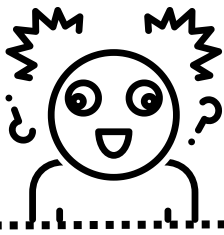


Feeling



Frustrated?!

You are a creative Rock Star most days but there are days that sneak in when you are feeling less than inspired. The next time this happens to you, try these tips and tricks.

1

Take a Break. Our bodies often give us signals when it's time for a time-out. Take that cue and step away from what you are doing for awhile. Often, this is all that is needed to recharge our creativity.

2

Surround Yourself with the beauty of the things that you love. Decorate your space with your cards (and others!), art you've made or bought, colors that you love, your children's artwork. All of these things are great sources of inspiration!

3

Browse. Look to online resources such as Instagram, Pinterest, or a favorite website. These are often a treasure trove of inspiration.

4

Find the Unexpected. Go to a paint store, a fabric shop, a design center or tour model homes. These are all full of fabulous textures, patterns and colors.

5

Watch Cartoons. Yes, cartoons! Cartoons are full of bright, vibrant colors, textures, interesting characters and endless imagination.

6

Play. Experiment. No boundaries, no rules, no deadlines. Throw some paint at a canvas, mix different medias together, splatter to your heart's content. Do something you haven't done before. Light that creative fire!

7

Keep Going! We've all been there, and these moments are fleeting. Even though they may happen at the most inopportune times, they won't last forever. Remember, you've got this!

Feeling Frustrated Resource created by Jennifer Schoolcraft.

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