



Find Your
Natural Art Style



These line drawings look effortless—just a few sweeping marks and wayward plops of colour. But they are the result of years of observation and confidence. This is what they all have in common (including the front page cockerel which is my drawing!) Hours of practice add up - and when you are well practiced in something, you can deliver without hesitation and without worrying about what others think. You can deliver with flair and style. **But how do you get to that state of mind?**



The 100 Hour Rule

Is a proven concept that you can become accomplished - not just OK but fabulously good - at a new skill with 100 hours of focused practice. The rule can be applied to art practice, musical instruments, learning a language - everything really.

A 'little and often' system of practice yields amazing results.

Mindset & Materials

To avoid procrastination and perfectionism we will remove some mental blocks. We are not aiming for hyper-realism throughout this exercise. That is nobody's natural style - it's a learned process. And perfection is a hindering frame of mind. We are building up freedom and ease. For this you only require a cheap plain paper book, a black pen and something to add colour with, watercolour, crayons or pastels. You only need a small range of colours. You could probably go around your house and grab most things.

We begin with a line drawing and add colour to show light and shade. You'll notice I didn't suggest a pencil and rubber. We're not erasing any lines - they make the sketch more interesting and force you to continue. The ugly phase will pass once you lay down some colour. And if it stays ugly it doesn't matter - you'll be trying this again tomorrow.

We aren't creating art for show.

Or for anyone else to see. This is creation with a more fundamental purpose. We will be 'squeezing' you to find your style! By not rubbing pencil marks out; by repeat drawing certain things, and by doing your drawings against the clock your natural style will be pushed out.

What To Draw

We keep it simple and draw every day objects found around the home and garden. It's important not to sketch/copy other people's work from Pinterest and Instagram. You will learn NOTHING about your own style from this. Drawing everyday objects remove the issue of 'what to draw' and procrastination. These things also make charming subjects.

So think:

- Mugs or teacup & saucer
- Bowl and spoon
- Shoes
- Pets
- Fruit
- Teapot
- Chairs
- Food
- Fancy packaging
- Perfume bottles
- Flowers in vase
- Lamp or pendant light
- Plant
- Umbrella
- Necklace



How Long and How Often Do I Draw?

- Set the stopwatch on your phone for 10-15mins. That's it.
- Do it daily. Do it for one year. Or less. Or more! You choose.
- If you do this habit for long enough you won't feel right if you don't put in a daily sketch. The more you short-sketch like this the more confident you'll become, and the more you'll connect with your personal style and artist identity.

Repeat Each Drawing a Number of Times

For example, you draw a mug - draw it at least four more times at intervals on your journey. Notice the changes in your style, your ease, how pleasing it is. Keep all drawings so you can see progression.

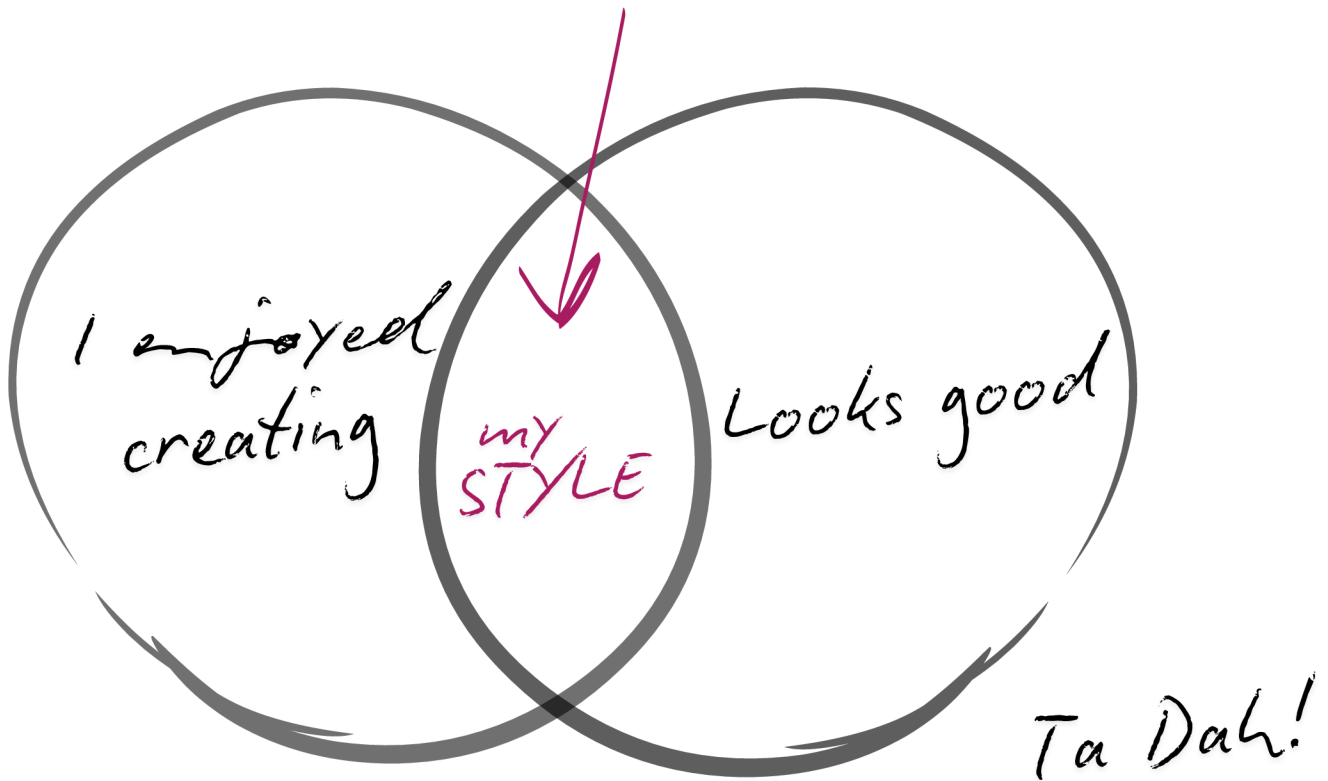
Be aware that things can go backwards sometimes. Usually because you are 'trying to draw' and be more precise and perfect. It usually results in the drawings having less energy, charm and ironically, accuracy. It happens to me. So I have to stop trying so hard and loosen up again.

The time slot will force you to draw fast without overthinking. Remember, this isn't about perfection. This is about forcing your hand and mind to connect and reveal your natural style.



Think of it this way: If you study calligraphy and draw slowly and carefully, you can achieve a professional result. But it's not you. Your handwriting is innate and often more wayward - full of your personality. It's the same with your sketch-hand.

Dear Diary  



- When you have quite a few weeks worth of drawings, asterisk* the ones you enjoyed creating. Then asterisk the ones you think look good.
- Those with two asterisk represent your natural style. Pull them together and feel good about it! Let it sink in.

Now keep going. Hold onto this knowledge as you create more art, try different subject matter and different-sized works...and your future self will thank you for doing all this.



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