmet, can lead to frustration, overworking and discouragement!
 - Expectations tend to focus us on a *SPECIFIC PRECONCIEVED OUTCOME and COMPARISON* instead of a personally original and expressive creative journey.
 - We can find ourselves *“fighting”* to keep the artwork on track for the specific pre-conceived destination... Losing the *JOY IN THE MAKING* and the fresh spark of *CREATIVE EXPRESSION*.
 - Rarely does a piece materialize EXACTLY as originally envisioned, so why have such a RIGID measure of success?

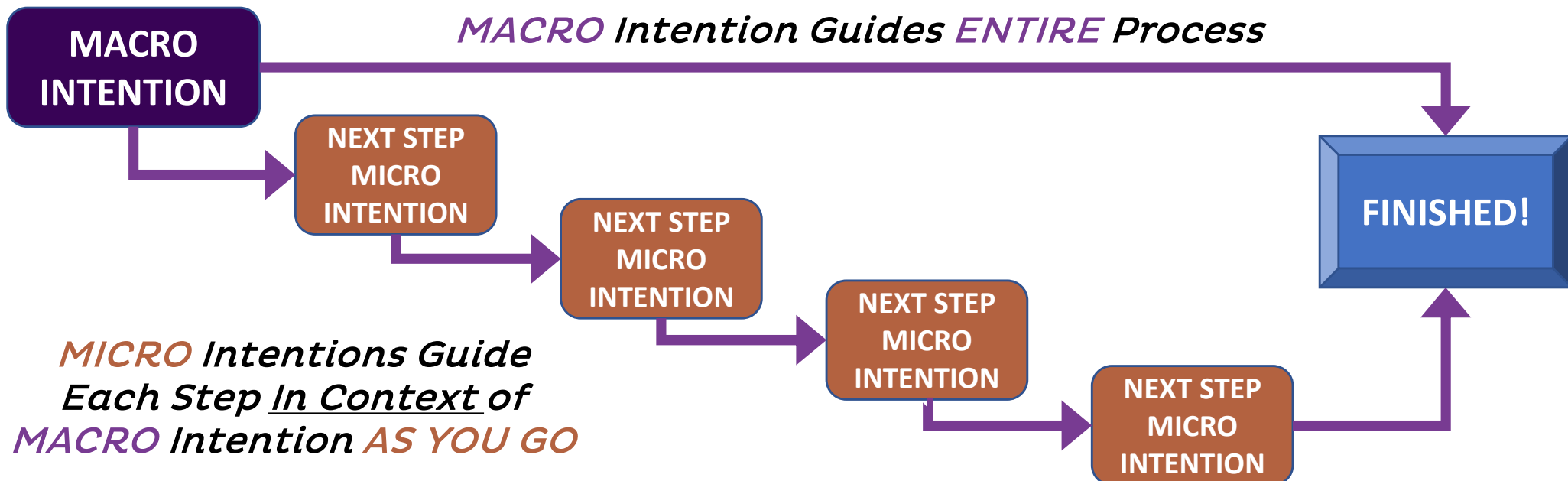
Expectations can FORCE us to FORCE our artwork...





Declaring Intention

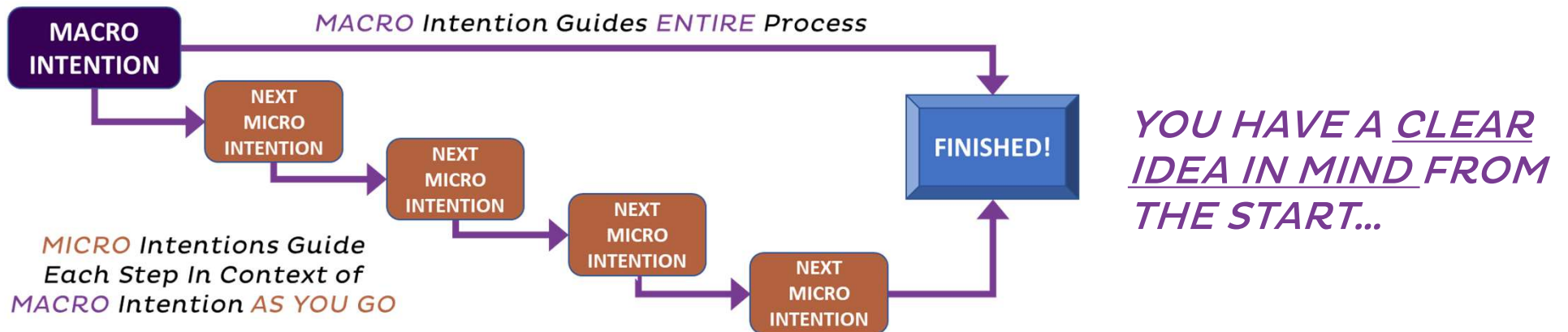
- “Pick One and Proceed” is an important skill to develop! This helps assign roles to the intended “STAR” to focus on and what becomes the “Supporting Cast”.
- Too many options to choose from or fear of “choosing the WRONG one” can be paralyzing. Intentions help to narrow down what to choose from.
- This frees you to experience the joy along the journey and be open to discovery each step of the way with the reassurance of “trail markers” to keep you on course.
- Declaring Intentions is useful at both the overall “macro” level and the individual step or “micro” level. Micro intentions keep you focused on the NEXT STEP and help you guard against becoming scattered, doing too many things at once!



