

IN CASE YOU COME BACK



*Creative Conversations
on Finding Inspiration and
Discovering Your Authentic Voice*

GUIDE BY JAMIE CATT

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We are shaped & fashioned by what we love.

JOHANN WOLFGANG VON GOETHE

to know

Inspire is to breathe life.

- to be influenced, moved, or be guided
- to exert influence on
- to motivate
- to give an idea about what to do or create
- to create

ETYMOLOGY

Latin : inspirare "breathe upon"

from in- "in" + spirare "to breathe"

to ask

To ask is to engage with the world.

By asking questions, by being curious, you engage with your subjects and open your mind to a world of possibilities. It changes your perspective and opens doors to new ideas and inspiration.

QUESTIONS

What will I study in this moment to spark my inspiration and grow my current skills and knowledge?

What steps will I do to actively seek out ideas and become motivated in my craft?

Who or what are the things that inspire me right now?

What kind of environment will I make to compel me to create and be motivated in times of blocks?

to act

You are made up of the things that inspire you.

I. LIST

Write down 10 things, people, places (or anything under the sun) that inspires you.

II. MAP

Create a diagram from your list with a symbol of yourself in the middle and connecting these ideas to yourself.

III. REFLECT

Ponder on your diagram and see how it all connects back to you and your interests.

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You are the sum of your influences.

AUSTIN KLEON

Read: The Creative List by Jamie Catt
(<http://blog.jamiecatt.com/category/art-design/the-creative-list/>)

to discover

Discovering your style.

- Confidence is key.
- Trust in yourself and your work.
- Let the work speak to you.

RECIPE

Step 1: Research & Experiment

Step 2: Practice, Practice, Practice

Step 3: Go out of your comfort zone

Step 4: Stretch your boundaries

KEY INGREDIENTS

Motivation and Determination

KEEP IN MIND

It's not about being original.

It's about developing the confidence of who you are.

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Art is an adventure in the unknown world which can be explored by those willing to take risks.

MARK ROTHKO

to collect

Do one thing every single day that will hone your skills and contribute to your craft.

Inspiration quickly fades so you have to put your ideas into paper. This lets you be present in the moment.

Keep a journal. Commit to keeping a journal or a sketchbook for when inspiration strikes. Refer to it every now and then when you need a pick me up.

Record anything and everything under the sun. Write or draw anything you want; anything that comes to mind. Get addicted to it.

Think freely. Think boldly. Form visual images when you are trying to think of ideas. It's much fluid and increases inspiration.

Your personal sketchbook. Captures energy and excitement of ideas before they are filtered through rational mind (as illustrated by Rod Judkins).

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*It's not until you record your ideas that you realize
how many good ones you have.*

ROD JUDKINS

to balance

The balance between allowing other artists to fuel your work and offering something unique.

- Find time for personal creative endeavors.
- The best time to do any serious creative work is when you are fresh.
- Explore venues of your passion.
- Do things that make you happy.

EMULATE. EXPLORE. EMBRACE

Emulate works of other artists to help develop your skills. Overtime, you will develop your own style by exploring different avenues of your craft. Combining all of your interests, embracing your flaws leads to creating your own unique body of work.

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Be your own work of art. Don't find yourself. Invent yourself.

ROD JUDKINS

Read: Morning Ritual by Jamie Catt
(<http://blog.jamiecatt.com/morning-ritual>)

to inspire

Creative advice on motivation and inspiration.

- Listen to podcasts.
- Read engaging and inspiring books.
- Do one thing every single day that will contribute to honing and expanding your craft.
- Block time for personal work.
- Collaborate with fellow creatives.
- Create an ideal environment to spark your motivation.
- Be a collector of things that interests you.

to explore

A list of readings.

- [Steal Like An Artist](#) by Austin Kleon
- [Louder Than Words](#) by Todd Henry
- [Change Your Mind](#) by Rod Judkins

A list of podcasts.

- [The Accidental Creative](#)
- [After The Jump](#)
- [Being Boss](#)

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To be creative, you have to relentlessly develop and improve yourself and your ideas.

ROD JUDKINS