

30 Inspiring Activities to Try

A Month of Daily Creative Exercises

How to Use This Printable

Make your 30 days of creative exercises even more enjoyable with this great idea.

1. Print this list, and cut out each activity individually.
2. Fold or roll them into a scroll.
3. Place activities in a jar to keep in your studio or on your desk.

Picking each day's activity will be a surprise that is sure to spark inspiration!

Choose one of your favorite

song lyrics to use as inspiration

for a collage, painting, sculpture,
or any other type of art form.

Take a photo of
the sunset, and use
that color palette
in a painting.

experiment WITH A PATTERNED PAPER NAPKIN.

peel apart THE LAYERS,

adhere THEM WITH GEL OR DECOUPAGE
MEDIUM TO A CANVAS OR ART JOURNAL PAGE,

and build from there.

Apply paint with a variety of tools...

but no paintbrush!

in her studio

inherstudiomagazine.com

Find a piece of your old
artwork that didn't turn out
like you wanted,

*and transform it or use it
in a new piece.*

Draw where you are right now. It doesn't
have to be realistic or perfect — *just draw.*

What did you love as a kid —

a particular animal or your favorite toy?

Use collage, ink, or paint to re-create it,
and pair it with cut-out or handwritten text.

Choose three colors you
rarely use, and create
only with them.

HEAD OUTSIDE!

Go on a nature walk, and collect items to incorporate in your artwork.

Make a list of your favorites:
foods, songs, colors, places, books — *anything goes.*

Choose three of your favorite things to incorporate in *a piece of art.*

Draw or paint random lines — straight, curved, intersecting — the more variety, the better.

Now look for shapes in those lines that resemble things or objects, like looking for shapes in the clouds. Fill them in with detail.

Use an **old book page** in your art, allowing the words that JUMP OUT at you to *inspire the theme.*

Use your
non-dominant hand
to draw, paint,
or make marks.

Write about one of your most important or vivid memories,
and pack it full of descriptive words and imagery.

Go on a scavenger hunt in your
studio or home, and gather found
objects, papers, and even trash to
use in your art.

Choose a word,
and then make a list of all the
other words it makes you think of.

That list can serve as a
well-rounded *visual theme*.

Make a *gratitude list*
using images and words cut out
from magazines and catalogs.

Sit down with a **stack of magazines**, and start
tearing out **whatever catches your eye**.
Categorize them into piles, and then cut
them out. You'll start noticing the images
that will **work well together**.

Reorganize your studio or
creative space. You'll be *inspired*
by supplies and materials you
forgot you had.

CHOOSE A BASIC SHAPE -

square, triangle, circle, diamond, etc. -

AND USE IT AS A *repeating element*

ON A CANVAS OR ART JOURNAL PAGE.

Write about a day you would like to forget,
and then paint over the page,

*creating a new background
and effectively erasing
that day.*

*Visit a new place and bring
along a notebook.*

Write down visual and emotional
observations — even one-word
observations will do.

Re-create a recent dream on an art journal page.

in her studio

For the current season, use your five senses

to describe what it

*tastes like,
smelly like, etc.*

Create visuals to illustrate
those sensations.

Choose a color that reflects your mood,
and then tear out images from magazines in
the same color. Create a monochromatic
collage using the images.

*Bring a favorite poem to life
through imagery.*

Use a timer to challenge yourself to create
something within a specific window of
time. Set it for less and less time to really
make things interesting.

Create something using a medium that is
completely new to you.

Make black-and-white photocopies of
family photos, and use them in your art.