



It's inside all of us. Hiding. Ready to come up for air.

Just below the typical events of your daily life, a jack-in-the-box silently awaits. As the routine turning of your rusty crank continues, you wait for that moment when your Artistic jack-in-the-box can finally explode. Then, POW! Out of nowhere, your extraordinary ideas and incredible concepts begin to shock everyone around you. This can be your reality! When you complete this workbook, you will discover new tools and motivations already existing all around you and be shocked to discover yourself yelling loud and proud:

I am Artist!

Whether or not you have seen me perform or were handed this book by a well-meaning someone, this workbook is an interactive extension of my message, in which I so firmly believe. Yes, even within your healthcare profession:

You are an Artist!

I realize that your current "job" may not be traditionally recognized as an "artistic form." However, the philosophy of a true Artist lies in *the motivation with which they create*. With this workbook, you will learn to imagine, dream, engage with, and heal your patients with the same motivation an Artist uses to create a painting, sculpt the human form, or compose a piece of music. You are an Artist because everyday you have an opportunity to *create something out of nothing*.

Create your own path through this workbook! Take a pencil, a marker, a crayon, some paint. Play your way through it with no rules attached. Make mistakes. Make messes. Unleash that Artist buried deep down inside you! Isn't it high time you two were reacquainted? You'll be surprised what you find, because your artistic skills have always there, hidden below the surface. You simply forgot where you put them!

Accept this as a challenge you will strive to fulfill each and every day. This workbook—created by you—will serve as your Artistic guide to inspire you to serve and heal those around you every day.

1

Dear You!

I'm beyond excited you are holding this workbook in your hands. It means you are considering participating in this wild experiment I've created specifically for you. If you choose to complete this, be prepared to dig into your past and consider this present moment in order to provide a bright and hopeful light for your future, not to mention those that fall under your care. I'm positive it will work for you, because it worked for me. Now this workbook can help you change your life, which will then change the lives of those you serve!

But why should you spend your time on this? Isn't your job all about helping those around you? You should complete this workbook because your mental and physical health dictates the health of those you serve. I know you started your job with hopes of making a difference in people's lives, standing up and supporting those who can't do that for themselves. But after years and years of providing that service, you need to remember to take care of yourself. Over time, your job to watch over and take care of other people's bodies can slowly start to turn into your "day job." It can become what you have to do, so you can do what you want to do. I've never been a doctor or a dentist or a chiropractor so I've never had to take care of patients like you do, but I am positive you have faced some of the same struggles I've dealt with. Let me tell you how this happened in my life.

When I was in elementary school, I always leaned on drawing to have fun or work out my frustrations. One day, my teacher told me I wasn't very good at drawing and should focus more on my grades. Then I could graduate at the top of my class and get into a proper college. That would set me up for a successful career so that, when I met my spouse, we would have enough money to start a family. I listened and put down my crayons.

And you know what? It "worked." Later in life, I had a great job, I was important. I was paid well. I knew fancy people. But that job wasn't me. I was so frustrated because, somewhere along my path, I believed a lie about who I was. Maybe you feel this same way. I know how difficult working with others can be. The results from one patient can shower you with enthusiasm, and the results from another patient can suck you dry as a bone. The goal of this workbook is to drag you outside so we can dance together in the rain. I know you need it, and I'm positive your patients will see this drastic change in you as well.

You still have a bright future ahead of you. You still have an opportunity to avoid so many of the mistakes I made. And that's why I created this workbook specifically for you. I hope it will allow you to remember your artistic passions the way it did for me. Don't see this as "another thing" you have to do. This is not homework. This is homeplay! I want you to have fun filling out these questions. Make sure you pay close attention to the emotions and memories this workbook makes you feel. If you do, I know you will be ready to dream, create, inspire, and heal others once again.

I understand if you choose to not complete this workbook, and I wish you the best of luck in the future. Just know it's a tough world out there and you need to keep your eyes peeled so you don't have to rearrange your life a few years from now like I did. If you do complete this, I know there will be patients whose lives have been changed, because you will be living your passions and your healthy patients will be your greatest victory. And that is the true definition of an Artist!

If you never try, you'll never know.

