

*YOUR GUIDE TO  
Getting Art  
done without  
Deadlines*



"Chasing Curiosity  
Instead of Deadlines"



# *read this first*

"Some days, motivation feels like chasing a squirrel on roller skates. That's normal. This kit is here to give you easy, pressure-free ways to light your creative spark again — no guilt, no deadlines, just momentum."

"Small steps lead to big shifts."

# *"5 Quick Prompts to Get Moving"*

- **Draw with your non-dominant hand for 5 minutes.**
- **Pick one color and create something using ONLY that color.**
- **Set a 10-minute timer: sketch anything on your desk.**
- **Redraw a favorite piece you made years ago.**
- **Sketch the weirdest animal mashup you can think of.**

*"Art isn't about getting it 'right' – it's about getting it out."*







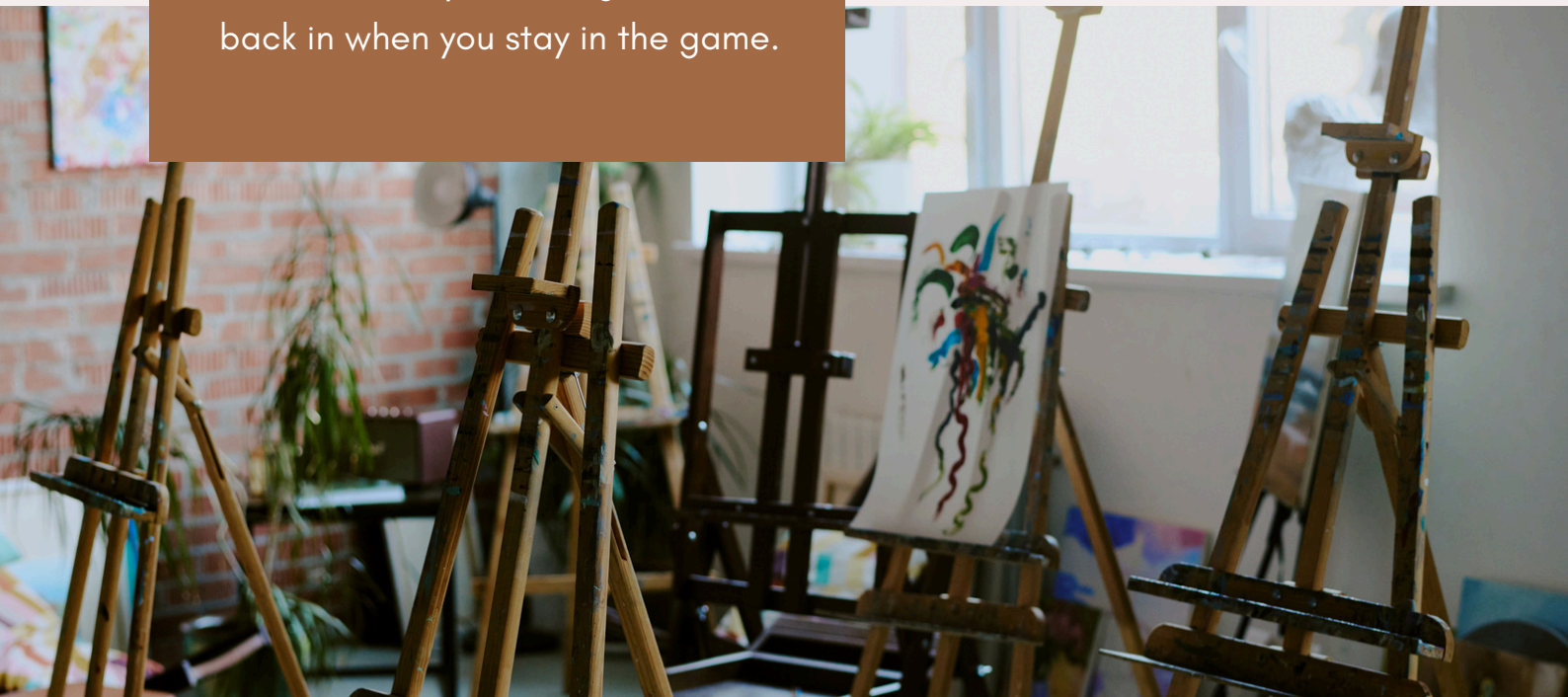
# *"5 Things to Try Before You Give Up Today"*

- ☐ **Make 1 small mark**
- ☐ **Doodle without thinking for 60 seconds**
- ☐ **Change ONE thing about your setup (music, chair, lighting)**
- ☐ **Take a photo of what you did create, no matter how small**
- ☐ **Say one nice thing to yourself about your creativity**

- Follow your curiosity, not a checklist.
- Let your art feel like an adventure, not a chore.
- Set your own tiny 'missions.'
- ("Today's mission: draw something fluffy." "Tonight's mission: use my weirdest color.")
- Reward yourself for showing up, not for finishing.
- If you pick up your pencil today — you WIN. Period.
- Make your space feel like an invite, not an obligation.
- Cozy lights, music, snacks, open sketchbook = welcome mat for inspiration.
- Embrace the 'blah' days too.
- Not every session will feel magical, and that's okay. The magic sneaks back in when you stay in the game.



*"Deadlines can light a fire under us... but they can also suck the joy out of creating. When there's no deadline, inspiration has room to breathe. Here's how you can stay inspired when nobody's timing you:"*



# "Your Creative Kickstart Plan"

- My Tiny Goal for Today:

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- One Fun Thing I Want to Try:

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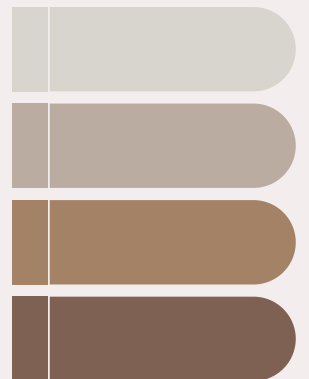
- My 'Why I Create' Reminder:

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# *"Track Your Art Days"*

- ☐ **Today I showed up!**
- ☐ **Today was messy and weird – and that's okay.**
- ☐ **Today I took a tiny creative step.**
- ☐ **Today I felt like a creative rockstar.**

*Colour the box to suit your mood*



*"When you don't have  
pressure, you have  
freedom."*

*And freedom is  
where your real,  
authentic art starts  
to grow."*

