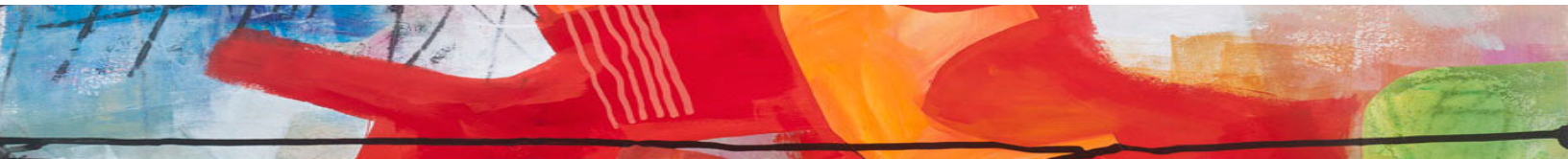


janedaviesstudios

March 2022 Survey



1. How Often Do You Have Creative Blocks?	How do you deal with creative blocks?
Once a year	Painting in black and white in experimental ways
More than once a year	Go outside. Make REALLY crappy art.
More than once a year	
More than once a year	I change the media that I am working in. I also take workshops. Blocks are part of the process, sometimes I just power through.
Less than once a year	Watching art videos helps inspire me. Seeing artwork that I admire can help, too.
More than once a year	I just wait. I'd like today I go to my studio and paint anyway but I don't . I wait.
Once a year	Step away from the art, go for a walk or do something else for awhile. Take a photo of the painting that is giving me trouble and look at the photos with fresh eyes later. Sometimes the different format can help me with the block.
More than once a year	1. Start a new painting/series instead of trying to figure out how to proceed with work(s) in process. 2. Mix some paint colors just to see what if. 3. Watch a video for inspiration.
Less than once a year	..back to the sketchbook ..hide any previous creative failures to change my mindset
More than once a year	I keep 2-3 projects going at once. One of them will speak to me. If I'm stuck I will take a watercolor block and do a background. By then I'm ready to go on.
More than once a year	Uh no ... I just wait for the craziness to pass. 😄😎

Once a year	I am a beginner so I get frequent bouts of "you're no good" and "who do you think you are?" When that happens I look for encouragement in the online community and remember that I can be an artist without being An Artist.
More than once a year	I lost my brother suddenly and I didn't paint for almost a year. I had a grief counselor suggest painting my emotions. It was what got me back into the studio. It was very freeing!
Once a year	I read art books and magazines and watch YouTube videos.
Once a year	I go through photos of my work, go on line and watch a few art related videos and look through art books....if still stuck I start painting, collaging or just doodling on postcards....
More than once a year	Meditation
Once a year	
More than once a year	Working on small formats, (10in X 10in) or smaller to explore combinations of colors and vottage to see what comes up and to keep my art practice active and alive.
Other: For the last 2-3 years. I made few	I watch utubes and look at my Instagram
Once a year	No. I lost all interest. Like what's the point anyway... and not only about art, about pretty much everything. I saw and heard things in these last two years that I never thought I will see or hear ever again. I cannot un-hear or un-see... art seems almost a waste of time ... the art I used to make anyway, it wasn't much. Everything seems like a tremendous waste of time..
Once a year	I just relax about it and know that my art will come around. I clean the studio, make some marks for small works or buy a few new items to play with.
Never	I look at art by artists I admire. Doodle in sketchbooks, invent new colors and cover paper with them and mess around with geli printing.
Other: Depends usually on outside happenings..loss of a loved one, personal illness. No pattern..not predictable. I have developed strategies when I feel it beginning to happen..usually connected to depression or being overly committed.	just keep creating artwork.

More than once a year	I work in another discipline. I move back and forth between writing poetry and flash fiction to working in mixed media..sometimes textile figures. I open up my space to others and watch their joy creating. Sometimes I go through and review my own art growth..asking myself what next. Regardless I try to do a fast write or fast collage or both every day. Doesn't matter if it is good or bad..it is feeling the materials, rolling the words around in your mouth.
Once a year	Just take time away and observe art.
Less than once a year	Usually doing a collage, or making collage papers will kickstart my brain and let me get into another project.
Less than once a year	I think of Chuck Close and David Hockney, and tell myself, "Get to work, you!" As a student, Hockney painted a big sign and propped it on his dresser, opposite his bed. It said, "Get up and work immediately." Just messing around with paint or making marks on paper helps me to start.
More than once a year	Just getting into the studio & doing ANYTHING playful... stuff I don't usually do or have any idea of how to do. It's just play & all ok. If it's because I'm avoiding a piece I'm somehow struggling with, I just move on, set it aside (even for months). My intuition is always working in the background. Solutions come when I'm not looking for them. And, sometimes I "practice my scales." Like practicing piano scales, I work on color mixing... try to match paint chips from the store fast.
More than once a year	Connecting with other artists. Sometimes looking through previous art of mine works. Changing projects.
More than once a year	Clean the studio, use materials in unusual ways such as in a household project, copy an online lesson from start to finish with few expectations.
More than once a year	Going for a walk - finding inspiration in nature. Going to a few museums locally- or making an effort to travel a bit to go to a new exhibit out of the area. If I really need a boost - traveling someplace very different (Cambodia, India, Nepal...) or even someplace not so far - but different enough to open my perspectives. Also - taking a class always opens up new possibilities/ ideas.