Erik Wahl









I,, hereby declare myself a human being.
I breathe. I sleep. I pee. I overeat on holidays. Sometimes I'm
happy and other times I consider throwing items out of nearby
windows. All in all, this is my life. I realize that I am the only
person responsible for it and the only one who can choose to make
it better.

After hearing Erik Wahl's challenge to declare myself an Artist, I have decided to become a bold and interactive participant in this workbook.

The realities I face today are the results I have created for myself. However, this reality can be changed as quickly as my own perception can. The moment I choose to see the glass half full instead of half empty is the moment I choose to take the first step toward changing my realities. As I complete this workbook, I openly allow the perception of my life to be drastically changed.

I understand that the level of fun I have while engaging with this workbook will be directly proportionate to the level of silliness I allow myself to entertain. I realize that by not participating, I am forfeiting the chance to discover new opportunities, new risks, and new rewards that were previously hidden.

I sign this document with my non-writing hand as a goodwill gesture of my newly discovered artistic thinking.

I declare that I am an Artist.

Signature: ________(Sign with opposite hand)



I know it's a big question, but in fact, it's a question we rarely ask ourselves.

Usually, people ask us what we "do." We're so used to this question that we typically answer with culturally affirming answers. I'm an x-ray technician, I work the front desk at a dental office, I'm a nurse, I mop hospital floors, I'm a pediatrician. These roles may be true, but, deep down, you know you are way more than any of these roles you place on yourself.

Remember Leonardo DaVinci? He wasn't content as only a painter. He was also a mathematician, botanist, astronomer, anatomist, architect, and writer (amongst many other things). We need to view ourselves as he did.

We are so many different things. We're fathers, mothers, grandparents, sons, daughters, brothers, sisters, aunts, and uncles. We're golfers, knitters, dog-walkers, scrapbookers, runners, and writers. We're movie-buffs, beachbuffs, design-buffs, sports-buffs and car-buffs. We're addicted to Facebook, reality shows, the smell of clean towels, chocolate cake, and that first sip of coffee. We're part-crazy, part-passionate, part-bored, part-hopeless romantic, part-lazy, and part-dreamer.

All of your roles, blended together, form who you are as an Artist. And after considering your personality, ethnicity, childhood memories, hidden skeletons, holiday traditions, official/unofficial titles, crazy family members and social connections, it makes you a completely unique, one-of-a-kind, never-to-be-repeated-again Artist.

So, let me ask you the same question again...
Who are you?

List your Artistic roles: I	am a human being,
	All Control

THERE IS NOT ANOTHER ARTIST EXACTLY LIKE YOU IN THE PAST, PRESENT OR FUTURE OF THE UNIVERSE.

(Read it again. Take a moment. Soak it in. Feel free to smile.)

inno ape lamo untering questo che fun abore

What is **your** Art?

Congratulations. You are one of a kind.

While each of the roles you listed contribute to your artistic makeup, sometimes you have to focus on one or two because they take up so much of your time. For example, these roles could include your job as an administrative assistant, serving as a nurse in the ICU, or performing heart surgery. Since I want you to make progress through this workbook, let's choose just one of these roles with some type of future—a *big* one—to work on.

If you want to try again later with a different role, go for it. If you are participating in this workbook with a group of people, it might be a good idea to choose responsibilities you have in common so you can all discuss, argue, laugh, and (most likely) lament together.

For the rest of this workbook, this "role" of teacher will be known as your 'Art.' I want you to focus all creativity, imagination, spitball ideas, silly scribbles, and hair-brained schemes on advancing that form of art.

From this point on, the role of _____ will be called your Art.

Artists let's move forward! Onwards!





ARIETAL LOBE

Mental Gymnastics

If you are going to open up and expand your mind, we need to get both sides of your brain working. We mixed up the questions to keep you on your toes. It's like muscle confusion for the brain so you get the best workout possible!

Set a timer for five minutes and see how many questions you get right!

Aaaaand go!

Watch the video!

HYPOTHALAMUS

PITUITÄRY

TEMPORAL LOB

"Imagination is your preview

of life's coming attractions."

