

An abstract painting with a rich, textured background. The colors are primarily warm, including deep reds, oranges, and yellows, with some cooler tones like purples and blues. The brushstrokes are visible and expressive, creating a sense of movement and depth. The text is overlaid in the center in a white, serif font.

GET BACK IN THE STUDIO AND START PAINTING AGAIN

Thank you for downloading

"Get Back in the Studio and Start Painting Again" e-book, my freebie that helps you to identify barriers to your creativity and work through a step by step process to becoming re-inspired to paint!

When was the last time you painted?

Are you feeling stuck?

Uninspired? Are you avoiding your studio?

Are you lost in a cycle of "not feeling creative", unable to produce anything?

Was your last painting a disappointment?

Are you feeling overwhelmed and overstimulated?

We've all felt periods of time when we were less creative.

Perhaps with everything going on in the world, this is one of those times for you!

Every day endless distractions vie for your attention. On any given day, work, family, meals, chores, a pandemic, world events on your television, all compete for your attention!

The dreaded blank canvas can also leave you feeling like you have nothing to say.

In this environment, it can feel impossible to create.

But, what do Creatives do?

WE MUST CREATE.

If we don't CREATE, we don't PRODUCE, we don't EXPRESS.

Would you like to get back into your studio and start painting again??

Then this process is for you!



Get Back in the Studio and Start Painting Again

The following 3 day prompts are designed to get you back into the flow, painting in your studio!



This e-book overviews a process to help you slay your dragons and get yourself back to your happy place. Inside is a little bit of analysis (for the left brain) and a little bit of action (for the right brain) to help you get the result you want: painting!



Think about the following questions. You'll answer them tomorrow.

WHY DO YOU CREATE?

Do you create to make a living with your art?

Do you create to teach?

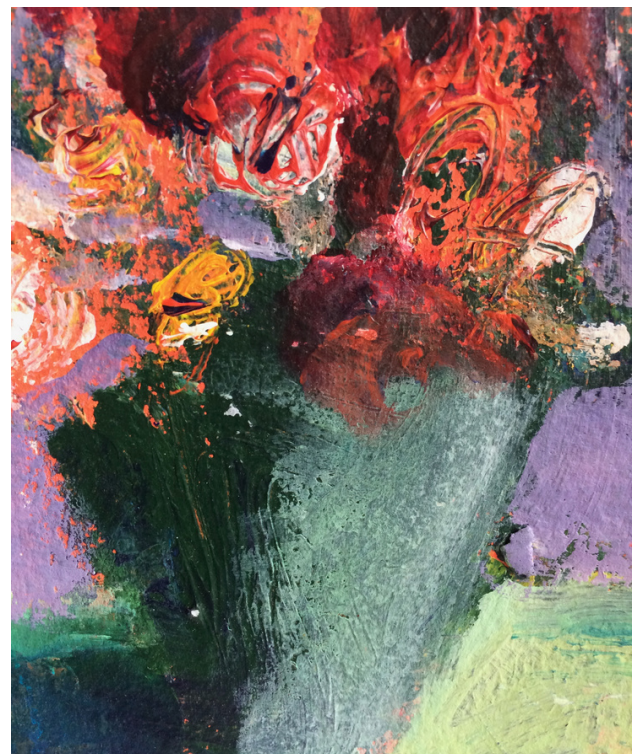
Do you create for pleasure?

Do you create for inspiration?

Do you create to heal yourself?

What other reasons?

What do you get out of the painting process?



"NO MATTER WHY YOU CREATE, IT'S GOOD TO GET IN TOUCH WITH YOUR "WHY". IT HELPS YOU TO DEAL WITH ANY BLOCKS TO CREATING AND LESSENS THE CHANCES OF LOSING YOUR MOTIVATION." SUZANNE JENNE

For example, I know that for me, the true reason I create is to heal myself. I have found that creating helps me to regulate my moods, feel more positive and productive in my life. When I am creating I find I can channel a river full of ideas. Problems or challenges in other areas of my life suddenly fade in their significance, as new ways of problem solving flow to me. Identifying these feelings around my WHY helps me to rise to the challenges I face and get back into painting more quickly, because I understand the pay-off for me.

Homework: Set up studio time tomorrow. Pick your favorite time of day to be there and write it into your schedule. Treat it as a "TO DO" that MUST be done tomorrow.





DAY 1 READY!

Go into your studio at whatever time of day you've scheduled it for. If you have to move it to another time today because of some urgency, be sure to get it done.

Just experience being there in your sacred space where you create. If your studio is a "double-duty" space like the kitchen table, try to remove all distractions.

How is it being there? What do you love about the space? What have you created there in the past? Spend some time reflecting and being present.

Is your studio a mess? Is that part of what keeps you from going in there to work?

What is one thing you could move to improve the energy of your studio space? If there's clutter, move it aside for now so that you can have a clear place to focus and work..