<p>More than once a year</p>	<p>I'm old enough to realize that very little in life, art or otherwise, merits a meltdown so so my bad periods never turn into big drama. Nor are they just ordinary ups and downs. I definitely have periods of unsuccessful work that linger, spiral down and leave me wondering why I bother and who I think I am spending time and money on my not-very-good art.</p> <p>I have a daily painting practice so I get in the studio regardless of my mood. Sometimes that helps but sometimes it makes it worse.</p>
<p>Other: Probably mini rumblings every day. I make my living doing design/art/illustration.</p>	<p>It happens when I have too many pressures and I get lost in trying to keep everything going.I can negate this if I reorganize my time, but lately that has been more difficult.</p>
<p>Once a year</p>	<p>EXERCISE! Cycling/Hiking/Riding horses in the summer. Nordic skiing/snow shoeing in the Winter. Whatever makes me work/sweat. Then I'm good!</p>
<p>More than once a year</p>	<p>I go to your YouTube channel and watch you experiment and play and then I try to incorporate those concepts into my own art</p>
<p>More than once a year</p>	<p>My incentive is often an upcoming show given by my local art association. We have three a year and I usually produce the club maximum of three pieces per show.</p> <p>Also, my studio is in my basement so weekly when I go there to do laundry, I find myself “playing” with my art materials often ending up in a new work!</p>
<p>More than once a year</p>	<p>I'm inspired by artists that I admire who create the things that light me up and I just go back to my desk space,show up and begin to create.</p> <p>Sometimes I play music or podcasts to shift my mindset.</p> <p>I♥doodles,gelplate,line/mark making and music and that gets me into flow.</p>
<p>More than once a year</p>	<p>Drawing the same kind of objects (like flowers, pans and pots, shoes etc)</p>
<p>Less than once a year</p>	<p>I usually just force myself to go into my art room and then lots of creative ideas flood my brain. Sometimes, I get visions in my mind while I am sleeping. Sometimes the idea doesn't come to fruition or the paint or paper isn't suitable for what I am doing. I just try another approach to the subject and start over, often wasting time, paint, and paper. But that's how I keep learning. I love abstract and my serious watercolors of the past hang in our home. I like acrylics and other media.</p>

Less than once a year	My go to is cutting out and gluing down shapes and color from a magazine and maybe adding pencil marks as i begin to gain back ground. I normally do these on cards so I have a stash when needed. These are great first starts and easy to add to to dress up with additional paper, washi tape, or paint and ink.
More than once a year	
More than once a year	Tidying the studio. If that doesn't work, let go, relax, the muse will return.
More than once a year	Just do something- either on paper to remove pressure or just fool around with art supplies.
Less than once a year	Just keep working in my studio. May take an occasional break to reset, refresh my mind.
Never	Long walks in nature, focusing on gratitude. Remind myself how lucky I am to have the time and resources to just play with my art. Then just play until I am inspired.
More than once a year	I don't have creative blocks because I have taken a few of your classes and you taught approaches and attitudes that I use all the time!! However, if making art consistency is a block, I've got that.
Once a year	I find a new technique to try out, either an online class from a teacher I haven't taken a class from before or a youtube video or series of videos
More than once a year	Sometimes, just giving myself a little break from the actual "making" but still reading about/ looking at art is helpful. Sometimes a break from FB and IG helps because I stop comparing myself to there quite so much. Sometimes just going to my art room and organizing/cleaning/etc gets me back on friendlier terms with my art.
More than once a year	Clean the studio Make note cards with scraps Watch online art videos
Never	Play. Use paper to scribble, use stencils, draw things around you. I look at other art on the netto inspire me.
More than once a year	
More than once a year	Look through saved images
More than once a year	I usually wait till it passes. When I try to ignore it it's useless. I walk into the studio look around, nothing looks interesting to me and I walk out. So I've learned honor that and know that I always have Art in my heart and to let it bloom on its own terms.
Once a year	I start going through my various art supplies and clean my studio/work spaces. It often inspires and motivates me. I also follow artists on Instagram and look at art everyday. It is food for my soul and kindling for the fire.

