

LETTING YOUR INNER CRITIC SPEAK (FOR NOW)

Before you get really mad at the critic for all its harsh words, remember that she is scared. Have some compassion for her (or him.) One way to do this is to listen through writing. Write down all of the things that your critic wants to say so that it feels heard. Once you feel you have exhausted (or nearly exhausted) the critic's complaints, then you will be ready to write your artist's manifesto.

WRITING YOUR ARTIST'S MANIFESTO

Your artist's manifesto is a way to answer the fears and complaints of your inner critic. so for example, if your critic tells you that your art is "no good," you might say, "My only job is to create, I'm not responsible for the product." Or if your critic argues that it's a waste of time, you might say, "Taking time to make art is good self-care, which gives me more energy to give to others." Come up with your own list, or use some of these suggestions. Mine says things like:

My journal is my playground.
It doesn't have to be "art."
I have permission to just show up and make marks on the page.
If I hate it, I can cover it up with gesso, paint, collage, or stamps.
I have permission to fail. Success is made up of lots of failures.
I have permission to enjoy letting the image choose me.

Write your manifesto in your journal right now, or, write it on a separate sheet, and after you create some amazing backgrounds that you love, you can write your artist's manifesto there. You might choose to make it the first page of your journal, the last, or a random page.