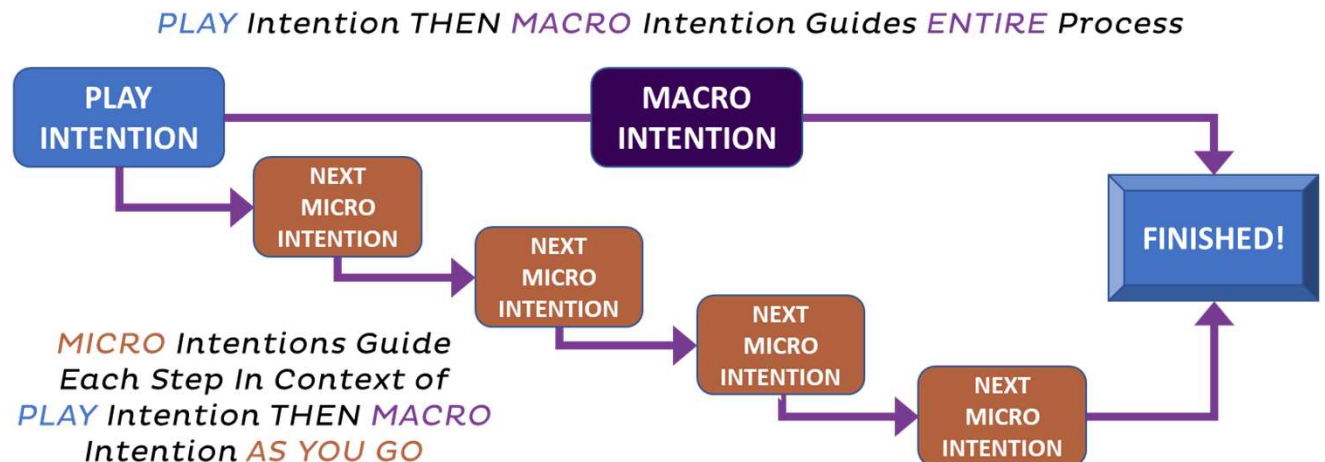


Declaring Intention

Declaring a **MACRO** Intention can occur at different times depending on whether you have a **SPECIFIC IDEA** in mind when you start...



OR... YOU WANT TO HAVE THE PROCESS INSPIRE AN IDEA ALONG THE WAY...