More than once a year	I straighten up my studio. Catch up on my art journaling. Take classes. Visit places of inspiration. Schedule chats and visits with my art ladies.
Never	I wish -- sometimes just playing with my sketchbook or making gelli prints works.
Less than once a year	Be a rookie by trying something entirely new, new materials, new technique, new style, new something. Being a rookie removes all kind of self-imposed barriers, conscious or unconscious. No expectations but often surprising benefits.
More than once a year	Keep showing up for starters, then it is usually sketchbook doodles &/or revisits to a class that good me inspired previously
More than once a year	I re-organize my supplies and go over my notes along with looking at the art I've made. Then I look at my notes and goals I began with seven years ago. I find I'm still on track and that's enough to boost me into an exploration I wanted to try but was busy with another project.
More than once a year	Yes. For six winters I have been doing The 100DayProject trying to do creative work every day. The creative ideas really do flow and multiply when you consistently do SOME creative act, however small every day. Twyla Tharp writes about it in her book, "The Creative Habit."
More than once a year	Just keep going. Change what I am doing in that if I am stuck with acrylics then work with collage or pastel for awhile.
Other: Many times a year. I mean serious ones where I actually think about selling all of my art supplies and turning my studio into a guest bedroom. But... I never do because I know that it will eventually pass and I'll get back on track.	I tell my husband (also an artist) and while he tries to empathize (using the "just listen, would ya?!!" script I have spent an entire marriage trying to teach him), he gives me some suggestions and also reinforces that I am an artist.
More than once a year	I'm a college artist so I make college fodder while I wait for inspiration to strike. And invariably it does.
More than once a year	No.
Less than once a year	Going to You Tube
Never	Just getting in the studio every day!
Less than once a year	I have been an artist 'forever'. I have a great passion for art__in fact, I am, perhaps, a little too zealous about constantly & consistently creating. My output of artwork (all forms of mixed media) increases all the time as I try to keep up with my artistic imperative. Best regards, Sharron
Never	Clean the studio. I usually come across old abandoned work that I have new ideas about

More than once a year	
More than once a year	Yes I always walk away for a little while, then I come back get my favourite colour out and mix some on paper with a big thick brush - this ritual pushes me to get creative and the colour and consistency of the paint makes me what to do something
Less than once a year	Go into my studio, Visit galleries, look at my inspiration board, work on multiples, small amounts of time more often
More than once a year	know that the block will pass. Be positive and allow the flow to continue.
Less than once a year	No, but what a great idea.
Less than once a year	Take an intense short course with a dynamic instructor. Go back to line drawing and coloured pencil cartoony type drawing
Less than once a year	Youtube videos from favorite artists - you included! Or cleaning up my studio, or looking at old rejects and deciding to work on them. Or just doing some collaging....
Never	I avoid blocks by working on several projects at once. If I don't feel like stitching, I can draw or paint. If I'm stuck on one project I let it marinate while working on something else. I keep a catalog of ideas and sketches going in my sketchbook at all time. Working in series helps me stay productive.
Once a year	
More than once a year	Somewhat
More than once a year	
Less than once a year	When I have a block, I meditate and a bit of self reiki, then I gesso some multi-media paper and paint with my fingers till I'm back!
More than once a year	I work in 3 and 2 d art, write poetry and do photography. I shift to a different art discipline or invite a few people over (2) to play in the studio.
More than once a year	YouTube or instagram. Try art books from library.
Less than once a year	Create something, even small, to get back on track.
Never	Just keep on going and not judging what I'm doing, but it's really hard!
More than once a year	Getting out of my head and into action in the studio. Making collage papers usually helps. Do something everyday, doesn't have to be big or a master piece put it keeps the practice going.

