

## 3 Simple Ways to Thwart the Inner Critic

1. use cheap and plentiful items
2. go quickly
3. close your eyes

You can watch the video of this process at <https://vimeo.com/79334250> The password is play

### START WITH CHEAP AND PLENTIFUL SUPPLIES

- Cardboard cut from an old box. Cereal boxes work great too. Old scrap paper. Something that you want to throw away is a great choice. Why? Because if you were about to throw it out you probably don't think it is precious.
- Sparks of Art-spiration are my go to images to use. Why? I can print them over and over on my ink jet printer so they will never run out. The supply hoarder inside of me gets very protective when I think there is only 1 of something to use. I have the Spark of Art-spiration I used in the video at the end of this PDF. Each month in the newsletter you have just signed up for you will get a new Spark of Art-spiration delivered to your inbox.
- Supplies I have in abundance that are affordable such as acrylic paints and oil pastels.



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## GO QUICKLY

When I look at my pile of cheap and plentiful supplies I don't always know where to start. The inner critic is hassling me and taunting me to come up with a "good" idea. To thwart that pesky critic I just go quickly.

- Make decisions in 1-2 seconds.
- Really. Go that quickly.
- While you are so busy the inner critic doesn't have a chance to talk to you.



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## CLOSE YOUR EYES

The inner critic really goes into high gear when I have to draw something. So the way I stop that is to just close my eyes and draw it. There is no expectation of quality since my eyes are closed which allows me to play.

- add swipes of paint
- draw complex or simple designs
- write words



Now that you have played and quieted down your inner critic what can you do with your artful cardboard? Anything you want!

- Cut it up into shapes to add to a card.
- Cut it up to make your own embellishments for a scrapbook page or art journal page.
- Cut it up into postcard sizes and mail them to friends!
- Turn it into a page in a book.
- You can also enjoy it as it is!

On the next page is a Spark of Art-spiration for you to get started. Just print and play!

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