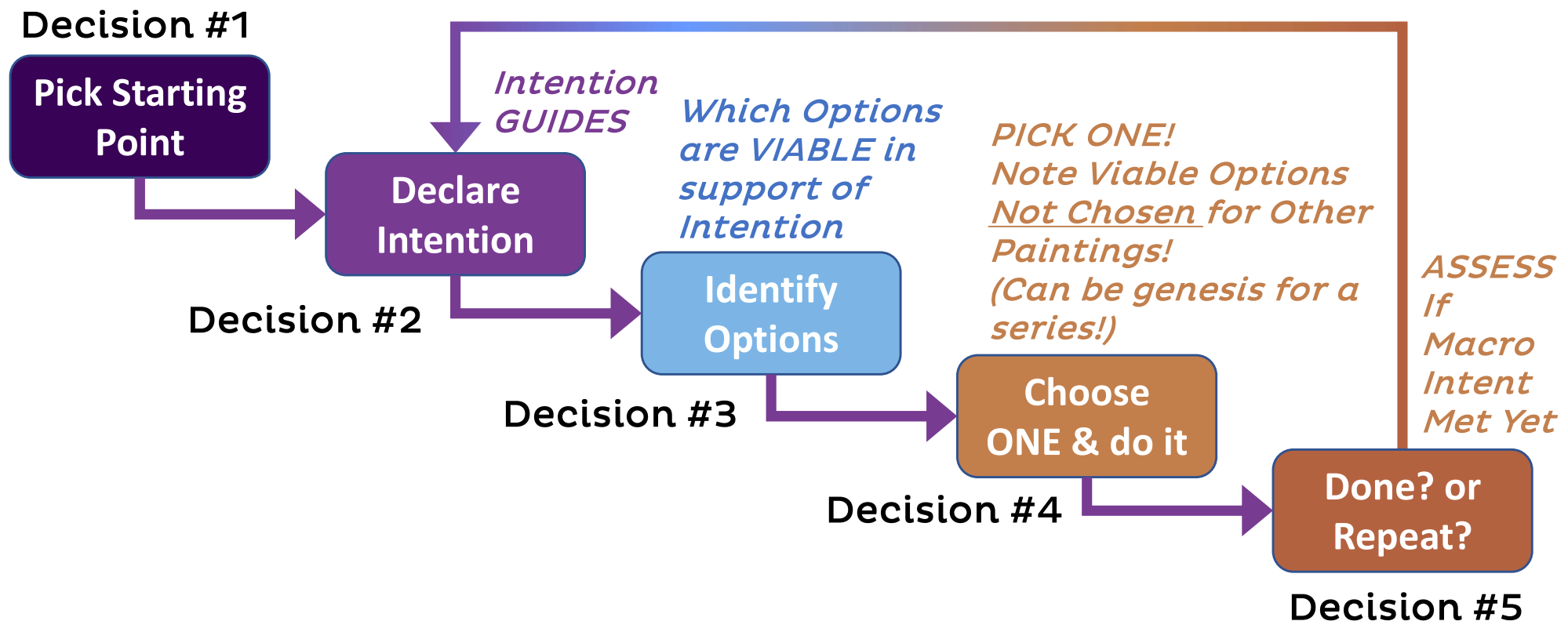




Intention-Based Decision-Making Framework

Here is a framework to organize and simplify the creative intention-based decision-making cycle as you proceed through each step of making your art.

HINT! Follow What Brings YOU the MOST JOY Every Step!

