

Especially for my Edward Jones friends

# Jumpstart Your Art Workshop

I wish I'd had the courage to live a life true to myself, not the life others expected of me. [Regrets of the Dying](#)

## Three Steps

1. Find out more. Gather the facts. Enter that world.

- Subscribe to a print arts publication.
- Start creating. See Julia Cameron's [Morning Pages](#) and Twyla Tharp's [Creative ritual](#)
- Go ahead and be bad. [Four phases of discovery](#)
- Immerse yourself in a retreat [art retreats](#) or [writer retreats](#) or [music retreat](#)
- Take the step. Be vulnerable. Start to create for yourself.



**The Cave Troll says,** “You’re not going to be good! Why bother?”

**Vincent van Gogh’s response:** “Even the knowledge of my own fallibility cannot keep me from making mistakes. Only when I fall do I get up again.”

2. Learn from others. Get their voices into your head regularly. Begin to share.

- Create a separate gmail address
- Subscribe to a blog for creatives. [Dan Blank’s weekly newsletter](#) or [Austin Kleon’s blog](#)
- Listen to podcasts
- Explore artist instruction in social media [Artist on Instagram](#) or Writer on Twitter [@jennienash](#) or [Musician on Youtube](#)
- Assess and adjust your creative space, time, creative energy
- Share privately – inner circle of family and friends

**The Cave Troll says,** “You’re taking too long! You’re too slow!”

**Vincent van Gogh’s response:** “Great things are not done by impulse, but by a series of small things brought together.”



### 3. Find collaborators. Expand your network. Focus on first project.

- Check out local St. Louis art groups
- Visit independent bookstores and galleries and clubs. Attend local artist events. Follow and like local artists. See [A&E Calendar](#) or [Kranzberg Arts Foundation Calendar](#)
- Join Facebook Groups. Example: [writer FB group](#)
- Do the [100 Day Project](#) (Here's the video of my 100 days of writing): [100 Days of Writing 60 Second Video](#)
- Join professional associations. Example: WFWA [Women's Fiction Writers Association](#)
- Attend a professional conference. Example: [University of Wisconsin Writers' Institute](#)
- Identify a project and double-down on it.
- Establish measures (how many pages/week), milestones (each chapter), due dates. Got feedback. Published what I was doing in my newsletter to hold myself accountable.
- Daily habits of famous writers [Daily Habits](#)
- Attend a virtual class [Creative Shift Mastermind](#)
- Work with a coach [Book Coach resource](#)
- Use your project management skills to add the structure of milestones, accountability and feedback to your creative practice.



The Cave Troll says, "You are an impostor!"

**Vincent van Gogh's response:** "If you hear a voice within you saying, "You are not a painter," then by all means paint... and that voice will be silenced."

## Books

[The Artist's Way](#) by Julia Cameron

[The Creative Habit](#) by Twyla Tharp

[Steal Like An Artist](#) by Austin Kleon

[Be the Gateway](#) by Dan Blank

Discover your "why" – what is your mission and what is your message.

Here's what I believe: In everything I do I believe in pushing against the edges of limitation. In everything I do I believe in finding connection.

Joan Fernandez