More than once a year	I just sit down and start making marks..or gesso something...make collage papers..or look get some cool art books and soak that in..go out in nature..meditate..do yoga..things always shift into place at this point in the game
Less than once a year	I wish I did have.
More than once a year	I look at lots of other peoples art. I can always find something there to experiment with.Trying something new: a new color, subject, format, material, or I handle an old subject in a different way, all get me going.
Once a year	just get into the studio and start working on something.
Never	Doing other things I enjoy until I come back all the while collecting inspiration by photos for when I am ready again.
More than once a year	Look at other artists' work and get a good fill of different approaches to abstract. Then go to my substrate and start with markmaking to break the ice. Always gets me motivated.
More than once a year	Sometimes I turn to other practices for inspiration. I will reread my art books. Read and peruse artists stories and journeys. Sometimes go to a quilt store and look at all the other fabulous patterns and designs. Poetry, philosophy music (blues, rock, etc.) Change firm at, size, substrate. Finally really good workshops. I like the once a week which makes it manageable.
Never	The thing is, I can almost always come up with ideas for my paintings. So that's not the issue. My issue is, I make paintings that I think are worthy of showing but they don't sell very often. That's when the meltdowns happen -- when I think why am I spending my precious time on something that isn't making any money? Thankfully, my husband supports me and tells me to just keep working. He reminds me that although selling the paintings is a big goal, it's not the ultimate goal.
More than once a year	
Less than once a year	Look at other artists work and try something different. Read read read. Look back at own work and visual diaries to see undeveloped ideas. Suspend judgement and play.
More than once a year	I make color charts.

Once a year	<p>1.Reviewing some of the books and saved articles I have. or.....</p> <p>2.Looking at work that I feel is incomplete and could use more tweaking takes me down a different path than when I first started the piece. Discovery often brings me back.....</p> <p>3. Cleaning my studio!</p>
More than once a year	<p>Schedule time that I MUST show up in my art studio, put on my apron. then set a timer. Sometimes I sit with journal and a magazine and start cutting and pasting on to journal pages, then add color in various mediums onto the pages. This gets my creative juices going, and it is Fun! Other times I go through my art books and read through a few that inspire me. I take notes, and put those notes on a journal page, and add color. These routines never fail to get me inspired to get back in artfulness.</p>
Less than once a year	<p>It helps me when I sign up for a new class. Excitement.</p>
Never	<p>I gesso up a few pieces of paper and just paint away with my hands. It's relaxing and inspiring.</p>
More than once a year	<p>No rituals yet, but I just go into my studio and start something. Anything. That seems to help get my creative process going.</p>
Once a year	<p>No</p>
Other: Every week Ha! Ha!	<p>Taking a class, watching an art video or reading art books. Cleaning/organizing the studio - I always find materials I forgot about and want to use. Playing, but then that's my modus anyway. Sometimes I just take a break for a bit. Picking something I want to look into, like patterns for instance, and looking online for them. Gets juices flowing. Trying something new.</p>
Once a year	<p>Working in my sketchbook, changing the media that I am using. For example switching to making Monotypes instead of painting. Taking a workshop.</p>
Less than once a year	<p>working in a sketchbook and art journalling. Also like to rip up magazines and make little colour studies. Also work on a small project, not linked to the ones I got artists block on - that usually helps.</p>
More than once a year	<p>Doodles get me back in the headspace.</p>
More than once a year	<p>I hit Insta then read then go shopping for even more materials then half start another project and clean,</p>
More than once a year	<p>Cleaning my studio. Low pressure art</p>
More than once a year	<p>Yes, I watch and re-watch your videos on instagram. Organize art room. Scribble. Invite grandkids over as an excuse to make a mess.</p>
More than once a year	<p>Take a break from creating...clear the mind..don't fret about your work..</p>

Once a year	Take a break Play again Gesso over
Less than once a year	Take a workshop or course with a good instructor.
Once a year	Reorganizing my studio and just generally clearing up and putting things away can help me get back to work. Taking a class usually kick-starts a new period of creativity.
More than once a year	Go back to basics- process oriented...
Other: Hi Jane! I never question whether to continue making art. I certainly have blocks but understand that I need to push through and out of all the CRAP I make, discoveries are being made. I am clearing away the cobwebs for something amazing to happen.	I tidy up my studio and find that I go th put away something that is out of place. Then I find a new batch of inspirational papers or another color of paint, etc.
More than once a year	I can go to my collection of art books that may inspire color choices or scale or content. I have an old cigar box filled with what I call "snippets". They are a collection of cuttings extracted from various texts. For example... "meltdowns? I'm talking" or "ordinary ups" or "rituals that get you back". I try to keep them obscure and unordinary in order to trigger an internal conversation. Go to a museum or gallery. Set out to intentionally make UGLY.
More than once a year	I use a variety of techniques. I will often use different materials such as pencil crayons, watercolor pencils, charcoal etc and sketch sketch sketch! Just switch materials and styles up Explore art books, attend art shows, classes online and having an art group to paint with. Art exercises to get going. Mostly just try to do something artful everyday even if only for a few minutes.
Once a year	Sometimes I'll clean up my art space or look through some of my previous work. I might watch a tutorial video and try something new or just step away and do some crochet.
Once a year	Nothing that I do regularly. When it happened most recently, I watched some of your YouTube videos and came across one about making 4x4 collages. I thought "If nothing else, I can do that". So I started making some. We'll see where it goes!
Once a year	I go in my studio, pick up the first brush that talks to me, pick the first container of paint hat appeals to me. I make a mark on a piece of paper and that usually gets me going. Sometimes I set a timer for 20 minutes. That usually turns in to an hour or two.
More than once a year	Work in art journals, paint collage paper, visit an art exhibit