- EINSTEIN

No. 3847

HUMAN BRAIN

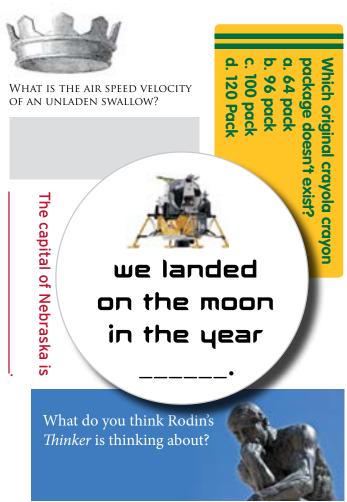
7

What animal is on the front label of "ELMER'S GLUE?"

In the movie *The Christmas Story*, what was the one gift Ralphie wanted for Christmas?



What is 16 divided by 3?



WHICH STANDS FOR TREBLE CLEF?

OR

Would you rather lose your ability to *bear*?

When you flush the toilet in Australia, does the water evacuate in a clockwise or counter-clockwise direction?

 $214 \times 78 =$

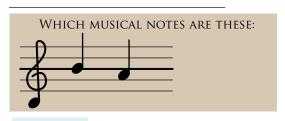
the velocity of gravity is _.

On the periodic table of elements, the numbe stands for the element:





Who was the fourth president of the United States of America?



one-half of one-fourth =

The US state that consumes the most Spam is



What are the first four words to <i>Jingle Bells?</i>			

For answers please visit

http://www.theartofvision.com/wp-content/

What are the three primary colors?



Wait a second... You've done the first two exercises. Is there still a problem?

Are you still having an issue calling yourself an Artist? I get it. It's tough to declare at first, but let me see if I can help you out.

Typically, "traditional" Artists make things. They film movies, paint canvases, compose music, write books, or chisel rocks. These creations are what make them Artists, right? But let's get a little more specific.

In my experience, traditional Artists, like Monet, Hemingway, or Dylan...

- 1. Views life through a certain filter or worldview.
- **2.** Expresses that worldview through their 'Art' by using a specific medium.
- **3.** Showcases their final pieces of art to be experienced by others.
- 4. Allows their art to be critiqued by 'art critics.'

Welcome to Art! That's pretty much it. While some might be better than others, they all follow these exact same steps. And it applies to all Artists, including Shakespeare, Rodin, Picasso, or Spielberg.



Forever Young

When our brain is creatively stimulated, we start thinking like we did when we were kids. We throw away our linear logic and start thinking with reckless abandon. Remember when you were a kid and you started spinning around in circles as fast as you could? With all that mental and physical stimulation, it's almost impossible not to start laughing! I find it similar to the enjoyment of the creative process. Sometimes when I get inspired by a movie or a painting I see in a museum, I nearly start laughing out loud. The feeling of being inspired is fun!

When you were a kid, you were curious about everything around you. You wanted to roll over, crawl, walk, and learn how to talk. As you grew, you annoyed your parents by asking questions

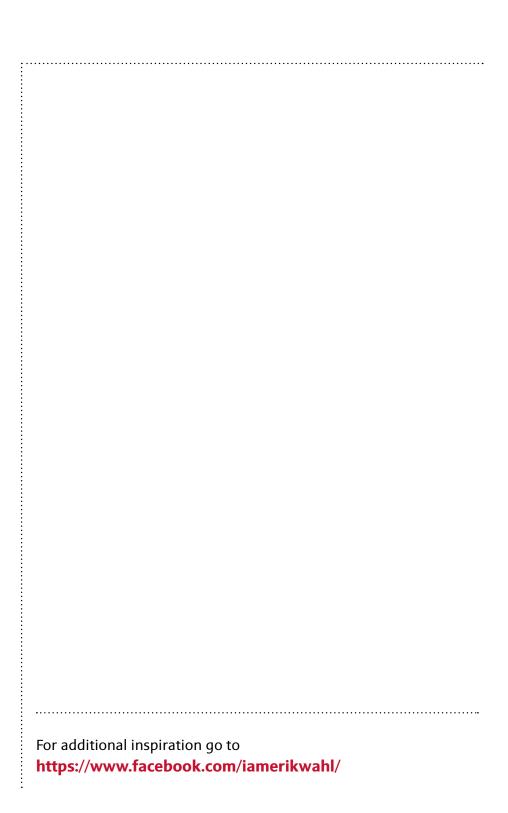
about everything under the sun. Why? Why? Why? You designed your first fashion line, invented new recipes to cook in the kitchen, wrote poems, drew pictures, and created your own games using random stuff you found in the basement. Ideas were naturally bubbling out of you!

