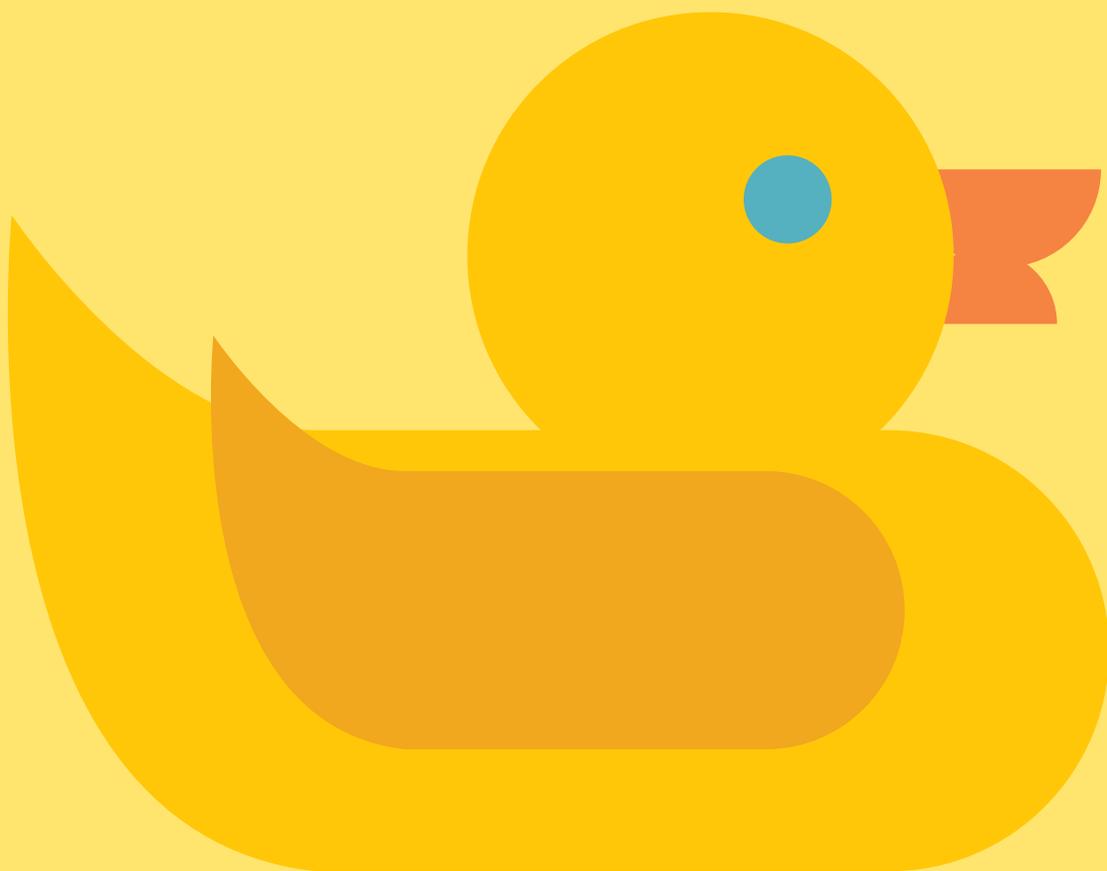


Draw a Duck



**Create because
creating makes
you happy — all
of the rest is a
bonus.**

Sometimes one of the things that can get in our way when we are thinking about being a creative person is that, for one reason or another, we don't FEEL like an Artist or Creative.

In my experience this lack of confidence can come from memories of things that we have heard other people say about our creative efforts.

Have you ever been told that your picture was a bit stink? I bet that didn't feel very good. And I also bet that it made you less likely to try again.

I reckon it's important to leave that stuff behind.

A really good way of doing this is to start right at the beginning by drawing something really simple and thinking and feeling your way through that process.

So... come along with me... and draw a duck!

Method

① Think about a duck

Just that — Close your eyes if that will help.

② Tell yourself that you can draw a duck

It helps to smile while you are doing this — Smiling with your face helps you start smiling with your heart.

③ Draw a duck

Don't think — Just draw. Take your time.

④ Look at your duck

Say to yourself "Hey! I drew a duck".

⑤ Think about how that felt — to draw a duck

What feelings came up inside you when you drew the duck?

Were they feelings from before, feelings from now?

Were you kind to yourself during the process?

The most important thing you can do for yourself when being creative is to be entirely in the moment of creation.

My goal when being creative is just to be creative. I don't need to cover the act of creativity with all sorts of other thinking because I have left behind all of the thinking that I used to have from experiences I had when I was younger. My creativity is mine and the opinions of others doesn't matter... unless we let it matter.

Equipment & Materials

Paper

Eraser

Pencil sharpener

Quality Coloured pencils

