

Set a Boundary to set yourself up for success

Think of the boundary as a warm blanket that comforts and strengthens your soul, rather than a barbed wire fence that keeps you trapped in the cold.

Here are some ideas of warm blanket boundaries that you could set for yourself. Pick one that feels right and try it on for 30 days.

1. Size of paper define and limit.
2. Color limit only - black and white
3. Type of surface
4. Complementary colors only
5. 100 strokes per painting/piece
6. Always start on a book page
7. Work for 20 minutes three times a day
8. Do your art first thing in the day
9. Do it last thing in the day
10. Just do it, don't think, don't judge
11. Complete one piece a day and hang it up
12. Make a promise to yourself and share it with a trusted friend
13. Use only the materials that you already have
14. Copy the work of a master
15. Get a teacher
16. Take a class
17. Promise to post one process picture a day
18. Join a group and be active
19. Paint items from your kitchen
20. Draw items from your garden
21. Go to library and look at art books once a week
22. Draw your keys each day for a month
23. Photograph your glasses 100 times
24. Paint really small for one month
25. Paint small things really big for one month

If nothing sounds right for you, then hopefully it stimulated something in your mind to find a "warm blanket" boundary to support your art practice.

Enjoy,
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