

7 DAYS OF INSPIRATION

Are you are feeling stuck? Uninspired or blocked? Or maybe you just want to try something different.

We have pulled together a 7 day challenge that is made up of tips and advice from members of our community.

Our members' have experienced blocks and have given their tips so we can dish them out to you so you can start feeling creative again.

UNITED ARTSPACE

WELCOME

7 Days of Inspiration

In this PDF you will find 7 inspiration prompts. You can either do them daily or multiple tasks in one day.

If you are doing them daily, It's best to set an alarm and choose the same time each day to carve out 20 minutes of creativity. Then come to this guide and choose your challenge.

We would love to see what you create, you post your work on Instagram and tag @unitedartspace using the hashtag #7daysofUAS.

You can also join our free Facebook group and meet other artists from around the world.

[>> LINK TO THE VIRTUAL ART STUDIO <<](#)

Enjoy :)

DAY 1

7 Days of Inspiration

DAY 1 - THE DOT

Today's art tip comes from Michelle McDonald as she recently experienced a block and this exercise is really simple but it worked for Michelle, so give it a try.

Draw a dot on a piece of paper using any media, you can use pencil, biro, ink, chalk, charcoal - anything. Keep drawing, see where your pencil/pen takes you.

Don't over think it and don't worry about the outcome, just draw. Spend at least 5 minutes drawing.

TIP OF THE DAY - BRAIN DUMP

Before you start today's challenge you may want to start by having a 'brain bump' 😊

This idea has been inspired by the book 'The Artist's Way'. In this book the author, Julia, advises to do something called 'The Morning Pages'. All you have to do is write 3 pages of your thoughts. When you get all your thoughts out of your head you are clearing space for creativity to come through.

So, fill 3 pages (notebook size) with writing. This can be anything, in no order.

It doesn't have to make sense, you don't have to worry about grammar. You just need to have a brain dump. Let it all out and lighten the load in your brain so you can make space for creativity.

Don't read it back, just let words flow out of you so you can make space.

If you enjoy this process, you may want to do this daily throughout the rest of the challenge.

DAY 1

EXAMPLES FROM OTHERS....



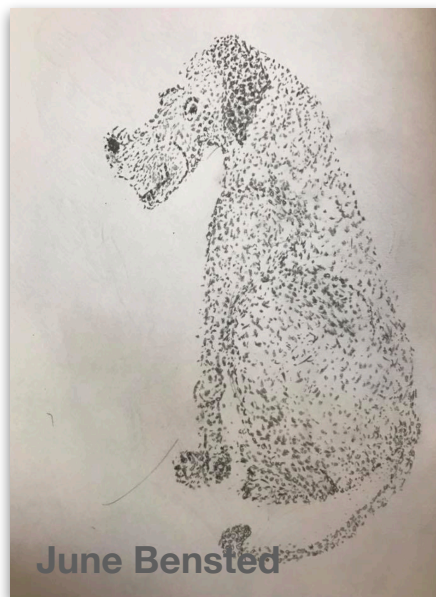
Neena Patel ▶ The Virtual Art Studio ...
5 January · 📷

Ideal first challenge of the year. It's been a while since drawing anything and after catching the flu bug that's going around and being wrapped up in bed, it's a nice simple challenge to get me back into the swing of things. Thank you so much 🥰 ...

Happy new year everyone! Happy drawing ❤️

#HappyToShare #Day1 #TheDot

Ps. I have no idea what it is... Looks like some kind of ski slope with Christmas trees and stars around it. Kind of like a children's overhead treasure map 🤔