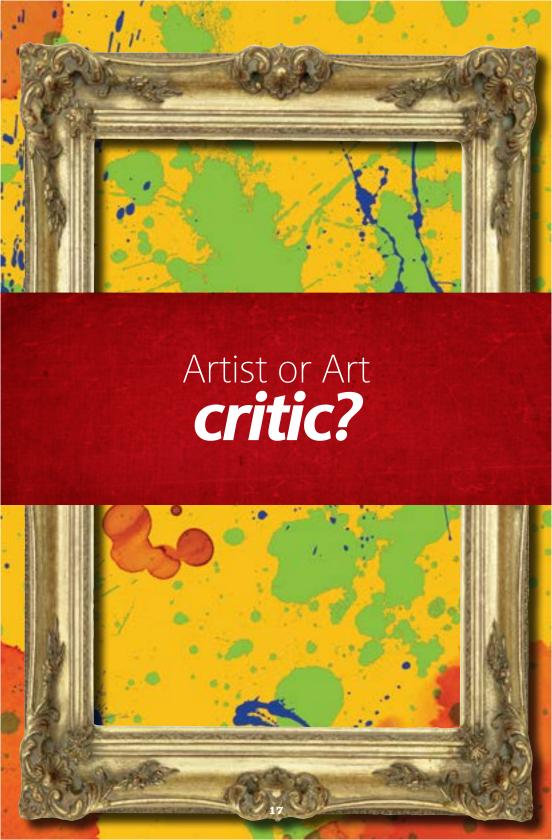
Can you remember what you used to do as a kid? Were you a sandbox digger? Did you build submarines out of cardboard? Did you create elaborate plays with your stuffed animals? Take a few minutes to think back to your childhood. With no regret, start writing down the ridiculous things you did for fun.

Just share!

When I was a kid, I	

15	





Q: When did you stop doing the creative things you did when you were a kid?

A: You stopped when you realized that if you never create, you never have to risk being criticized.

We start life as an Artist, constantly creating, but something odd happens as we grow up. Over time, we slowly turn into Art Critics. We don't intend to do it, but we naturally create less and less and spend more time critiquing. Don't get me wrong: learning how to critique is a fantastic tool because it is a key element to becoming a better Artist. But the real problem arises when you criticize something or someone and no longer spend time creating anything yourself.

Now, here's a tough question: Do you spend more time critiquing the people and their work, or do you spend the majority of your time creating your **own** work? A big goal of this workbook is to make you feel you can answer the latter. Artists will always live among critics, but what sets a true Artist apart is one simple characteristic: an Artist creates.

Artist! Are you ready to continue creating?



"There is nothing like a dream to create the future."

- VICTOR HUGO

COMIC THERAPY

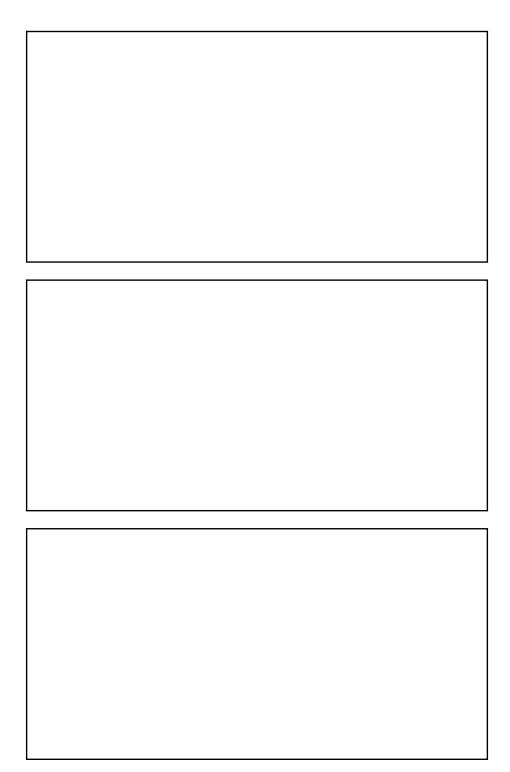
Can you time travel? I can. I do it all the time. It usually happens when one of my senses (taste, smell, sight, hearing, feeling) brings a distant memory back to me. When I smell a box of crayons or hear the Top 40 song from the summer I learned to drive. When I feel that baseball glove on my hand or taste a freshly grilled hot dog, I go straight back in time to my childhood. Can you write down three specific childhood memories that are brought on by your senses?

