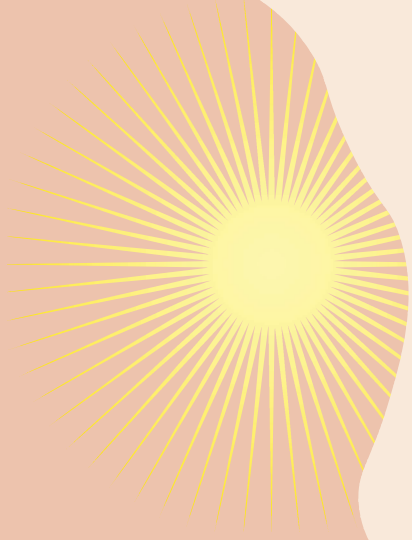


**Have you ever done something like this?
Written a pure stream of thought until
you felt inspired or creative again?**



Artist Dates



A decorative illustration in the bottom right corner featuring a large, textured yellow-orange circle, a dark green leaf, a brown leaf, and a branch with brown leaves.

"An artist date is a block of time, perhaps two hours weekly, especially set aside and committed to nurturing your creative consciousness, your inner artist."

-Julia Cameron

Some examples of Artist Dates...

Play my violin for two hours

Paint with watercolors for an hour

Practice making macrame for two hours

Sketch nature outside for an hour

Write a short story for two hours



A decorative illustration in the top right corner featuring a large, textured yellow-orange circle, a dark green leaf, a brown leaf, and a branch with brown leaves.

Artist dates are meant to be done alone so you have time with just yourself and your inner artist.

Treat it as you would a date with a person – don't let anything interfere with it and commit to the time frame you've chosen.

**What are some
things you would
like to do for an
Artist Date?**



**Choose a time this
week for your Artist
Date and commit to
it. Then tell me
about how it went!**



**"The most potent muse
of all is our own inner
child."**

~Stephen Nachmanovitch



**"At the height of laughter,
the universe is flung into
a kaleidoscope of new
possibilities."**

~Jean Houston



**A creative life is meant to
be enjoyable, meaningful,
and expressive. So, live
creatively.**



**"Every child is an artist.
The problem is how to
remain an artist once he
grows up."**

~Pablo Picasso



How to gain confidence