Less than once a year	<p>I google favorite subject matter and limit t imho search to images for idea.</p> <p>I am fortunate to have a critique group with experienced artists who offer suggestions for improvement of a piece I a also inspired by viewing their work.</p> <p>I go to galleries and museums to see what other artists are doing</p> <p>I keep a painting on an esel in the TV room and look at it during commercials.</p> <p>I allow myself to throw out bad results and expect to have failures.</p>
More than once a year	I look at other art for inspiration, flip through magazines
Less than once a year	Meditation,and usually talking to a few of my artist friends that help me think about what the block was and how to work through it and back to my creating.
More than once a year	My sketchbook practice, no intentional markmaking and sometimes adding collage. Playing with less is more idea which is hard, I go too far more often!
More than once a year	Check out new and known artists on instagram, Pinterest,. Visit art stores and purchase new materials
Once a year	<p>Drawing with my non-dominant hand</p> <p>Reading books about my favorite artist's process</p> <p>Painting over old canvases so there's less risk</p>
More than once a year	I have several: take a workshop, attend the meetings of my art group, cruise sites like Pinterest or YouTube, visit area museums, go to studio open houses, buy a new color or art tool, read a novel about an artist, doodle on scraps of papers, daydream... I keep repeating these until I can get back to work. To do that I just have to begin something trying to still the internal voice of judgement. I'm headed in the right direction when I find I'm dreaming about a project or I'm problem-solving.
More than once a year	<p>Try to find inspirational practising artists whose work you admire but is very different from your own. Do they run course? If so you are in luck!</p> <p>Try different courses but not too many, Enjoy what is on offer even though it may not ultimately be of use.</p> <p>Be challenged....</p> <p>Take your sketch book and a few materials on a solitary walk or with compatibles.....enjoy the landscape...</p> <p>Play, play play and have fun making a mess...</p>
Never	
More than once a year	Look through my art books or watch an art video on YouTube (yours are some of my favorites-I have rewatched many of them).
Never	Cleaning and then just getting something down. Sometimes looking through collage books.

Once a year	Put on music, get big paper, make marks & paint to the music. Outcome not important. Can even dance to the music as you paint. Great fun.
Never	Try something different in a different medium
Never	
Never	I usually decide to rearrange my studio or supplies and putter around until I get an idea or motivated to get back on track. It's so frustrating to hit a wall working on a piece when it's just not right and I can't decide what to do next. I also can get bogged down when I'm deciding on my next project if my creative idea doesn't inspire me to begin.
More than once a year	
Once a year	I often simply make gelli prints and these get my juices flowing...
Less than once a year	Well, I work full-time currently and haven't had much time over the years to devote to my art-making. When the "melt downs" happen, I just tell myself "you'll be retiring soon (May31!) and you can dig in and do more exploration". Then I continue "playing" (almost) every day with some sort of challenge or other (100 day project) for at least an hour...just to keep my hand in. ;)
Never	I probably don't deal with many blocks because my art is a habit and I welcome even ugly art as long as I'm working. Making even one wonky piece gets me in the groove.
More than once a year	
More than once a year	I play with art supplies and see what dwvelops.
Once a year	I watch youtube demos of making abstract art. I also purposely recall a statement from an artist (can't remember who) where she said sometimes when she leaves the studio she's thinking the piece she just worked on is fabulous, it's really coming along, she's so happy, she IS a bonafide artist; then she walks into the studio the next morning and sees the piece and says, that's is so awful. I'm such a loser. Cracks me up every time , then I can't wait to get back to the process.
Less than once a year	Not really. Waiting for divine intervention at this point.
More than once a year	Making collage papers using the gelli plate
More than once a year	No. I just give it time.
Once a year	I push ahead, creating something small without expectations, usually using a new technique. No goals, just "scribbling" anything to keep moving.

