

Practice - Chapter nine

No one is born capable of doing art. Depending on where you are in your art journey, you may just be starting or you may be near achieving proficiency.

What would a daily practice schedule look like for you?

Print out this calendar and map out your schedule.

Be realistic and stick to your plan.

S	M	T	W	T	F	S



Resources to accompany the process book
Do Your ART! 10 Simple Steps to Enhance Your Creativity and Elevate Your Mood
More information at www.doyourart.org

© B. Morey Stockwell, 2023