

# Meet

# Brenda Peo

JUNE 2024

**ALRIGHT – SO TODAY WE’VE GOT THE HONOR OF INTRODUCING YOU TO BRENDA PEO. WE THINK YOU’LL ENJOY OUR CONVERSATION, WE’VE SHARED IT BELOW.**

*Brenda, appreciate you making time for us and sharing your wisdom with the community. So many of us go through similar pain points throughout our journeys and so hearing about how others overcame obstacles can be helpful. One of those struggles is keeping creativity alive despite all the stresses, challenges and problems we might be dealing with. How do you keep your creativity alive?*

I don’t get bored.. I am constantly curious and there is no cure for curiosity. Take photos.. look at nature.. Art is all around us.. you just need to keep your eyes open.

*Great, so let’s take a few minutes and cover your story. What should folks know about you and what you do?*

In one way or another.. I have been a lifelong artist but it didn’t happen professionally until I started painting in 2008.. I had my own line of jewelry I made and sold at art festivals



around the SW.. Using Copper.. Red Brass and Sterling.. while it sold very well for many years, it was not nourishing my creative soul.. I finally picked up a paint brush, got over the being afraid of “what if it’s not good”.. Giving my imagination full control.. I have tried all kinds of mediums.. techniques.. and lately have settled down with acrylics.. crayons.. inks.. collage etc.. etc.. Letting go of expectations and allowing ideas and possibilities to show up.. Totally enjoying every day!

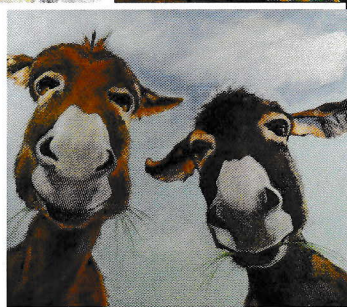
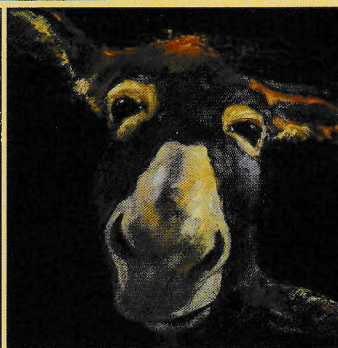
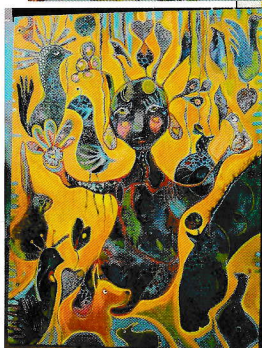
*If you had to pick three qualities that are most important to develop, which three would you say matter most?*

Being creative.. curious!!!!.. trust in knowing that there are no mistakes.. buy the tools you think you might use.. and if you don’t.. pay it forward.. When you look internally for an answer.. more of yourself comes through.. be willing to give anything a try..

*What has been your biggest area of growth or improvement in the past 12 months?*

Finally learning to trust my gut.. my intuition.. my playfulness.. mindless abandon.. For me the excitement happens through problem solving during the painting process.. All of my

work involves animals!.. especially donkeys..



**BOLD**  
JOURNEY

WEBSITE: [BRENDAPEOART.COM](http://BRENDAPEOART.COM)

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