

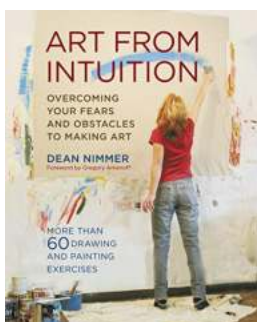
Overcoming Your Fears And Obstacles To Making Art

Creating art is a beautiful way to express your inner thoughts and emotions. It can be therapeutic and incredibly fulfilling. However, many people struggle to pursue their artistic dreams due to various fears and obstacles they encounter along the way. In this article, we will explore these fears and obstacles and provide actionable tips on how to overcome them.

The Fear of Failure

One of the most common fears that aspiring artists face is the fear of failure. This fear often holds them back from even starting their artistic journey or exploring new techniques and styles. It is crucial to understand that failure is a natural part of any creative process. It is through failures that we learn and grow. Embrace failure as a stepping stone towards improvement rather than a setback.

To overcome the fear of failure, start by setting realistic goals for yourself. Break down your artistic journey into smaller, manageable steps. Celebrate small victories along the way to boost your confidence. Surround yourself with a supportive community of fellow artists who can provide constructive feedback and encouragement.



Art From Intuition: Overcoming your Fears and Obstacles to Making Art by Dean Nimmer (Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English

File size : 126407 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 161 pages



The Fear of Judgment

Another fear that often cripples artists is the fear of judgment. It can be intimidating to put your artwork out into the world, fearing harsh criticism or rejection. However, it is important to remember that art is subjective, and everyone has their own unique taste. Not everyone will appreciate your work, and that is perfectly okay.

To overcome the fear of judgment, focus on creating art that you genuinely love and are proud of. Authenticity is what sets your work apart. Remember that constructive criticism can be valuable for growth, but not every comment deserves your attention. Surround yourself with a supportive network of fellow artists who will uplift and inspire you.

Lack of Inspiration

Artists often face creative blocks and struggle to find inspiration. This can be demotivating and hinder their progress. Overcoming the lack of inspiration requires actively seeking out new experiences and perspectives.

Expose yourself to different forms of art, visit museums, galleries, or attend art events. Explore nature, indulge in literature, or engage in conversations with diverse individuals. Inspiration can be found in the simplest of things if you have an open mind.

Develop a routine to tap into your creative flow. Set aside dedicated time for art, even if it is just a few minutes every day. Create a peaceful and inspiring workspace that energizes you. Practice mindfulness and meditation to quiet your mind and allow ideas to flow freely.

Time Management

One common obstacle that artists face is managing their time effectively. Balancing personal commitments, work, and artistic pursuits can feel overwhelming. To overcome this obstacle, it is essential to prioritize and create a schedule that allows for dedicated art time.

Identify your most productive hours and allocate them for art. Limit distractions during this time, such as turning off notifications or finding a quiet space to work. Break your artistic goals into smaller, actionable tasks, and set deadlines to ensure progress. Remember that consistency is key, so even if you can only devote a short amount of time each day, make it a habit.

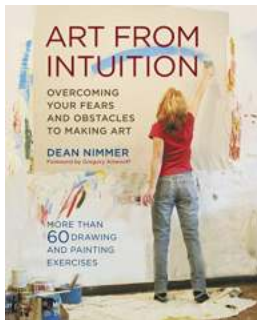
Financial Constraints

Financial limitations can also pose a significant obstacle for artists. Art supplies, studio space, and exhibition costs can add up quickly. However, it is essential to remember that you do not need the most expensive materials to create meaningful art.

Research cost-effective alternatives, such as using recycled materials or exploring digital art. Seek out grants, scholarships, or local art organizations that offer support to emerging artists. Consider sharing studio space with fellow artists to reduce costs. Embrace a minimalist mindset and focus on the value of your creation rather than material possessions.

Overcoming fears and obstacles in pursuit of making art is a journey of self-discovery and growth. Embrace failure as a stepping stone towards improvement, focus on creating art that you genuinely love, seek inspiration from various sources, manage your time effectively, and find creative ways to overcome financial constraints.

Remember that perseverance, passion, and dedication are the keys to overcoming your fears and achieving your artistic goals. So go forth, unleash your creativity, and let your art captivate the world.



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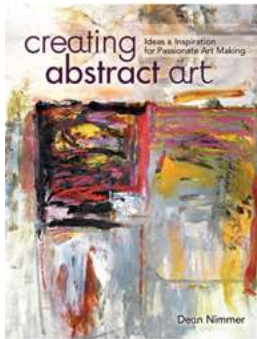
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Practical self-help for artists who want to free their creativity. Art from Intuition offers artists everywhere a unique system for freeing their own creative intuition, the sixth sense that directs an artist's drive and work. By letting go of the self-criticism, doubt, and insecurity that discourage artmaking, artists will be able to soar to new heights of creativity. More than 60 practical exercises take the reader from the most basic intuitive art to more sophisticated techniques. Each exercise, supported by step-by-step instructions, is accessible to artists at every level, and the exercises can be done in any order. After each chapter, readers are

encouraged to follow up by evaluating their drawings or paintings to see how they reflect their own personal goals. Works of art by students and contemporary artists exemplify how exciting and how productive a freer, more intuitive approach to making art can be.



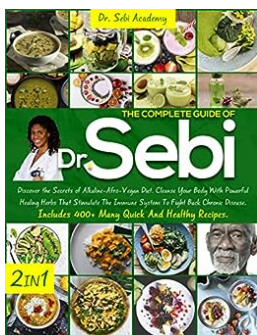
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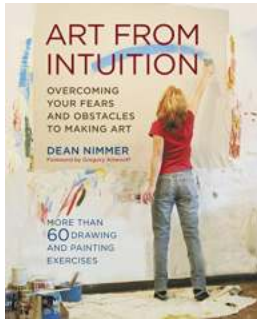
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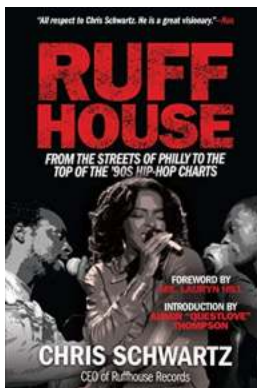
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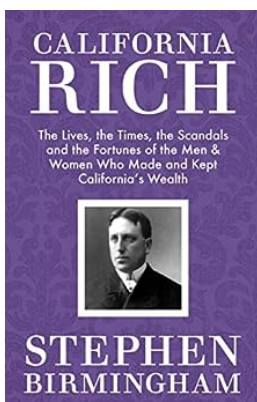
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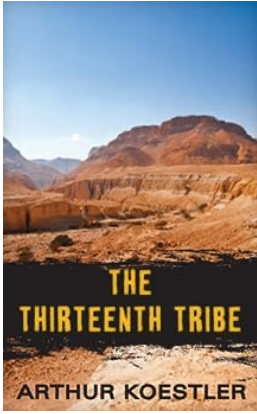
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