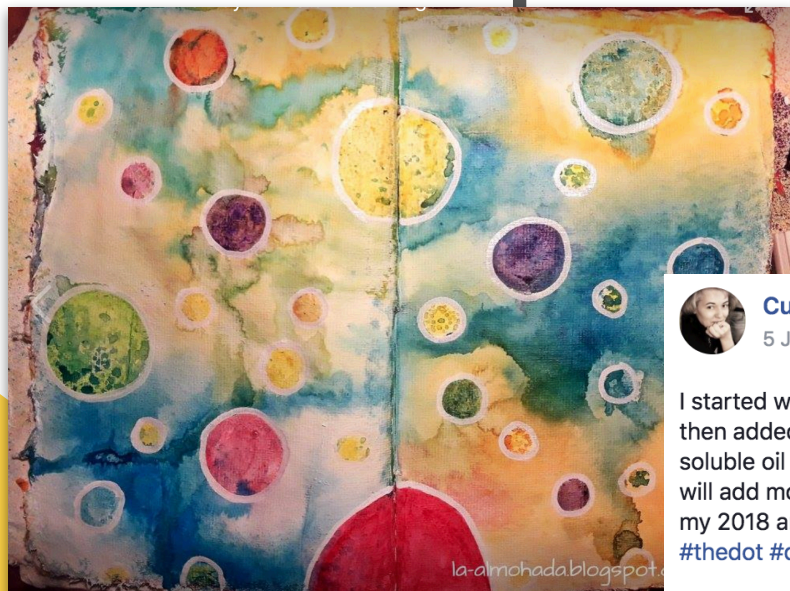
June Bensted

Helen McLaughlin I honestly have no idea what that thing is in the middle, but it's what I started with. Then moved onto top left just because I'm into drawing eyes atm, then bottom left was inspired by the music that came on from my favourite computer game, which then led to top right and finally bottom right just to fill up the space, really.



Rosa Corr ▶ The Virtual Art Studio ...
5 January · 📷

Incidentally, my brain dump was based around the other people in my family arguing and complaining all the morning! I started with the right eye. #happytoshare



Cuchy Mc Sc ▶ The Virtual Art Studio ...
5 January · 📷

I started with the grey dot at the right bottom and then added more circles in different sizes. Water soluble oil pastels, spray inks and white marker. I will add more layers and text, since this is part of my 2018 artjournal. #happytoshare #kickstart18 #thedot #day1



DAY 2

7 Days of Inspiration

DAY 2 - TAKE YOUR SKETCHBOOK FOR A WALK

Take your sketchbook for a walk. Go out for at least 15 minutes (even if it's raining) and sit on the floor, a bench, the grass, or a wall, a park, gallery, your garden - it can be anywhere.

Breathe in the fresh air and take a moment to really see what is around you, what can you hear? What can you smell? What can you feel?

Tune in all of your senses and be 100% focussed in the moment. Give yourself 10 minutes to sit and take in your surroundings.

10 minutes out of your day to be really present in the moment is nothing, give yourself permission to just sit and enjoy it.

Get your sketchbook out and write down what you have observed and how you feel, then draw for 10 minutes. You might want to doodle, or draw what's around you.

THOUGHT OF THE DAY

"We all have the same 24 hours a Day, it's what we do with them that counts"

DAY 2

EXAMPLES FROM OTHERS...



June Bensted ► The Virtual Art Studio

6 January ·

6/1/18

10 min sketch. 'View from my garden.'
#sketchbookproject #kickstart18 day 2.
CARAN D'ACHE WATERCOLOUR PENCIL



Kelly Gillies ► The Virtual Art Studio ...

6 January ·

#kickstart28 Take Your Sketchbook for a Walk
#happytoshare



Frozen Numb Fingers Chilled
Crisp Clean Frigid Bright Fresh
Calm

too cold
to draw
outside...

-36°
with
wind chill
factor.

DAY 3

7 Days of Inspiration

Day 3 - INITIALS

Thanks to Sharon Massey for this idea.

Make your initials using found objects - for example, things from the home: sticks, stones, leaves, clothing, string, hair, carpet, or old materials from your studio - go wild.

This is all about thinking out the box and removing you from 'what you know'.

Don't forget to take a picture!

