



The Painting Cave

Art Space Solutions #009

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Good Habits for Artists



by Jacqui Simpson 2019

They say it takes 21 days to make or break a habit. Habits are good things when they are beneficial to you, so learn good ones and get rid of the bad.

If you are serious about being a great artist, creating healthy habits is necessary.

Here are some good habits for you as an artist to incorporate into your life, and to get you to where you are going.

1. MAKE YOUR ART SPACE ACCESSIBLE

Whether you have a full-on Art studio or just a desk in the corner of the room, it is really important to make this a space where you can go to to be creative - ALL THE TIME!

I have seen artists 'studio's' that double-up as the laundry room or junk room, or the desk that they initially assigned for their art is cluttered with all sorts of stuff that does not belong there. Your art space should be the one place that you can look across at or walk in to and feel that it is your haven. If you have a limited time to work on your art, the last thing that you want to do is spend the first half of your time clearing clutter or sorting out, because this will eventually be all that you do. It is not inspiring and steals your art time. Create a habit of preparing your area before you end your day, for the next day. This way, your space is always available to you.



2. CREATE A ROUTINE

Whether you like routine or not, routine means order. The opposite of order is chaos. Routine means getting things done. IT MEANS SHOWING UP! If we don't have routine in our lives, it becomes a case of - I will start tomorrow, or I will catch-up on the weekend. Before you know it, weeks have passed and it just never happens.

Creating a routine will soon make you realize that you actually do have the time if you manage it better.

If you have a full-time job, you know exactly when you need to arrive at work (especially if you want to keep your job) and when you can go home. You do it very well. You don't question it, you are disciplined and you show up. Right?

Applying that same discipline to your creativity is equally important even if it is only an hour a day. Having a routine means you will show up, even if you don't feel like it. They say inspiration will meet you halfway. So when you commit to a time to practice your art, you don't show up when you feel like it. A commitment is a promise to yourself.

Sometimes, it may be necessary to sit still and just think for a minute. Ask yourself this one question. "Do I want to be an artist?" If your answer is "Yes", here's a tougher one. Why?

Everyone has an answer. And it better be a good one if you want it to last you a lifetime. Because that is what it will take. A lifetime. Art is a journey, not a destination. It is a life-long exploration of beauty and wonder! It's a series of accomplishments and a ton of failures. It is trying over and over. Setting short term goals and ticking them off.

You show up and you start! Inspiration will be there shortly!

Imagine him as a good friend who is always late! You are happy to see them no matter what. When you begin to accept that they are always going to be late, it makes it easier and you hang around and anticipate their arrival.

3. USE YOUR TIME WISELY!

What do you do in your art-time? Showing up is all good and well, but hopefully, you have a plan for this time otherwise it could just be wasted.

Beginners are generally eager to learn. They seek out help. Everywhere! This is a good thing and a great habit that you should never, ever lose.

However, I have seen over the years when an artist reaches a plateau and decides to camp there. It's okay to do this, but it is also dangerous. Pretty soon the plateau turns into a comfort zone. In no time at all, it has such high walls around it that some artists start to believe that they have reached their summit. That mountain that you are climbing is so high, chances are, that you and I will never reach the top. There is so much to learn and be discovered that the knowledge that we gain in a lifetime is just a drop in the ocean. Honestly, though it's not about reaching the top. It's about the journey up there.

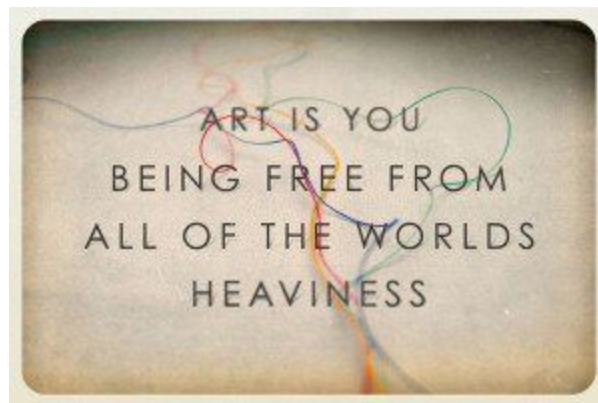
Have a plan! Start. If you don't know where stick around. We're getting there.

