

The background is a dark charcoal grey. It features several large, colorful, organic shapes that resemble liquid or smoke. One large shape in the top right corner transitions from pink to yellow to green to blue. Another large shape in the bottom left corner transitions from purple to yellow to green to blue. Scattered throughout are various circles and rings, some solid and some hollow, in colors like purple, teal, and light blue.

ARTIST'S TIPS ON

HOW TO DO MORE ART IN 2020

CURATED BY VENUS

AN INCUBATOR FOR CONSCIOUS CREATIVE
COMMUNITY, FACILITATED BY THE
NONPROFIT ST. PETE WOMEN'S COLLECTIVE
(TAKE A PICTURE, IT'LL LAST LONGER)

INSPIRED BY NPR LIFE KIT'S EPSIODE
"MAKING ART IS GOOD FOR YOUR
HEALTH. HERE'S HOW TO START A HABIT"

The background is a vibrant collage of geometric shapes and patterns. It includes a large blue and white striped circle in the top left, a blue zigzag line on the left, a blue diamond outline in the top right, a blue zigzag line on the right, a blue diamond outline in the bottom left, a blue zigzag line in the bottom right, and a blue and white striped circle in the bottom right. The central text is contained within a white rectangular area.

NO PRESSURE, NO PROBLEM

**YOU DON'T NEED TO
CREATE THE BEST
WORK ALL THE TIME**

Once you take away the stress that comes with making mistakes, art can be more enjoyable. Focus on the peace that comes with the act of creating, not on the possibility of mishaps.

The background is a vibrant collage of abstract geometric shapes and patterns. It includes a large blue and white striped circle in the top left, a pink and red gradient circle in the top right, a blue and white striped circle in the bottom right, and a pink and red gradient circle in the bottom left. There are also several blue zigzag lines and white diamond outlines scattered throughout. The central text is contained within a white rectangular area.

MAKE CONNECTIONS

**MAKE ART WITH
OTHER ARTISTS.
MAKES SENSE, RIGHT?**

Working with other artists
keeps you motivated and
inspired. Working together
on projects can also hold
you accountable for keeping
up the good habits

The background is a vibrant collage of geometric shapes and patterns. It includes a large blue and white striped circle in the top left, a pink and blue gradient shape in the top right, a blue zigzag line on the left, and a blue and white striped circle in the bottom right. There are also several blue diamonds and a blue zigzag line at the bottom. The central text is contained within a white rectangular box.

REMEMBER THE BENEFITS

**CREATING ART ISN'T
JUST FUN, IT'S
HEALTHY**

Creative acts have been noted to lower stress and anxiety levels and improve people's moods. Visual problem solving also helps bring a sense of accomplishment to each work

The background is a vibrant collage of geometric shapes and patterns. It includes a blue and white striped circle in the top left, a rainbow-colored circle in the top right, a blue zigzag line on the left, a blue diamond outline in the top right, a blue zigzag line on the right, a blue diamond outline in the bottom left, a blue zigzag line in the bottom right, and a blue and white striped circle in the bottom right. The central text is contained within a white rectangular area.

MAKE IT A HABIT

**JUST LIKE ANY OTHER
HEALTHY HABIT, STAY
CONSISTENT**

Schedule time each week to create art. And don't wait for inspiration to strike, go look for reasons to be creative. Also try to make a separate space for art in your home

The background is a vibrant collage of geometric shapes and patterns. It includes a large blue circle with white diagonal stripes in the top left, a solid blue circle in the top right, a blue zigzag line on the left, a blue diamond outline in the top right, a blue zigzag line on the right, a blue diamond outline in the bottom left, a blue zigzag line in the bottom right, and a blue circle with white diagonal stripes in the bottom left. The central text is set against a white rectangular background.

FIND YOUR FAVE MEDIUM

FIGURE OUT YOUR BEST MODE OF EXPRESSION

There are so many options in the art world. Try out workshops or just buy random supplies and see what you can do with them. Explore new mediums and you'll learn more about yourself and your style

The background is a vibrant collage of abstract geometric shapes and patterns. It includes a large blue and white striped circle in the top left, a pink and purple gradient shape in the top right, a blue and white striped circle in the bottom right, and a blue and white striped circle in the bottom left. There are also several blue and white striped circles of varying sizes. The central text is contained within a white rectangular box. The text is in a bold, sans-serif font. The main title 'GET INSPIRED' is in dark blue, while the subtitle 'FIND WAYS TO ENCOURAGE YOUR CREATIVE TREND' is in pink. The paragraph below is in dark blue. The overall aesthetic is modern and artistic.

GET INSPIRED

FIND WAYS TO ENCOURAGE YOUR CREATIVE TREND

Go to gallery openings, workshops, and demos to see other artists' works and learn from them. Read a magazine or book and make art concerning a hot, modern topic. Or use an online prompt database to find new subject matter for your next work of art.

The background is a vibrant collage of abstract geometric shapes and patterns. It includes a large blue and white striped circle in the top left, a purple and pink gradient shape in the top right, a blue and white striped circle in the bottom right, and a blue and white striped circle in the bottom left. There are also several blue zigzag lines and white diamond outlines scattered throughout. The central text is contained within a white rectangular box.

GO TO EVENTS

GO TO ARTISTS' MEETUPS, DEMOS, AND LECTURES

Keep yourself active in the art community by attending events where you can connect with other artists and stay inspired. Maybe you'll even learn some new techniques or find a new favorite medium



AND LASTLY,
VISIT THE SPWC
LOCATION:
VENUS

Venus is a grassroots incubator for conscious creative community facilitated by the nonprofit St. Pete Women's Collective. Featuring a gallery area, co-working and vendor space, five artist studios, a library, shared creative supplies, workshop, and kitchenette.

It's a great creative space to connect with, and view work from other artists. Come to one of our open hours or an event we're hosting to explore the space!



244 Dr. Martin Luther King Jr.

○ Street N., St. Petersburg, FL

**Visit www.venusinorbit.com to
find out more**