⁷ _	
2	
- 3	

Now that you are digging through the storage boxes of your brain, you can tap into memories that shaped who you've become today. With all of the good memories, I know there are also a few bad ones. Hearing a certain word or tasting a specific vegetable can send you into a tailspin of bad memories. Maybe it was something a parent, sibling, teacher, or friend said to you that threw another pile of dirt onto the Artist being buried inside of you.

The Artist previously existing inside of you could very well have been buried by some of these bad memories. Would you be willing to close your eyes, time travel, and remember a single moment—even if it's small—that shaped you forever? Would you be willing to draw it in the provided comic boxes? I know it may sound strange, but, if we're going to dig, we have to be willing to get some dirt under our fingernails.

Feel free to keep it simple. Here's the best part: after you draw the comic as it actually happened, draw it the way you would have liked to see it happen.



1		
1		
1		
1		
1		
1		
1		
1		
1		

For additional inspiration go to	

For additional inspiration go to https://vimeo.com/56631000/

Dear Me,

Our current self and Artistic self have now spent some time together talking about our childhood.

We remembered the crazy things we used to do.

Unfortunately, we saw how we eventually **stopped creating and started criticizing**. We even picked out a small moment in time that affected who we've become today. Maybe we feel we've lost our edge, that feeling of confidence, the competitive spirit, and a drive to win.

00000000000000000

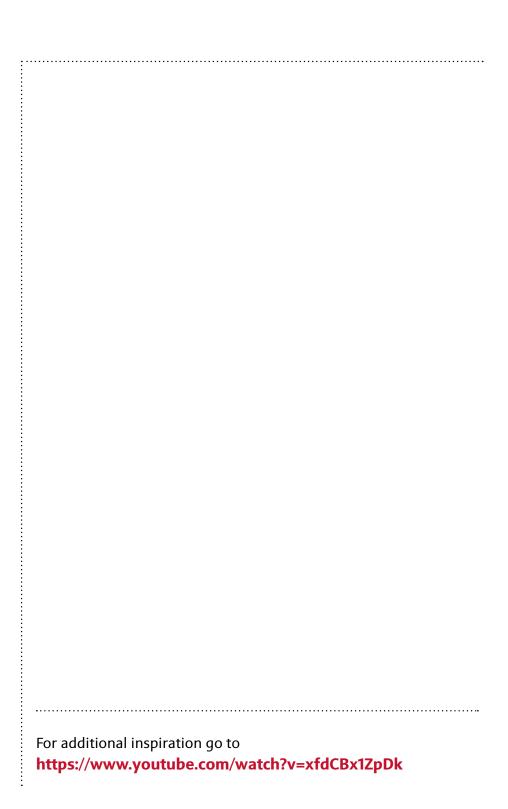
When we think about the differences between us as a child and us as an adult, what changes have occurred inside of you?

This feels like the perfect time to write yourself a letter. Maybe you need to apologize for becoming a critic instead of a creator. Go back in time to remember what it was like to win that big game, fish at that special pond, or bow before that standing ovation.

Take a moment and make a deep connection with who you used to be. See if you can feel those feelings again today. What did it smell like? Who was there? What were your dreams? What do you miss? Is there anything you can learn from who you were at that young age?

Dear Me,

:		 	
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
	25		





Since very few of us qualify as a 'Traditional Artist,' how can you become an 'Everyday Artist'?

When you inserted your selected role back on page four, it represented your specific Art. Now I want to show how you have gone through the *same* four-step process that Traditional Artists typically do on page eleven. I understand it may feel different because you aren't on the big screen, featured in a national museum, or have *Entertainment Tonight* following your every move.

You have a daily opportunity to create new things through a variety of different mediums: scheduling appointments, removing wisdom teeth, making an adjustment to someone's spine, new patient diagnoses, inserting an important IV needle into a vein, reviewing an MRI, or serving lunch in the hospital cafeteria. Every single one of these are unique, never-to-be-seen-again creations!