TIP OF THE DAY - DECLUTTER

This can be tough, but having a declutter can really help you clear your mind.

A cluttered workspace can lead to a cluttered mind. This has a big impact on creative flow.

Throw old things away, clear your studio, clean your brushes, store old work away, throw your old brushes away. You may even want to throw/store all those old receipts cluttering your purse/wallet.

Before you throw any of these items away you may want to use them for the task above when you make your initials 😊

DAY 3

EXAMPLES FROM OTHERS....



Lana Miller Caywood ▶ The Virtual Art Studio

8 January · 🌐

This was a fun exercise. This gives you some insight to the eclectic collection of objects in my studio.



Kelly Gillies Souvenirs from people and places, who contributed to who I am.



Bentley Sylvan ▶ The Virtual Art Studio

7 January · 🌐

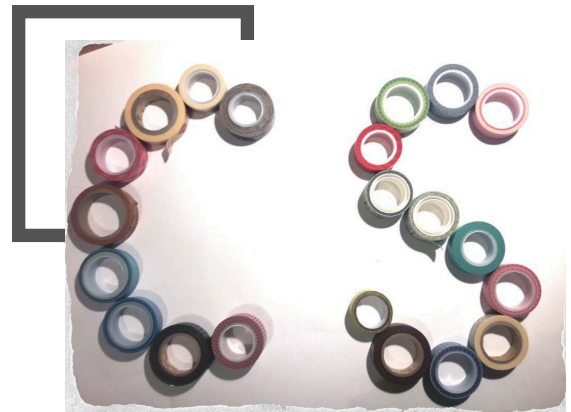
I have a year's worth of these saved from the family cooking. Knew they'd come in useful sometime 😊



June Bensted ▶ The Virtual Art Studio

7 January · 🌐

#kickstart18 day3 initials #happytoshare new pastels just calling out to be used !



Cuchy Mc Sc ▶ The Virtual Art Studio

7 January · 🌐

I'm working on a collage and using washi tape, so it just make sense to use the rolls for #day3 #kickstart18 #happytoshare



DAY 4

7 Days of Inspiration

DAY 4 - INSPIRATION

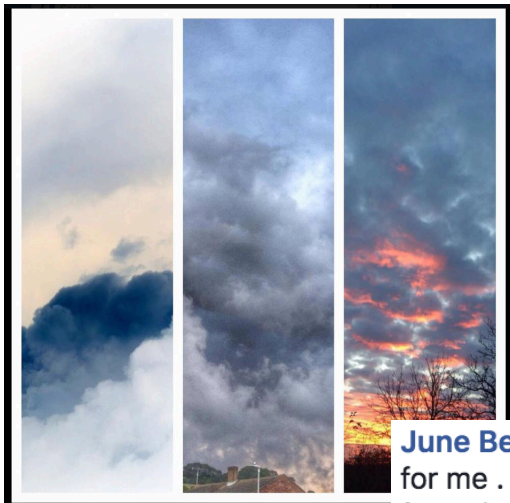
Find 3 images that inspire you. Google, look through magazines, search through your photos. Print them out and stick them in your sketchbook or onto paper.

You don't have to draw today, but if these pictures inspire you feel free to doodle on them, draw them, cut them up and collage them.

TIP OF THE DAY - GRATITUDE

Start the day on a positive note. Write down 3 things you are grateful for, this can be people in your life, the fact you are alive, having food on the table having money etc.

EXAMPLES FROM OTHERS....



June Bensted This was not difficult for me . My own inspiration comes from the skies around me . I spend much of my time outside looking at the beauty and formation of the clouds and skies above . Sadly I do not paint them enough . Painting has opened up a whole new world looked st through fresh eyes .



