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### Be a child

Picasso said: “Every child is an artist.”

Be 5 years old.

What would you paint?

### Be an anarchist

What perceived ‘rule’ of art can you break?

### Mix up your senses

Paint a taste, an odour, a sound.

### Imagine with Words

Wine is “bottled sunshine.”

Paint what that means to you.

### Be ambiguous and vague

Jasper Johns gave this advice: “Take something and do something with it, then do something else to it.”

Do something.

## Start anywhere

Make a mark of any  
sort. Look at it.  
Where does it want  
to go next?  
Continue.

## Begin with the ordinary

Find something in  
the room, garden,  
somewhere, for  
inspiration.

## Look in the mirror

If you were a  
painting, what  
would you look  
like?

## Sleep on it

Paint a dream.

## Be one with nature

What patterns and  
cycles in nature do  
you like?  
Use them to  
develop an idea.

## Fly like an eagle

If you think you  
aren't creative, you  
won't be.  
What's holding you  
back?  
Now begin.

## Make a cake

Think of two highly  
interesting ideas or  
images.  
Put them together.

## Walk in someone else's eyes

Look at the world  
from a different  
perspective and  
through unfamiliar  
eyes.

## Explore

Go some place  
you've never been  
before. Remember  
what felt different;  
use that as a  
starting point.

