

## Top 10 Tips To Strengthen your Studio Practice

1. Know your **Purpose**:
  - Why are you an artist and a teacher? What's your motivation?
2. **What's your End Game?**
  - What are your goals as an artist?
3. **Studio Space**: Invest in a dedicated studio area free of clutter
4. **Self-Discipline**: Schedule your Studio Time
  - Honor it until it becomes habit
  - Communicate it: Let people know your studio hours.
  - Take yourself seriously (and others will too)
5. **Clarity of Mind**:
  - Clear your *To Do* list by the day before
  - Mental Gardening (clear the weeds of the mind)
6. **Ritual**: Meditation, music, yoga... whatever you need to prepare for creativity
7. **Inspiration**:
  - Inspiration board: Art clippings, travel, nature, city, people, poetry...
  - Schedule time to seek and receive inspiration
8. **Always Be Learning**: From teachers, mentors, peers
  - Exhibitions, lectures, courses, meet with artists you admire
  - Artist community, peer critiques
9. **Stretch Yourself**: Put yourself out there
  - Enter competitions, awards, juried exhibitions
  - Promotion: seek gallery representation, update website
  - Surround yourself with people that support your growth
10. **Declare It**: Speak it into existence (and why)
  - Positive reinforcement: "I am a great artist and I get paid to do what I love!"
  - Your commitment to yourself: "I will complete my portfolio and mail it to ..... so that I can achieve ..... " etc