Now, take out a journal and answer the questions that you looked at yesterday.



1. WHY do you create?
2. WHAT do you get out of the painting process?
3. WHAT do you get out of finishing a painting?

Sit there for as long as you care to, but for at least ½ hour. Reflect on how it felt to sit in your studio. What came up for you?

How long did you end up in your studio?

What did you do with the time?

Homework: Schedule time on your calendar to go into your studio tomorrow.

DAY 2 SET!

Go into your studio at whatever time of day you're scheduled. Sit there for about 15-20 minutes, experiencing, what it's like to be in your studio.

Here are some journal prompts to get you going today...



1. What's getting in the way of you being in your studio more often?
2. What could you do to spend more time in the studio.
3. What payoff do you get for being in your creative place?
4. What payoff do you get for painting and finishing?
5. What payoff do you get when you AVOID your studio or don't paint?
6. What role does perfectionism play in your avoidance of beginning or finishing projects?
7. Work out your feelings by making notes.
8. Note what is inspiring to you.
9. What themes or subject matter appeals to you right now?
10. Are you interested in Still Life? Portraiture? Landscape? Abstracts?
11. What kind of artwork gives you energy at this point in your life?
12. What would be easy to take on as a project to get started?

DAY 2 SET!

continued

Look around your studio. Do you need to organize or clean to make it more “friendly” to you? Do your brushes need washing? Are there some things to de-stash or put away in containers to visually improve your space? Depending on your energy, spend 15 minutes to an hour doing this. If music motivates you, put on some music!

Homework: Clear a workspace to start painting tomorrow.

- **Set up a time on your calendar.**
- **Get out watercolor paper or canvas and paint.**
- **Fill a water bucket if you use water media paint or get other medium if you use oils.**
- **Get everything ready to go.**
- **If you like, you can under-paint your paper or canvas today so you are ready to go with a dry layer of paint tomorrow!**
- **This is how I prefer to work as the underpainting begins the painting and provides backlighting for drama and depth.**
- **Focus on your intention and subject matter for your painting.**



DAY 3 GO!

Welcome yourself into your studio space with a cup of tea and your favorite music that calms you, energizes you or focuses you. Journal for a few minutes about how you are feeling. Empty your emotions out so that whatever you are dealing with outside your studio doesn't come into your work today. Write for about 10 minutes.

1. How are you feeling?
2. What's working in your day?
3. What frustrations can you leave behind?

Now spend a few minutes preparing to paint:

1. What is the BIG IDEA you want to express?
2. What is your intention for this painting?
3. What will your color palette be?
4. Subject matter?
5. Realism/Abstraction?
6. Large/small?
7. What's your process?

AND NOW BEGIN!

Try to paint for at least an hour. If possible, work on several small paintings in a big and expressive manner. Move fast. Edit later! Just paint! Afterward, step back and reward yourself by writing about your experience.

1. How did it feel?
2. What worked?
3. What would you like to do differently next time?

Commit to your next actions to continue the painting if unfinished, or begin another painting. "Rinse and repeat" this process when you're stuck or want to go in a new direction with your art!

Summary

If you can use a similar process each day for an hour in your studio, you'll have 365 hours of creating under your belt at the end of the year!

Think about what you could accomplish with this much time! That's almost 46 days out of 1 year or over 9 weeks of painting with the small commitment of 1 hour per day!

Through the process of daily journaling and painting you can amass multiple benefits:

- a defined style and voice to your paintings
- a solid "practice" where you get better and better technically
- a system for working in spite of distractions
- the joy of creating
- a significant body of work!

I wish you the best of luck in your journey and I welcome your feedback.

Thank you!

Suzanne Jenne

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About Suzanne

Suzanne Jenne is an award-winning Artist, Author and Transformational Coach who has been creating for over 30 years.

She lives in Colorado and has produced and participated in scores of art shows and creative events. She has a passion for nature, food, wine, people and paint!

Her workshops and retreats in France, Arizona, California, Colorado and Vermont have earned her a reputation for providing lively, fun, and inspirational experiences that change lives.

Participants receive support to be innovative and productive in their approach to art making whether it's for the first time or they are experienced artists.



In her coaching practice, Suzanne specializes in helping artists to get unstuck and break through obstacles to produce their next idea, increase their income, build relationships with buyers and galleries and define their career direction.

An expert in the learning and change process, Suzanne understands human behavior and spent 30 years in training and corporate change consulting as both an executive and a consultant. She has worked with over 200 clients internationally.

Thank you for downloading "Get Back in the Studio and Start Painting Again"!

Now you've had a chance to explore a process for getting back into the studio when you get stuck. I hope you've received value. I invite you to join me for more content on my facebook page..

Go to: <https://www.facebook.com/suzannejennestudios>

See you there!