Sue-Ann Jordan ▶ The Virtual Art Studio

Follow · 8 January ·

Day 4 The three things that inspire me most in Life My Son and I , Music& Art and Cooking 🥰🕶️

DAY 5

7 Days of Inspiration

DAY 5 - STILL LIFE

Create a simple still life in your home with 3 objects. Just choose any random 3 objects and sit them together, overlap them.

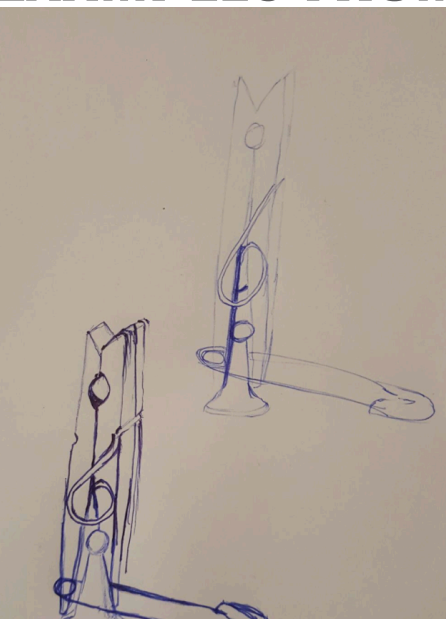
You can use any materials you like, biro, pencil, inks etc. Before you start spend at least 60 seconds observing the shapes, the lines, the tones, the colours. Then start to recreate what you can see by using the following time limits, 10 seconds, 30 seconds, 60 seconds, 3 minutes. If you want to keep going, feel free.

The time limits are there to help diminish your perfectionist streak. This exercise is about quick drawing and loosening up .

QUOTE OF THE DAY

"The reason you think your work is rubbish is because you're getting better".
- Sylvan Bentley, member of United ArtSpace

EXAMPLES FROM OTHERS....



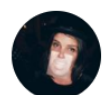
Helen McLaughlin Those first quick ones are punishing!



Amoolya Rajesh Konduru ▶ The Virtual Art Studio

9 January · 🌐

Very very open, with blue ball point pen in 6 minutes #nofilter #kickstart18 #happytoshare



Rosa Corr ▶ The Virtual Art Studio ...

9 January · 🌐

Day 5 #stillife I didn't time either of these but did the sketch 9n the top right after the other drawing.

© United ArtSpace

DAY 6

7 Days of Inspiration

DAY 6 - MUSIC

What's your favourite song? Or music?

Take some time today to play a song or music that makes you happy.

If you have time create a new playlist, fill it with inspirational music that fires you up.

If you can't create a playlist dig out your favourite songs by finding them on YouTube. Spotify is also a great free app.

If you have time, create a piece of work whilst listening to your music, create anything.

TIP IF THE DAY:

If you play the same music every time you are feeling creative and in the flow, when you are feeling blocked in the future by playing this music your brain will associate it with feeling creative.

