

ART AND INSPIRATION CALENDAR

Take an Art Break. Get Inspired.

4 Have a vision session - Draw, collage, write down what inspires you and what you want of accomplish this year.

5 Draw a positive affirmation on a candle. Light it. Stare at the candle flame for 5 minutes.

6 Pick your favorite positive thought and make it into a poster.

7 Make 2 gifts for yourself this week.

1 Create a timeline drawing including all your greatest experiences of last year.

2 Find a park bench to sit on for at least 10 minutes. Watch the world unfold around you.

3 Create a Rainbow Rock and leave it at a neighbor's doorstep.

10 Who inspires you? Send a letter telling them 10 reasons why they inspire you.

9 Begin a creative journal. Include good news, inspiration, and gratitude.

8 Redesign your business card. Make it fun!

15 Be aware of the animals you see today. Look up their symbolism.

16 Ask someone to tell you an inspirational quote. Make an artwork with that quote.

17 Create a clay sculpture of your Inner Muse.

12 What word inspires you? Use it as a starting point for an artwork today.

13 Pick an artwork. Write a story about it.

14 Pick a subject you know nothing about. Find a book about it and get reading.

11 Draw something inspired by a recent dream.

18 Start a daily drawing journal. Pick a moment from each day and draw it in your journal (stick figures welcome!).

19 Practice some performance art! 60 seconds each of broad smiling, forced hearty laughter, howling like a wolf.

20 Go somewhere new today. Take the time to look at the details.

21 Write 24 new experiences you wish to have and place them in a jar. Pick one when you need some inspiration.

22 Pick a new recipe to make or a new restaurant to indulge in. Stop and taste every single bite.

23 Go for a walk. Don't have a goal. Just wander around and get lost in nature for a while.

24 Create a photo collage of people and moments that make you feel deep gratitude.

25 Feel the flow. Doodle the number 8 without lifting your pen from the paper.

26 Walk around in nature and discover something that inspires a drawing or photograph.

27 Dance for 5 minutes, like everyone is watching.

28 Leave an inspiring quote on someone's windshield.

29 Reuse a material to make something new.

30 Be a copycat. Pick your favorite artwork ever and create your own version of it.

31 Intentionally lay on the grass, stare at the clouds, and ground with the Earth.

**JAN
UARY**

Art is Moving
TAKE AN ART BREAK!

artismoving.org