

Twenty Ideas for Artist Self-Love Dates

THE INTENTION IS TO NOURISH YOUR CREATIVE SPIRIT.

1. Take yourself out to for a cuppa and journal time. Can be at home or at a café, but make sure it's dedicated time alone.
2. Have a warm bath with candles and music
3. Walk in nature and stop 5 times, close your eyes, and listen to sounds.
4. Go to an art shop, enjoy looking around, and buy yourself a new art material you've never used before. Go with what you're attracted to.
5. Make a date and set a time to use and experiment with the new art material you bought
6. Write a poem, like a haiku.
7. Cut out images from old magazine of your favourite things

8. Make a collage on a piece of cardboard of the images you collected

9. Draw for 15 minutes using a soft pencil, or flowing marker with your non-dominant hand

10. Pick a colour a day and document with photos all the things you see in that colour.

11. Go on your own to a movie, or visit a gallery exhibition

12. Go out and buy yourself a big bunch of flowers for your home or collect wild flowers in nature if you live in the country.

13. Buy a new essential oil that makes you feel good

14. Book into that workshop or class you've had your eye on. This could be your weekly artist date showing up each week.

15. Ask to see a sign, like a butterfly or feather, and be alert to it showing up during the day

16. Create some handmade cards that you can use as birthday or thank-you cards. Use them next time you want to give someone a card.

17. Go out and buy some oranges and make a ritual by selecting a big bowl to put them in and set them on your kitchen table. In Feng Shui it symbolises attracting abundance

18. Give yourself a budget (\$10) and go to a thrift shop or dollar shop and see how many fun things you can buy

19. Pretend it's your birthday when it's not, and treat yourself to something you would do on your birthday.

20. Go into nature, walk or drive there, find a tree, lean your back up against it, and listen for a message.

Add more to the list as you begin to get more creative ideas about giving yourself that special dedicated self-love artist date each week.