

THE IMPERFECT  
PAPER CUT  
ART JOURNAL





**Dear Wonderful, Creative You:**

I'm so happy you are interested in making space for imperfection in your art. Whether you are paper cutting, painting, or drawing in your art journal, I've found imperfection to be one of the most magical tools in my creative toolbox, and I hope you will too. I'll lead you through some creative exercises, but first, I'd like to get you thinking about why you make art in the first place.

### **Why do you make art?**

This is a quick, imperfect writing exercise for you. Feel free to make it as imperfect as you can, spelling and grammar mistakes and all! Use the space here to jot down some notes about what comes to mind when you see the following question: Why do you make art?

### **Who is "Allowed" to Make Art?**

Of course I don't know what you wrote, but most of us make art not because we aspire to have it featured in a museum, but because we enjoy being creative, it's an outlet for our feelings, and because it makes us happy to play with colors, textures, lines, and shapes. **Strangely though, we've gotten the idea that only trained or "talented" artists have authorization to create. This is a myth.** I'm here to help you experience a new way of making art.

## **Tips for Beautifully Imperfect Paper Cut Art Journaling:**

1. **Set an intention** before you begin to welcome imperfection and play.
2. **Channel your 3 year-old self.** Invite primal marks, bold movements, and a focus on the experience of creating.
3. **Use a process-oriented approach instead of a product-oriented approach.**  
Don't plan pages. Create paper cuts on loose paper. Play with combining your paper cuts and writing.
4. **Think of your art journaling as an “expressive journal”** whose main purpose is not to create a product, but to help you with your feelings, and take you on art adventures. As Julia Cameron says, our job as artists is to show up, not to control the quality of the work.
5. **Let the art be in charge.** Get curious about what might come next in your art if the art could tell YOU what to do.
6. **Work the same technique in several different ways.** Great artists work in a series. You can too.

## Imperfect Paper Cut Art Journal Ideas

### Imperfect Paper Cut Art Journaling Prompt #1:

#### Ugly Art:

- Create at least one, but as many as 3 “Ugly Paper Cut” pieces.
- Cut out more egg shapes. Experiment on each with a different pattern.
- Make them as ugly as you possibly can. This will help you begin to challenge the scared and critical voices of the inner critic. We need to show her that it’s okay to make imperfect art, and in fact, it’s fun.
- Explore whether you can do anything with these “ugly” pieces in your journal, or whether it’s fun to just recycle or cover them.

### Imperfect Paper Cut Art Journaling Prompt #2:

#### Magnetic Poetry:

- Set a timer.
- Write about what you are feeling for 5 minutes.
- Read over your writing and lightly underline words and phrases that stick out to you.
- Cut out all of the words except for the ones that you underlined.
- You may leave it as is or decorate around the words with patterns, drawings, etc.

### Imperfect Art Journaling Prompt #3:

#### Mindful Paper Cut Art Journaling:

- Dig into a journal page with your knife.
- If it feels okay, before you begin, gently close your eyes and focus internally. **Welcome an intention of experiencing the art through your senses.**
- Begin creating, but **with attention to what you notice about the materials.** What do you hear? Can you hear the knife cutting into the page? What does the texture of the page feel like? Can you notice the sound of the paper as you extract it from the page? What can you notice about your art materials that you never noticed before? This is a wonderful way to practice mindfulness. (It’s the most fun way I know!)
- **You may wish to write about your experience** on the paper spaces of your page.

Ready to dive deeper into your **BIG ART** through paper cutting?



**Sharing:**

Are you sharing your work? Tag @amymaricle and #mindfulartstudio so we can all delight in each other's work! Are you a part of our community? Please find us here:

[Click here to join the Layers of Light class through Friday June 14th.](#)

[Creative Self-Care - Private FB community](#)

[Instagram @AmyMaricle](#)

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