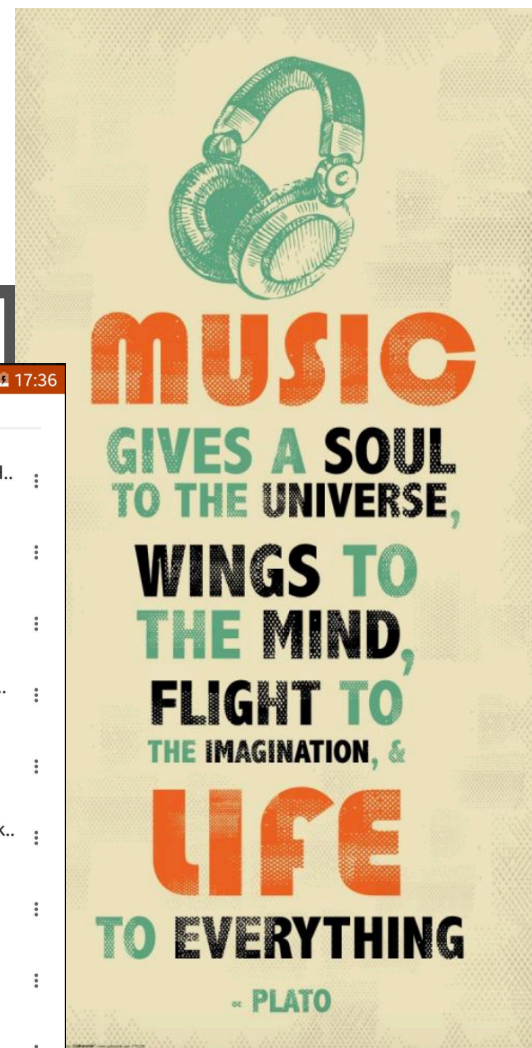
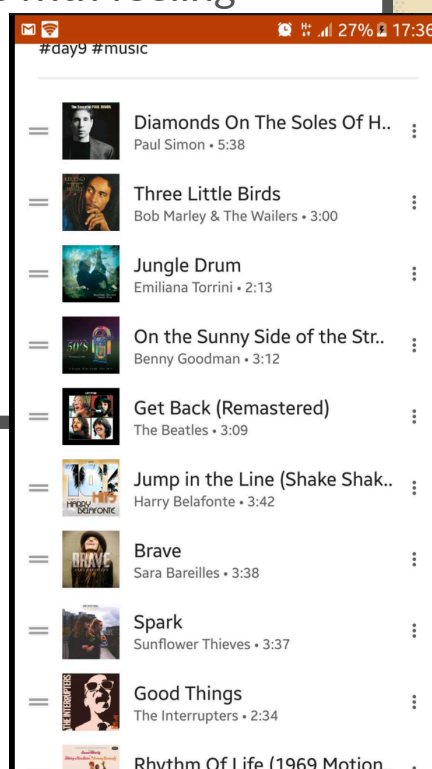


Rosa Corr ▶ The Virtual Art Studio

13 January · 🇬🇧

#kickstart18 #day9music

I haven't made time for creating much this week but am looking forward to catching up on the challenge as soon as possible. In the meantime, I took 10 songs from my "feel good" playlist to share with you all. I highly recommend all of them.



DAY 7


7 Days of Inspiration

DAY 7 - PATTERN

Find a key or a few keys, either trace or draw the key onto paper. Turn the page round and draw it again, keep turning the paper until you fill in. Create a random pattern, it may be overlapping. Feel free to add colour.

You can do this in 10 minutes!

TIP IF THE DAY:



Renae Padovano i used to believe that you needed everything aligned...space to work, materials clean and neat and time, lots of time to paint, draw, collage etc, but the time wasn't really there...but now that i'm working towards obtaining a graduate degree in art therapy it was there in my art therapy class that i learned that its important to set aside even 15 minutes to create. in our class we learned the importance of giving yourself that time to create...it gradually becomes a part of your daily routine and keeping an art journal can really get those creative juices flowing!

EXAMPLES FROM OTHERS....



Rosa Corr ▶ The Virtual Art Studio

14 January · 🇺🇸

#kickstart18 #day10pattern thank you for today's challenge too. I made the effort to sit while my kids were killing each other in the background...by the end of it, they were all silently searching for keys and crayons.



Patricia Kavanagh ▶ The Virtual Art Studio

14 January · 🇺🇸

CONGRATS

We hope that got your creative juices flowing.

If you would like to join a community of art lovers who come together to make art and be inspired we have a platform that delivers art demo's, art challenges and virtual drop in art sessions.

The aim is to keep you inspired whilst giving you tasks that help you develop your voice as an artist. Everyone has a unique voice and we love helping people find them.

You not only get your own personal access to a website full of inspiration, you will be supported and encouraged to find your voice. There is judgement or criticism in our community.

Perfect for all stages and ages as we focus on experimentation.

We would love you to join us.

JOIN THE UAS MAKERS

Click here to: [Find out more about Makers](#)