4. LIVE YOUR ART.

If you are going to talk the talk, walk the walk. Art IS a way of life. When you open your mind as a creator and you observe the wonder and beauty of this world it opens parts of your mind in ways that touch your whole life. You see things about people and nature that many can't see. When you study the artists and their art, you understand the artists' anguish and recognize your own. You become intuitive and sensitive. You feel deeply. When you study art

and artists, you will discover philosophy and psychology. Anatomy, biology, and science. You understand architecture and botany. You start to notice colours, shadows, shapes, and textures. When you study colour, every colour you see becomes a challenge to make. If you walk this walk, you will never look back. Life suddenly has a purpose. Pain becomes a source, and that too has a purpose. Life begins to make sense on so many levels!

Who wouldn't want to be an artist? Or better yet, release the artist in them! We all have one!



Living your art also means living YOUR art.

Have you noticed the trends on social media and art platforms? [Françoise Nielly](#) is a French knife-painter who is famous for painting vibrant and colourful, close-up portraits of people. She is nearly 60 years old and her art style is her own. Well, it was. Suddenly the internet became flooded with these oversized palette-knife colourful paintings of close-up portraits of people.. Very evidently, HUGELY “inspired” by her work. Some became successful. Especially in this country. But it didn't end there. Tons of artists are trying their hand at it now. Why? Well because if one artist is doing so well out there painting like this, this is the way to go, right? Wrong!

Another art fad is paintings and drawings of Joaquin Phoenix in the role of the Joker. Please, people! Create YOUR art. Find YOUR own voice. By all means, be inspired. Steal ideas, but be subtle about it! Show the world what YOU see. Be authentic. Paint what you love. Get so good at it that you become the forerunner in your field. Be the shepherd, not the sheep.

5. NEVER STOP LEARNING

Keep learning. Take art courses, watch documentaries, seminars, and listen to podcasts. Paint, draw or make something every single day of your life. (this doesn't include “a mess”) you cannot become the artist that you aspire to become if you do not do this.

I have so much to give as an artist. I feel compelled to share what I have learned over the years, which is why I became a teacher. I love to watch that switch flip in a new artist. When their eyes start to open and they begin to see. When I see how this ability begins to flood their lives and they evolve. Literally. I have seen people who start timid and nervous. Every

other sentence starts with “ I can’t.” or “I don’t know how”. I have seen tears. Real tears of frustration! But when that switch is turned on, it is a thing of beauty! They are unstoppable! I feel like that person standing at the edge of the platform waving goodbye and yelling “Enjoy the ride!”

I’m on another journey. My own path. I am learning all the time.

You are the books you read the films you watch, the music you listen to, the people you meet, the dreams you have, the conversations you engage in. You are what you take from these. You are the sound of the ocean, the breath of fresh air, the brightest light and the darkest corner. You are a collective of every experience you have had in your life. You are every single second of every single day. So drown yourself in a sea of knowledge and existence. Let the words run through your veins and let the colors fill your mind.

I learned a very good lesson from Jordan Petersen. He says

“Assume the person you are listening to might know something you don’t.”

How profound is that! I have had teachers as young as 8 years old! People know stuff. Stuff we don’t. Just listen and you will learn.

6. CARRY A DOODLE BOOK!

Remember our friend Inspiration? Yeah, he has a way of showing up at the most amazing times and when least expected. You need to be ready.

I would love to hear from you and attempt to answer questions that you may have.

If you have read this post and can relate, perhaps you can tell me about that?

Have a wonderful week

Love Jax



Who am I?

My name is Jacqui (Jax) Simpson. I am an artist and teacher and have taught many students over 30 years.

I am passionate about Art and about those who want to learn how to create art.

I will be sending out tips, tricks, and advice to you on a weekly basis.

I am here to help you and I would love to hear from you.

Stay in touch with us!



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