Just like Traditional Artists, you see the world through your own lens. You create your specific Art. You showcase it and allow it to be critiqued by those experiencing your creation. It doesn't matter if your audience is comprised of patients, residents, doctors, nurses, dentists, or chiropractors.

I hope you can agree there is absolutely no difference between Traditional Artists and Everyday Artists. Stop immediately separating yourself from that title of Artist. Quit saying you don't have a creative bone in your body. You do! Everyone does!

You are an Artist!



Haiku What You Do!

I hope you have a better idea of who you are today after spending some time understanding how your childhood affected who you've become. Now it's time you really ask yourself what you 'do.'

As I previously mentioned, when we talk about what we do, we usually make it sound super boring as a way of displaying that we haven't quite met our final goal: "Oh, I'm just filing patient records. Not what I want to do, but it pays the bills." Or we make it sound super exciting to convince everyone else we have the coolest job ever. "I am a heart surgeon. I literally bring people back to life."

When you boil it all down, what others think about your Art doesn't matter. The only thing that matters is how you feel about your Art. I talk to a lot of people and notice the people who love their Art the most have discovered how to focus their perception on the most exciting or rewarding things about their role. Here's an example:

Hi, I'm Pat. I love my Art because I bring joy to people. I reconnect old friends and sometimes serve as a therapist between estranged family members. I love to hand-deliver gifts, flowers, and even money! Sometimes I hand-deliver books or clothes or antiques to people who are so excited to receive it, they often give me hugs! I love to walk around every day and work on my tan. I am a Deliverer of Joy, though some people call me a mailman.

Choosing to see the best part of your role is within your reach. If your perception is similar to Pat's, you will always find things about your hobby to love. But we also know that, when you develop a bad perception regarding your hobby, it doesn't matter how cool it may seem. If Pat's perception of his role is negative, all he is doing is delivering your bills to pay his own.

Answer a few of these questions to help you think about how to describe your Art. Now, this may cause you to stretch yourself, but that's exactly what we're doing: stretching your brain to start thinking differently.

How would you describe your Art on a formal resume?
How would you explain your Art to a five-year old? What's the first question they ask, and how do you respond?
How would you describe your Art in one single word?
What is your favorite part about the creation of your Art?
If there was one element of your Art you never had to do again, what would it be?
Who do you look up to that does the same type of art as you and inspires you to become better?
What does true success look like? When success arrives, whose lives will be changed and how?
If you had 25 words on your tombstone to eternally represent you and your Art, what would your parting words be?

It's time for the Haiku Challenge! I want you to review your answers above and narrow them down into haiku poems. Do you remember how to do that? Probably not, but don't worry. I'll give you the haiku guide and even supply a few of my personal haiku poems as examples.

Haiku Guide: Haiku poems are written on three lines that don't rhyme. The first line has five syllables, the second has seven, and the final has five. Here's an example:

I am first with five. Then seven in the middle Five again to end.

Here are a few of mine:

Life is my first art.

Not sure I agree.

Standing on the stage.

Standing on the stage.

Which painting shall I perform?

Don't be. Just go do.

Hope my fly is up.

OK, you have the two following pages to try it out.

Haiku what you do!

aiku what you do!		
or additional inspiratio		

What Are Your Artistic Tools?

Now that you have a better idea of who you truly are and what you truly do, I want you to consider how you can do it in the best way possible!

When Artists work, they must have tools to create their Art. For example, U2's lead guitar player has a guitar with six strings, different sound modulators, amps and monitors. If he didn't have these things, he couldn't perform his Art! Rodin, a famous sculptor, started with a giant piece of rock, and then used a variety of chisels, hammers, and sandpaper to reveal what had been secretly hidden in the stone all along.

Everyone has tools they use to do their art—even you! But many of us don't fully appreciate our tools for what they're capable of accomplishing. I want to help you fully embrace your Artistic palette, or your utility belt, full of amazing tools.

Consider this: the internet gives you instant communication with everyone else on the planet. You have the capacity to say whatever you want to whomever

you want. That's much cooler than a rock, right?

