

# HOW TO NAVIGATE CREATIVE ROADBLOCKS TO CONSISTENTLY MAKE POWERFUL ART

## **Ideal situation with our art...**

- When a stranger interacts with us, they have a life-changing, impactful and memorable experience with us, through art that we love to create
- Anything that prevents us from sticking to this direction or distracting us is a roadblock

## **Best practice to minimize roadblocks is to anticipate them before they hit...**

- We need to set up signage or signals that let us know ahead of time that we may be drifting
- Mindlessly scrolling on social media, your partner, forcing yourself to work longer hours
  - What are the symptoms, signs, check engine lights that indicate I may be rolling into roadblocks, rolling off course?

## **When we notice our check engine lights go off, it's time to course-correct so we can move from creative stress to creative flow...**

## **How to get into creative flow??**

- Give yourselves enough time to get into flow, into your creative zone
- Creativity is inspiration + energy
  - What energy do you need to create from? What do you need to do to enter into that energy?
  - What does your "warmup" look like? Pro athletes do it to enter their zone... so should you

## **From creative flow... to creative output...**

- Every time... create from a place of passion, love, obedience, and authority
1. What are some things that you are deeply passionate about and love?
    - Identify a list of some of these things
  2. How do these things make you feel? Why do you love them? What value do they give you?
    - Revisit the stories of why these are important to you
  3. How can you communicate your WHY as an artist THROUGH these things? How could you turn these things into an experience for your audience that communicates your why?
    - \_\_\_\_\_ but make it \_\_\_\_\_
    - "Love lenses"