

# 3 LESSONS FROM YOGA EVERY ARTIST SHOULD STEAL

## WORKSHEET

### Beginner's Mind

**Lesson:** Treat every experience as if you are having it for the very first time. Instead of shutting down the potential for surprises and new insight stay curious and open.

**Prompt:** Where and when do you catch yourself thinking “I’ve heard this before!” “I know this already.” “I’m bored with drawing/painting/sculpting xyz.” Write out what comes to mind and reflect on how changing to “I wonder what I can learn from this TODAY.” can benefit your creativity.

### Keep your eyes on your mat

**Lesson:** Don’t get caught up in comparisons. You don’t know everyone’s backstory and you’ll lose out on the full experience of your own life if you keep putting your attention outside yourself.

**Prompt:** Instead of comparing yourself with others, make a list of things you enjoy about what you’re learning at this stage. This will undermine the negative effects of comparing yourself. It might be something as simple as “In yesterday’s drawing session I finally figured out what pencil to use for drawing short poses.” or “It makes me happy that I’m managing to take an hour every week just to play in my sketchbook.”

### **It's a practice not a performance**

**Lesson:** Embrace creating art for the joy it brings you. Instead of striving for an ideal outcome to prove to the outside world that you are an artist, create the art the you want to see. Along that path allow imperfections and stumbles because you know you'll be back tomorrow to have another go at it.

**Prompt:** Think about other areas in your life where you allow yourself a healthy measure of imperfection. Where has embracing “practice over performance” allowed you to shine?