You also have imaging machines, massage beds, intricate personal files, sterilized needles, pharmaceuticals, healing oils, resuscitators, anesthesia, scalpels, and, best of all, Google! When you think about all of the resources at your disposal and imagine them for what they really are, the idea of performing excellently at your Art should start to seem easier and easier.

Imagine your painter's palette as your superhero's utility belt containing each of your tools. Your Art isn't to talk about how cool your tools are. Your Art is to do, to utilize those tools to create something out of nothing. Try to think about the wide variety of tools at your disposal and fashion them into your personal utility belt to create your Art to the best of your abilities.

Draw or describe your unique utility belt or painter's palette here.

Artistic Tools	
•••••	
For addition	nal inspiration go to
https://vim	neo.com/56249202/

What Goes On Your Fridge?

When you were a kid, did you bring home a painting or report card for your parents to display on the fridge? Maybe you do the same thing for your kid today. This is super important, because when we put our work on display, it becomes a source of pride for us. But for some reason, we stop doing this when we become adults because many of us have forgotten how to be truly proud of ourselves.

Are you willing to comprehend and embrace the success in your life? I know that we can be pretty critical of our own work. Even when it's good, we always think, "It could have been better." How lame! If you are creating, then you have something to be proud of! Is your recent diagnosis good enough to be documented in *Hopkins Medical Magazine*? Doubt it. Is your longterm scientific study going to win you a Nobel Prize, or will your

recent surgery put you on Dr. Oz's speed-dial? Probably not, but they are all things you can be proud of.

Artist, it's time to put your Art on the fridge. Maybe it's an x-ray of a shattered knee you properly re-wired back together, maybe it's the story of a patient whose mind you have helped restore, maybe it's the battles you went through with an insurance company to protect the financial future of a patient, maybe it's a handwritten note from a massage patient thanking you for properly "putting her back together," or maybe it's the name of a patient you made happy through your excellent customer service.

Be honest. What are you proud of?

Write it down, clip it out, and actually put it on your fridge!



What goes on your fridge?

What goes on your fridge?

What goes on your fridge?
······································
For additional inspiration go to
https://www.facebook.com/iamerikwahl/photos/



Not only are you an Artist, but you are a 'Two-Way Artist.'

If I'm going to be honest, after really thinking about this, the only difference I can see between the 'Traditional' and 'Everyday' Artist is that many Traditional Artists don't really care what critics think about their work. They simply create for themselves. It's like they are a One-Way Artist choosing to create, but never caring enough to pause and listen to the collective response.

But this isn't you. You create as a Two-Way Artist. You actually listen to your patients. You learn what works best by hearing what they have to say. Then you go back to the drawing board to improve your skills so you can create once again!

Everyone who creates anything is an Artist. But those who listen to the response and improve their skills for next time are the best Two-Way Artists to have on your team.

So, for the last time, let's all say it out loud,

"I Am An Artist!"

"You cannot depend on your eyes when your imagination is out of focus."

- Mark Twain

Who Is Your Muse?

There is one more thing we're missing that every Artist has. This might come as a surprise to you, but every Artist has a boss. You didn't like reading that, did you? It made you imagine that stereotypical boss we've all had to stomach at some point in the past. However, the Artist's boss has a different name and a very different function!

The Artist's boss is called a Muse. A rough definition of a muse is an inspirational person or item that focuses the Artist's attention and helps them perform to the best of their abilities. Nearly every Traditional Artist has a muse that shows up in their creations. It may be a unique friend who becomes a character in a book or a beautiful lady who starts showing up in their paintings. Sometimes, the Artist's muse is an idea, like creating a particular emotion.

The power of a Muse is no different when it comes to you. You just need to figure out who your Muse is. Your Muse could be a medical school professor, mentor, patient, writer, poet, or your life coach. It may even be a mental image of yourself in a few years. If you are having trouble picking out your Muse, imagine the final person who will benefit from your Art. That's them.

When you feel like you don't have the guts to try any harder, look to your muse. They always have the ability to draw the best out of you. When you feel you can't create for yourself anymore, remember your Muse, and give them what they deserve.

Each Artist's Muse is their spark, their fuel, their inspiration. This Muse is something that couldn't have fully existed without you offering up your unique Art. They are a gift to your artistic motivation and your creation is a gift to them.

When a positive perception of what you love is mixed with the chase for your perfect Muse, I know you have finally arrived as a happy Artist whose desire is to create.

