

10 CREATIVE WARM UPS

1. Empty your mind and do a brain download
2. Get moving!
3. Read an art book for inspiration
4. Listen to a podcast
5. Experiment with color mixing and swatching
6. Re-organize your creative space
7. Prepare a new canvas or panel
8. Start a new drawing
9. Put the finishing elements on a completed piece
10. Journal or write out the concepts of your artwork
11. Bonus: Sketch with your non-dominant hand while dancing to the rhythm of music
12. Bonus: Become a beginner again and try something new!

Find this resource helpful? Share it with a friend!