

# How to Make Art a Habit

## • • • WORKSHEET FOR ARTISTS • • •

Becoming a professional artist involves creating art on a consistent schedule. Being productive often means creating even when you are not inspired, setting goals, and adhering to a schedule. The following worksheet will help organize your goals, keep you on track, and make art into a habit.

Read the article [How to Make Art a Habit and Stop Waiting for Inspiration to Create](#) while filling out this worksheet.

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### CREATE A SCHEDULE FOR MAKING ART:

- How many days a week can you dedicate to creating art? How many hours a day?
- Create a realistic schedule that you can stick to. You can start small at first and adjust each week.

SUN	MON	TUE	WED	THU	FRI	SAT

### CREATE GOALS FOR YOURSELF:

- Set SMART art Goals. (Specific, measurable, attainable, relevant, and timely).
  - Specific- what do you want to achieve?
  - Measurable- can you determine if you were successful?
  - Attainable- be realistic given the tools you have to achieve the goal.
  - Relevant- Does the goal relate to your passions?
  - Timely- set a deadline for your goal.
  - Example goal: "I am going to participate in a solo gallery show by the end of 2018"

GOAL ONE:

GOAL TWO:

GOAL THREE:

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### INSPIRATION CATALYSTS

- Record ideas and start pieces of art when you are inspired and save those for your uninspired days.
- It may be helpful to start a journal or sketch book and keep this with for the moments you are hit with inspiration.

IDEAS:

### MAKE TIME TO PRACTICE

- Practicing different skills opens the door to new inspiration.
- How often can you practice your skills a week? What skills do you want to improve?
- Work this into your schedule.

ANSWERS:

### IGNORE YOUR INTERNAL CRITIC

- When inspiration is lacking, what does your internal critic say?
- Our internal critic is only there to hold us back.

TASKS:

- When your internal critic gets louder, focus on creating. The less you pay attention to that voice and give it power, the quieter it will become.

### ACCOUNTABILITY ART BUDDY

- Who do you know that can help encourage you to stick to your schedule and goals?