So who or what is your muse? Who is the person or what is the thing that drives you through the end of a project? If you are still having trouble thinking of one, close your eyes and imagine yourself performing your Art. In the final moment, just before the project reaches success, there is an ecstatic person looking at you with a giant grin. Who is that person? They are your Muse.

Describe, draw, or imagine your muse here.

	•••••	 •	••••••
My Muse			

My Muse			
i wiy wiaso			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
:			
•			
:			
:			

My Muse
For additional inspiration go to
https://www.facebook.com/iamerikwahl/photos/

Lights, Camera, Action...

If we're being completely honest, people love going to movies because it's better than their normal, boring lives. However, I don't think this has to be the case. For example, consider your everyday reality. Sure, you may seem like a typical, mild-mannered healthcare worker, but what's the real story? What if you realized you were the star in the middle of a plot for a movie?

Are you ready for your close-up?

Let's write the plot to your movie. What is the title? Which celebrity plays you? Do you have a sidekick? Do you find a guide that helps you succeed? Who is the evil villain and which celebrity plays them? In the end, how do you overcome your nemesis? Who do you save? What is your achievement? Think about your one-paragraph plot summary.

I understand that this exercise could be hard if writing isn't your Art, so don't get embarrassed if your synopsis isn't going to get you a screenwriting deal in Hollywood. If you want to try something different, you could draw your movie poster complete with the title, movie slogan, and characters.

Need a little jumpstart? Here are some prompts to get you started:

My movie would be a:
☐ Adventure
☐ Comedy
□ Drama
☐ Romance
☐ Other:
In my movie, I would take the
role of a:
☐ Superhero
□ Royal
☐ Astronaut
☐ Athlete
☐ Princess/Heroine
□ Other:
My movie would be set in:
☐ Medieval Times
☐ The Future
☐ A Present-Day City
☐ An Exotic Beach

Write your own outlandish plot summary for your movie or draw your movie poster. Be ridiculous! Have some fun!

□ Other:

	 	• • • • • • • • • • • • • • • • • • • •	 •
My Movie			

My Movie
For additional inspiration go to
https://www.youtube.com/watch?v=qQTb3E0PFEk/

Your First Artist Statement

When an Artist puts on a show in an art gallery, they often present an artist statement alongside their work. They come up with this statement by viewing their work from a 10,000-foot point of view. What does the art represent? What inspires it? What does it mean to the Artist?

I want to help you do the same thing by pulling all of your thoughts from this workbook together. Remember *Mad Libs*? It's the game where you fill in nouns, verbs, and adjectives to create a crazy story before it's read back to you. Well, we're going to create our own version of that game.

I want you to be proud of the work you've created in this workbook. I want to pull all of this to-gether to be a source of pride and inspiration you can reference every day. So, fill out the Mad Lib on the next page by finding answers you liked in this workbook and insert them into your manifesto.

Feel free to rip that page out and put it on your mirror in your bathroom, put it on your desk, or make it the desktop image of your computer. An Artist needs to be constantly reminded of the big picture—not only for your artistic roles, but for your entire life!



Mad Lib Manifesto

I am an Artist! Even though I am comprised of many roles, including
List from 'Who are you' (p.3)
I have a unique artistic talent that I was born with. That skill allows me to
become a
Every day I set out to
driven to success by my muse
So, every morning, I select my tools of
and do what only I am capable of accomplishing.
l am so good at my art that when l List of completed goals on fridge (p.35)
Then, and only then will I know, I have accomplished my role as Artist.
In my effort to develop into a creative and life-giving healthcare professional,
I have no time for complaining or criticizing because I am too busy <i>creating</i>
something out of nothing. Because that is what Artists do.
And Lam Artist

I think everything in life is art. What you do, how you dress, the way you love someone, and how you talk. Your smile and your personality, what you believe in, and all your dreams. The way you drink your tea, how you decorate your home, or party; your grocery list, the food you make, how your writing looks, and the way you feel. Life is art.

SOURCE: FASHIONFEVER

For more information and inspiration, visit http://www.theartofvision.com







Don't Stop Now!

Live your life as an Artist.
Today, every day.
It starts with you.
This is just the beginning...

Watch the video

