

THE DETAILS

30-Days of Inspiration & Self Care Art Marks Challenge

FREE

Today I am happy to announce that we are bringing back the ART MARKS CHALLENGE!

Summer seems like the perfect time to host a challenge that offers us a chance to combine inspiration & self care. It's easy to join {and it's FREE}, work at your own pace, and share your challenges with us on Instagram. You are welcome to post on Facebook and Pinterest as well-just use any of the designated hashtags-and tag us on social media so we can love of your work!

@raemissigman and @sandikeene
#artmarksandwords
#artmarkslove
#artmarkschallenge
#artmarks30daychallenge

For this challenge we will be providing you with 30 word prompts that were chosen to connect both your art and self care practices this season. Use the word prompts as a springboard for creating your art marks, art journal pages or any of your mixed media art projects. We will be creating our pages daily using my latest ART MARK CARDS as the foundation for each page. At the conclusion of the 30 days we will be combining them into a simple accordion style journal. The cards will be for sale in my shop but are completely optional! We love working small because it helps to make creating on a daily basis doable, even with the time constraints of LIFE. In the past we have worked in one of our all time favorite Pocket Journals. If you would like to make a Pocket Journal for yourself or an art friend to work in, you may purchase and register for class at [HERE](#).

Since we are sharing our creative time with self care, let's talk love for a minute. We love to love. Doing for others makes us happy. We love to give and to help and uplift those around us, but sometimes we fall short. We get tired, worn out, and overworked. When we don't take the time to help ourselves we are not very good at helping others. So for this challenge we will be using the word prompts as more than creative inspiration. We will be focusing on each word as it pertains to us and how we can use the word as a catalyst for self care. By taking a few moments out of each day to focus on ourselves we can learn to love better, care better, react better, forgive better, grow better and just be better people all the way around.

Now that you're here, you can do one day or all 30. Or you can do zero. You can just observe if you like. You can make art, think and tend to yourself daily as you create or skip a day if you need to. Follow along and work at your own pace or just follow along. The goal is to focus on the good you can do for yourself. You get to choose how you do that! As a bonus, we've created a daily prompt checklist to help you connect with your art and self care during the challenge. We can't wait to have you join us!

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BEGIN

DECIDE

LEAP

THINK

COMMIT

ENVISION

CREATE

ATTENTION

INVEST

QUIT

CHANGE

UNFOLD

WHITTLE

CONNECT

EVOLVE

NOTICE

POISE

TEND

BALANCE

LEARN

GRACE

LESS

INVENT

BUILD

ROOT

REPLENISH

REST

BELIEVE

UPLIFT

JOY