

Overcoming Burn-Out and Artist's Block

1. **Don't be afraid to make glorious mistakes.**

Nothing will stop you faster than the worry of making mistakes. Mistakes are beautiful. We learn from them. It's an important part of the process. Not all of our ideas are good - and that's ok. Give your mistakes as much love as you give your good ideas.

2. **Create first. Edit later.**

Stop stifling creative ideas before you even have them. When you are creating - create! Anything goes, explore all of your ideas. You can always edit things later - but really go for it when creating.

3. **Experience life.**

Get out there. Go to movies, concerts, museums, plays, lectures, etc. Get inspired by other people. See life, feel life, hear life. Take notes on life. Be an active participant.

4. **Surround yourself with brilliant people.**

We become like the people we associate with. So be around awesome people. Be the kind of person you would like to meet. Collaborate.

5. **Stop overthinking!**

It is so easy to overthink anything. Knock it off. Stop talking yourself out of ideas.

6. **Look straight ahead. Stop looking to the left and right.**

Focus on where YOU are headed. It's easy to look at the person to your left or right and start comparing. Let them do their thing while you do yours. We need YOUR art.

7. **Take a break.**

It's ok to take a break. Go do something completely different. Use the other side of your brain. Clear your air. Go somewhere new. Get outside. Try it again tomorrow, next week, or even next month.

8. **Personal projects.**

Do something just for you. Not for a client, not for the hope of selling it, just do it because you want to. Total self-indulgence is great sometimes. And it might even turn into your next great creation.

9. **Participate in prompts on Instagram.**

Search for ongoing things you can be a part of — and then do it!
#inktober #30daysofpaintings #21daysinmyartworld #experiencetruecolors

10. **Believe in You.**

You are talented. You are creative. You have great taste. You can do this. Now go do it.

11. **Write down your ideas when they come to you.**

You can't remember everything—but if you write it down, you will. Keep a sketch book with you at all times. Use it! Even if it seems silly, write it down. It may not seem silly tomorrow or next week. Wake up in the middle of the night to write something down if you need to. You never know when a great idea is going to show up.

12. **Be where your feet are.**

If your feet are in front a blank canvas, be there. Give that canvas ALL of your attention. Focus. The here and now is real. Be present. Clear your mind. Give your current task 100%.

13. **Mix things up.**

Drive home a different way. Move things around in your house. Try new food. Shake it up.

14. **Relax, laugh, and enjoy yourself.**

Laughter really is the best medicine. "Work hard" and "play hard" can be the same thing!