Giving Yourself Permission to Create
Let’s get concrete about giving ourselves permission to create. These are your art affirmations or “permission slips.” We are using pretty little sheets of paper or fluid art mini masterpieces to give ourselves permission to create. It’s a way of answering the worries of the inner critic with color and playfulness.

You can make up your own, or use any of mine that speak to you.

**Art Affirmations:**

I am allowed to make a mess
I am allowed to “waste” paint
I am allowed to make it ugly
I have untold stories
I have undiscovered landscapes to explore
I have wondrous places within me
I have permission to make a little art
I have permission to work small
I have permission to make my art a priority
I have permission to put myself first
I am an artist
I am a wild bird, creativity lets me take flight
Get out of my way, I have art to make.
Tips for Success with Your Art Affirmations:

- Paint your backgrounds first, then write over them.
- Or, use old art pieces and cut them up to use as your backgrounds. This is fun!
- Make backgrounds bold, serene, colorful, graphic, organic, wild, or inspiring.

- Paint backgrounds with a solid color, patterns, swirls of color, or ombre style.
- Use thicker papers such as watercolor, mixed media, or card stock to avoid paint warping the paper.
- Depending on the type of paper you are using, you can make your backgrounds in watercolor, acrylic, high flow acrylic, or marker.
Tips for Success with Handwriting in Your Art:

Lots of people feel intimidated about writing on their art work because they feel they have poor penmanship. I’m a big advocate for using your own handwriting, even if it’s not super neat. Handwriting is a disappearing art. Using your own print, script, or caps, gives your work a beautiful touch of humanity. Given the amount of time we spend looking at typed words, I think it’s an important element in our art.

There’s a few keys to making your handwriting look better:

• **SLOW WAY DOWN.** Write really slowly and with care - let it be a meditation on your words. Pretend you are learning to write again for the first time if you need to. I find that this is a fun way to slow myself down and hear my own thoughts too.

• **Practice.** Of course the more you do it, the better you get.

• **OR - If you really can’t stand the thought of this, make a commitment to MAKE BAD ART.** Prove to your inner critic that bad art does not cause cancer, natural disasters, psoriasis, or make your family turn against you and swear they have no idea who you are when you show up at Thanksgiving.

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How to Use Your Art Affirmations Creatively

Put some effort into your permission slips. Make them beautiful little affirmations of creativity in their own right, even if it just means using a color you enjoy. Seeing something that you find pleasing will help inspire and reinforce your desire to create.

- Put a jar on your art desk and fill it with art affirmations. Take one or two out when you need a bit of encouragement to get going.

- Create a simple background in your journal and paste an affirmation on it; then write about what it means to you.

- Make a whole journal dedicated to giving yourself permission to create. (Ooh, this one has so many possibilities!)

- Make a few permission slips a day for a month, and see what happens.

- Make abandoned art with art affirmations. Leave art affirmation stones around in your community. Or, make small, handmade accordion books with art permission slips on the front. You are an art ambassador!

- Make a poster from your art affirmations and hang it next to your art table.

- Use gel pen for your writing. What doesn’t look better with gel pen?

- Paste your affirmation on a small canvas and hang it up.
ART JOURNALING SUPPLIES

Journals:
Which type of journal you use depends a bit on your personality and budget. I will go over some journals that would be good choices for high flow paints.

Whether you stick with watercolor and mixed media journals which have thicker pages, or you work in drawing sketchbooks depends on the thickness of the pages and your personal preferences and how particular you are. I personally like the slightly worn page, it shows my hand in the work, and I think that makes it more precious. Because I skip around in my journal, and paint a lot of my pages, the bleed through doesn’t usually bother me too much because I can paint a background over it and start fresh.

I’ve listed the journals in order of their heftiness, from the most to the least thick page. I’ve used fluid paint on them all.

Journals, I suggest using 2 - 3 if you can, or 1 journal plus some scrap pages:
Moleskine Art Plus Accordion Journal
Moleskine Art Plus Watercolor Journal
Strathmore Watercolor Journal
Moleskine Art Plus Sketchbook Large
Moleskine Art Plus Sketchbook, Pocket
Hand Book Travelogue Journal Landscape

Paints:
Golden High Flow Acrylic Paint Set
There are recipes online for making your own high flows, search: Fluid paint recipes
**Brushes:**
If you are looking for a starting set of brushes, I like this and use this one:
- **Loew Cornell Brush Set**
- **Loew Cornell Liner brush Set** - You really only need one, and I’ve not used this particular set, but I wanted to give you an idea of what your are looking for.

**Other Important Materials:**
- Paper towels or paint rag for clean up
- Lysol Wipes for cleaning spills or palette
- Palette or other plastic surface
- Parchment paper to protect pages
- Water cup
- Gloves or Glove cream to protect your hands if you use high flow paints. I use gloves.

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SHARE YOUR PERMISSION SLIPS ON SOCIAL MEDIA:

INSTAGRAM: You can share your work on Instagram by tagging #mindfulartstudio. Be sure to also tag @amymaricle so I don’t miss any of your beautiful work.

OUR FACEBOOK GROUP: Share success, process, and questions in our Facebook Group, Creative Self-Care
Creative Resources

Learn with Mindful Art Studio classes:
Diving Deep: Intuitive Art Journaling - Registration closes April 20th!
Fluid Art
Art Journaling 101
Freeing the Muse
Starting Your Art Journal (e-book)

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YouTube: https://www.youtube.com/amy-maricle/
Instagram: Instagram @AmyMaricle

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