

Art Fluency

Inspiration and Influence

Sketchbook Practice and Reflective Prompts:

Here are some ideas and prompts for your journaling practice over the next week or so. Feel free to play around with these ideas.

Do as much or as little as you feel like and have fun!

One way of working with your inspiration is to build mood boards that are easily accessible to you. You can do this in many different ways. It might be electronic on a device, phone, tablet or PC using a software package like Pinterest, OneNote, Evernote. You might like to take lots of photographs or gather found objects.

You could use your sketchbook, display on mount board, or a cork noticeboard. Anything that works for you and keeps your current inspiration easily available so that you can both work with it and add to it as the mood strikes you.

Continue to explore your sources of influence. Perhaps choose another two or three artists to repeat the exercise from Monday.

Or add them to your mood board of inspiration.

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Reflections:

You could take a deeper dive into the things that inspire you. The questions and suggestions below may help to deepen your understanding of the what's and why's of your inspiration.

Find a quiet spot, settle yourself with a drink and begin by revisiting the list of "inspiring things." Take a some time to consider each thing you have listed.

What is it about it that you find inspiring? Allow yourself to consider it from different perspectives.

Maybe it's the colour or shape. If so why what about the colour or shape is appealing to you. For example, I love orange for it's bright intense energy and light blue for calmness.

Perhaps the energy of the thing is why it is significant. Or maybe the source of inspiration has a particular meaning, resonance, memory or experience that is important.

Continue in this way to explore the elements of your inspiration.

Do you notice themes or patterns emerging?

If so how are these themes relevant in your life? It can be useful to make the connections between our art and the wider dimensions in our life.