More than once a year	continue to paint until it feels comfortable again.....could be a long road especially during covid and current heartbreaking world events
More than once a year	Not really
More than once a year	I wish!
Less than once a year	
More than once a year	I have not had one for ages now but my way to move things forward is remembering this person who I think ran a counselling course I attended in London, she said "Energy always follows action" so just go into the studio or 'creative space' area and do something practical. It could just be washing your brushes or tidying out a drawer where you keep your small stationary items....
Once a year	Binge view how-to YouTube's, explore YouTube for new techniques/materials!
More than once a year	Go into the studio just to play- no expectations.
More than once a year	Stop working until I have a chance to sit down and think things through. Or make samples for class.
Once a year	A couple of things: "Just doing it" - picking up pens or pencils and sketching...or going through collage materials and playing with pieces and placements. Lastly, putting on some favorite music and just letting go, with no expectation of creating a completed work.
More than once a year	Take a class. Try to keep things simple.
More than once a year	I usually paint over a piece that I'm not satisfied with and go from there.
More than once a year	I find that closing the door to my art room and taking a break (sometimes days or weeks) allows me to relax and focus on other projects, change my mindset and get excited about being creative again.
More than once a year	I could use some practices to help me get back on track. Sometimes the whole thing seems overwhelming and why am I bothering at all. But then I sketch and paint and when I get frustrated I put the paintings away for awhile.
More than once a year	
More than once a year	No

Less than once a year	I cleanup my studio, refresh water, clean my brushes, collect collage pieces and store them, gesso a bunch of canvases at the same time. I try to get a bunch of paintings framed as quickly as possible, but cannot afford commercial framing. I post my paintings on a few sites and love to get feedback. I constantly look for interesting images, paintings by others and look back at what other famous artists have done. This all gives my time to focus on my next painting or series.
More than once a year	
Other: As a relative newbie artist, I am not sure how often it may happen! But it has happened at least once over the course of a couple years of starting an art practice.	Just start painting and know something will break loose.
Once a year	I suspect my answer won't be terribly meaningful or helpful to the very experienced but it may help others at early stages. When I hit a wall last year and started avoiding my small studio space, I stepped away from the "good" and "expensive" paper & panels that I was "just wasting" and started doing small works in a cheap sketchbook. I LOVED some of them and regained confidence to get going again. It has prompted me to always keep a couple small sketchbooks handy and on the go.
Less than once a year	I make smaller pieces and collage papers, rearrange my studio, visit art galleries
More than once a year	Two puffs of legal marijuana. Close door to studio. Put on relaxing New Age music. Take out lots of cheap paper. Make marks w whatever tools And colors I want. Paint to the music. Include large motions. Smile. Tell self Mistakes are not possible ... all is good because it's all from deep within me and I am made of light. Have fun.
More than once a year	Go into the studio and prepare paper, boards etc., Look through successful work I've done to convince myself I can still paint because sometimes I wonder and lose confidence.
More than once a year	sometimes
More than once a year	I try to at least stay in the studio during my usual hours...cleaning, organizing storage, doing something to keep me moving until something grabs me and I start to play a bit.
Less than once a year	

More than once a year	I remind myself there must have been a good reason why I've invested so much time, and so much money I couldn't really afford, to pursue painting and drawing beyond the other creative endeavours open to me. These periods of block or uncertainty usually come about for specific reasons, and I have to take time to think about the source(s). The only way out is by creative play - noticing which aspects of art-making I really enjoy, and what is that inspires me to try. Other artists are a help too.
Less than once a year	Take a class
Less than once a year	I do low-stress handiwork like crochet, knitting, or experimental weaving with no expectations attached.
Never	No
More than once a year	Reread Art and Fear. Then decide to just play!
Less than once a year	I look back in my sketchbook at notes I've taken for developing ideas, or at references to other artists' blogs and work. Or just perusing Instagram or Pinterest for artists I follow can get me out of a rut. Talking to an artist friend or going to an exhibit with her is always helpful too. We're in the process of packing for a move to upstate NY, actually not far from Rupert, so I've been doing nothing artistic for 2 weeks. Not a good thing! Thx for all your inspiration, Jane.
More than once a year	
More than once a year	I look for inspiration — books, internet, nature, etc
More than once a year	Watch Youtube artists for new ideas and how-to's.
More than once a year	Rest is #1. Although rest can sometimes mistakenly feel like a block itself, I've slowly come to realize that it's actually an essential part of the creative process for me. Rest away from the studio makes room for other creative pursuits, helping me to build up the inspiration and energy needed to push past my mental hang ups whenever I do return to the studio. Secondly, reflection. I do a ton of journaling both inside and outside of my creative practice which helps me to keep perspective.
Less than once a year	Just do something. Paint collage papers. Write.
More than once a year	
More than once a year	No
Never	Lighting a candle, putting on music that speaks to me in the moment, drawing a card, sage for my art room, and then playing with art materials.
More than once a year	