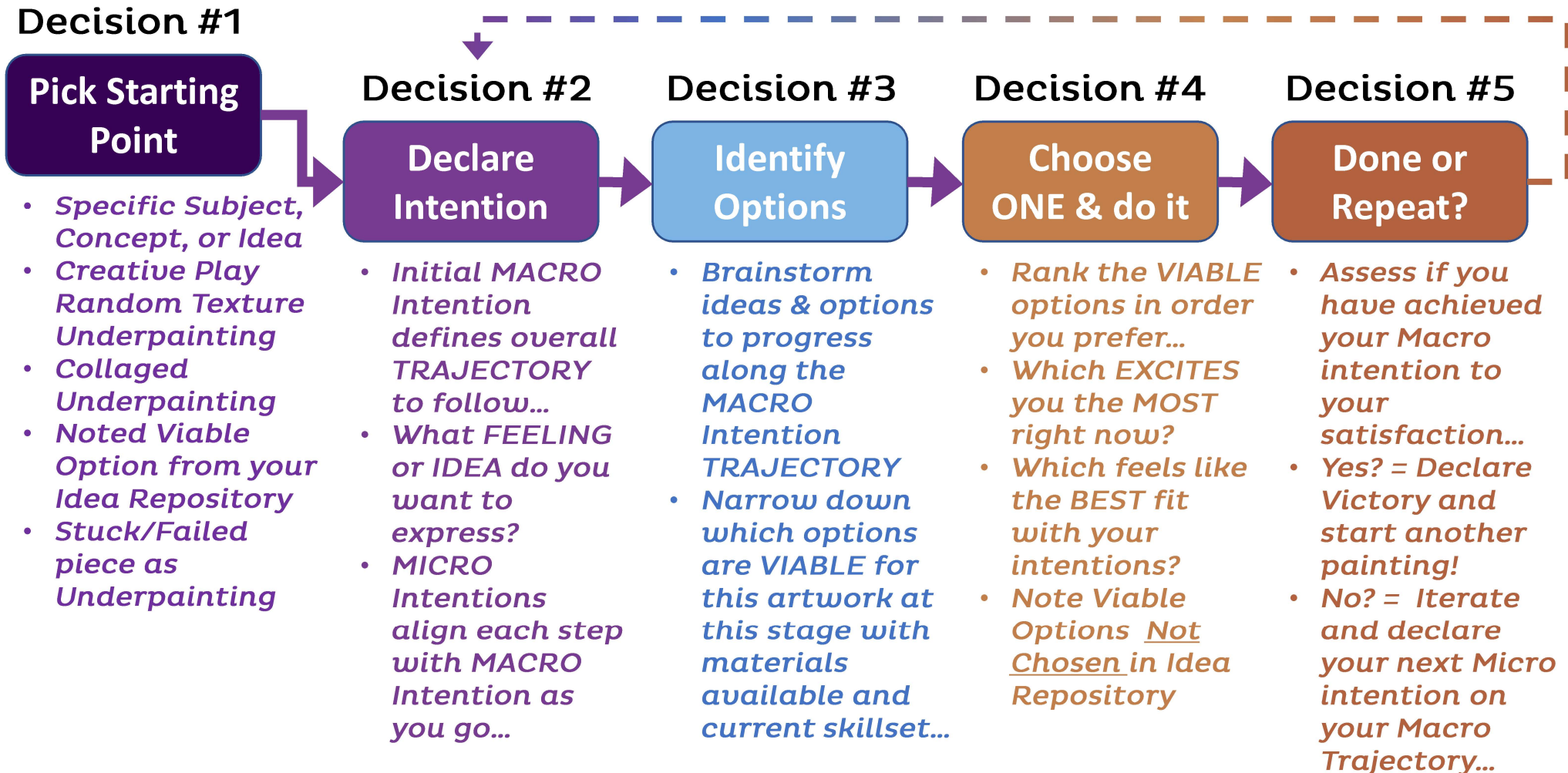




Intention-Based Decision-Making Framework

Here are examples of what considerations and activities apply to each stage of this framework.

HINT! Follow What Brings YOU the MOST JOY Every Step!





Assessing As We Go...

- Honestly assessing what we create AS we create is a valuable skill in our creative toolbox!
- Allows for timely change in direction or course correction along the way...
- When? BOTH Naturally occurring DECISION POINTS between steps & REGULAR INTERVALS (scheduled breaks or end of a session)
- How? *Asking* questions and *Recording* the answers...
 - What IS Working?
 - What IS NOT Working?
 - What Next?

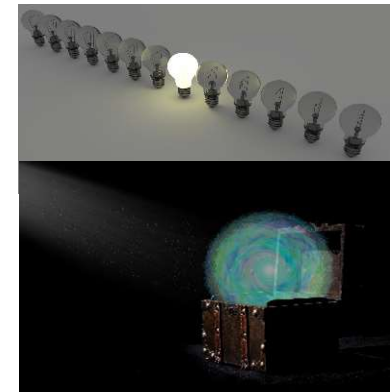


Intentionally LOOKING, THINKING, BRAINSTORMING, & DECIDING...



Idea Repository...

- We've been **CHOOSING** between options for which way to go **NEXT** at each stage!
- What about those **OTHER** exciting, intriguing, cool, wild, “would also have worked” ideas you ***DID NOT CHOOSE*** for ***THIS*** piece of artwork?
- ***CAPTURE THEM!*** Always have your ***IDEA REPOSITORY*** within reach and record ideas worth saving as you go! (e.g., Sketchbook, Stickies, File, electronic notepad...)
- This cache of ideas can be used in many ways...
 - BUILD on this SERIES
 - FRESH STARTING POINT for another painting or series
 - SOLUTION for future challenges...



“Pruned” Ideas are “Seedlings” for New Creations!



Let's Put it into Practice...

- **CHOOSE YOUR STARTING POINT!** Some ideas to get you started if you have nothing specific in mind...
 - Random (Play-Time) underpainting
 - Collage an underpainting (Block In major values & shapes)
 - Beauty from Ashes ~ Use old/discarded artwork as underpainting
 - Tracing or Transfer of a design you like (Start several for a Series!)
- **APPLY THE KEY CONCEPTS:**
 - DECLARE AN INTENTION
 - INTENTION-BASED DECISION MAKING
 - ASSESS AS PROGRESS
 - REPEAT!
- Play in **MIXED MEDIA** to break out of the “should’s” and “must’s” and embark on joyful exploration in alignment with **YOUR** declared intention...



Reframing Attitudes & Approaches to Works In Progress...