Less than once a year	Leave the studio and get back to nature
More than once a year	Sort fabric or clean up the studio. Usually I find something that I had forgotten and it gives me some ideas for new directions.
More than once a year	Step away and do something else for awhile.
More than once a year	I try to just get into my studio everyday and do something, Sometimes it just looking through my past sketchbooks or working on colour charts. I find this helps my mindset and reminds me of why I want to continue creating art.
Less than once a year	First, I walk away. Then I take a long walk outside to expand my horizons, smell the clean air, and laugh at the wild turkeys. This takes the pressure of creating off my brain.
More than once a year	Work small work quick and work in series. Watch other artist working especially early Jane Davies youtube videos thank you Jane!!
More than once a year	I try colour mixing or reading inspiring blog posts
More than once a year	I've had a few years of moving around; house, countries, covid, loss of job so when that happens I give myself the time I need to recenter - that's in response to big outside changes that I need to adjust to. When it comes to internal struggles, doubt, self critique, bleh times when I don't know what to do, I switch my routine around a bit - I am normally a representational pastelist but I work on abstract paintings for a bit that then give me the looseness to go back to my pastels.
Less than once a year	i just work through them keep doing and plugging at artwork.
More than once a year	Going back to a simpler part of the process....the not much thinking part.
More than once a year	No I give myself time and slowly i get back to working
More than once a year	Yes, I try to look at stuff others are doing and emulate those techniques in my own style.
Never	
Less than once a year	I have creative blocks and don't know what is next etc. I get back on track by watching classes, playing with old pieces or doing something like making collage papers or working on a journal.
Other: This happens often	I sort through my old paintings and see what they suggest. They generally have a lot to say to me, and I take off from there.
Once a year	No

Once a year	Organizing my studio. I usually discover things I've started and then abandoned to go on to other projects. These pieces are fun to add to with new ideas I've learned since starting the painting. This gets me back into the studio.
Less than once a year	I just follow the instinct to put it away for a while. I try to reframe "block" as a period of gestation where nothing appears to be happening while somewhere inside something is working itself out. It's a good time to purge old materials and supplies, reorganize the shelves, fix the broken things and tidy up.....nesting?
More than once a year	Switch mediums. I quit making quilts and fabric art. Just dropped it all. I was so sick of the constant quest for perfection in quilting. I was paralysed by decision making! I took a long rest and tried ceramics. I might have continued except for a family health emergency. So I dropped ceramics also. Found my way to collage by experimenting on my own with stuff at home then joined a local group. Also discovered a book arts group and joined also. I also meet up with creative friends now.
More than once a year	Write in my artist journal every day even when it is only the date,
Less than once a year	I try switching media, taking classes, or experimenting with new techniques. Some of my best work has happened in what initially appeared to be dry spells.
More than once a year	Yes. I find that "showing up" does the trick....even if I just sit there & be with the work. maybe just mess with materials.. Next thing I know the work and I are "talking" to each other again 👍 The other thing I usually do is leave something that I can look forward to doing the next day. 😊
Never	Angry mark making!
More than once a year	I usually take a little time off and then just do something. Paint a solid color or something just play without expectations knowing I will paint over it anyway.
More than once a year	Tearing paper lol
More than once a year	Taking a painting class; Working on two canvases simultaneously
Other: Really never. It is all I have to keep me sane. I just lost my husband. I feel like an imposter most of the time. I pick up my Journal and work on an unfinished page. I fold, throw away magazines and put gesso or paint on the pages.	switch medium, from painting/collage to clay
More than once a year	
More than once a year	No, but I'd like to hear some.

Once a year	Usually have a minor tidy up of my sewing/craft room, this seems to clear my head. I usually find some project which only needs a small amount of work to finish - seems to get the creative mojo going ahead. I also find working in sketchbooks very useful for unblocking creative blocks. If I'm stuck on a project or questioning what I'm doing, I find giving myself a day or so to just play in my sketchbooks, make gelli-plate print pages etc. helps as well - probably takes my mind off other stuff.
More than once a year	I go out to take a ride.. i try to remember the joy art gives me
More than once a year	Allowing myself to have those breaks without worrying that I won't get back to practice. Also, to get started again I set a goal - a day with 5-minute paintings with limited palette/mark-making tool, 10 collages with papers already cut/saved from other projects, for e.g.
More than once a year	Cleaning, organizing, replenishing supplies, looking at my past work to remind myself how far I've come as an artist
More than once a year	Taking a time out.
Less than once a year	No. Usually when I meet up with members of my coop gallery I get reenergized.
More than once a year	Just start doing something in my sketchbook, like a blind contour self portrait or something, then go from there. No pressure and a way to handle materials without a lot of pressure.
More than once a year	I just start playing with different media with no agenda and see what happens
Less than once a year	Relax, it will happen. Tidy the studio.
More than once a year	I look at other artist's work online and that gives me ideas and inspiration
More than once a year	Ideally, yes: a "once a day" practice in which I sketch, paint, whatever for at least 10 minutes every single day. It doesn't always work that way, though.
More than once a year	<ol style="list-style-type: none"> 1. I give myself an assignment. I'm such a "good girl" that of course I have to do it and somewhere along the way the block usually opens up. 2. Also - it helps to remember that "this too will pass." 3. I try to remind myself to stay curious. 4. If all else fails, I ask myself what else would I do and usually come back around to the same thing- live a creative life so I might as well keep moving in the direction I'm going (very existential).
More than once a year	

Other: It happens about every 2 months. I often get discouraged and wonder why I go on. What keeps me going is that I have enough paints etc I do not want to waste. I am very creative and not afraid to practice but maybe talent is missing.	I wish I did!
Once a year	Gelli printing gets me out of my head as well as collage. Want to do more with tissue paper. I like reorganising my workspace then I find something I had forgotten I had.
Less than once a year	If I'm feeling like I don't want to create, I go for a walk in nature, look at art I like or intrigues me, or clean my studio (my last choice lol) and somewhere within those three areas my desire to create comes back. I walk almost everyday and look at the art of others so I rarely find that I have a block. That said, I'm doing the 100day challenge and doing that or taking a class keeps me motivated. 💕
Never	Whenever I feel blocked, I stop painting/creating and walk away. When the inspiration hits again, then I go back and play.
Once a year	Look at art books for inspiration
More than once a year	Binge watch YouTube videos till something penetrates. Try considering a new media. Revisit a previous success!!
Once a year	Just playing on postcards
Never	nothing ritualistic...since blocks usually happen right after the holidays, I'm finding that if I just let it go, rather than trying to force the creative feelings to "come back", I'm usually better off. The more I try to get back into the groove, the more frustrated I become.
Once a year	
Never	I go back to gelli-printing which almost always gets my creative juices flowing again and produces a mountain of work that I can use or build on in one fashion or another. Sometimes I take an online class to learn something new or to provide structure for daily practice. In your recent lecture about the repetitive mark, I found a good idea for starting something from scratch when I've lost my direction, and I thank you for that.
More than once a year	
Less than once a year	Dark thoughts, pity party for 1!! I go outside if I can to the garden or greenhouse.
Once a year	I am often inspired by things I read...essays, poetry...so when I find "words" that excite me...I make art!
More than once a year	I show up and just put paint on a page or my journal. I mix colors to see what will happen and play.

More than once a year	<p>A) Get into the studio and create anything even if its just some collage paper or play.</p> <p>B) Go and do something I enjoy that's not art and then do A)</p> <p>C) Do a course with someone else and then A)</p>
Less than once a year	<p>When I have a creative block or I'm just plain irritated with my artwork, I will go for a walk in nature. Then I come back into my studio and a lot of times over paint what I have already painted. I may set aside that artwork for a week or several months. My rule of thumb during the pandemic has been that if I over paint my artwork three times and it is still not working I am embarrassed to say I throw it out. This seems to work.</p>
More than once a year	<p>Cleaning my studio, tidying up. Out with the old. Something always grabs my attention or curiosity and I'm off again. It could be a material I find, an old sketchbook, a piece I had deemed a failure, etc.</p>
More than once a year	<p>change to a different medium (e.g., stop doing acrylics and pick up pastels; put down the brush and do monotypes)</p>
Less than once a year	<p>Get involved in something else. For example make a major change in the garden. I find that after getting deeply involved in something else I'm seeing and thinking again about making and doing art.</p>
More than once a year	
More than once a year	<p>I tidy up my art desk.. see my art supplies and check which ones I feel are talking to me..and then do something small and simple..</p>