



A BIG IMPOR- TANT ARTIST: A WOMANUAL

*Creative Projects and Inspiring Artists
to Kick-Start Your Imagination*

DANIELLE KRYSA,
FOUNDER OF THE JEALOUS CURATOR

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PROJECT NO. 4

MAKE A CHANGE

On the following page you'll find the very same image repeated six times—but it won't be so uniform for long. You can work directly in this book or tear the following page out and cut out each of the six portraits. Now set your timer for thirty minutes. In the next half an hour, alter each image in some way. Your creations might involve paint, pastels, scissors, folding, dipping it in coffee—anything goes! But remember: in case you didn't read the introduction to this book (and I know many people skip over that part), you need to head into this project knowing that none of these will be ending up in the nearest gallery—and that's okay. That said, I can almost guarantee that at least a few of them will serve as great idea-starters for something else. Be open, don't be precious, and just play.

NOTE: *If you think you might want to do this again and again, feel free to photocopy this starting page or print out your own favorite image several times whenever you need to shake things up.*





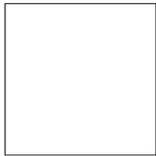


PUSH YOUR PALETTE

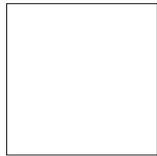
I'll be the first to admit that I have a go-to color palette, and sometimes it's very hard to shake myself out of using the same, very comfortable hues over and over again. This little quiz will get you started creating a "custom-to-you" palette! Granted, it might lead to a really weird combination but, hey, sometimes we all need a little weird to freshen things up. Write your answers in the blanks provided, and voilà, you'll have a brand-new palette just for you. Create a new piece using these colors in any medium you choose—paint, pastel, colored pencils, found paper, or a combination of everything.

NOTE: *You'll notice a few of the questions are time-specific, so you can create a slightly new palette every day—you know, if that's the crazy way you roll.*

- A.** My current favorite color is _____.
- B.** The color(s) of the shirt I'm wearing right now is/are _____.
- C.** The color of the house I grew up in is/was _____.
- D.** The color(s) of my favorite ice cream is/are _____.
- E.** At this very moment, the color of the sky is _____.



A



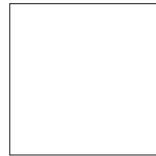
B



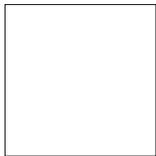
C



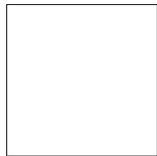
D



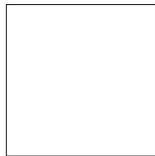
E



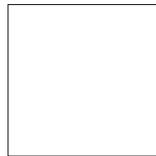
A



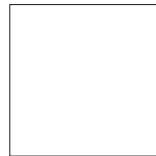
B



C



D



E



A



B



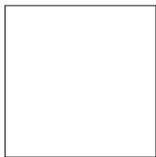
C



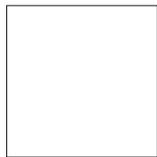
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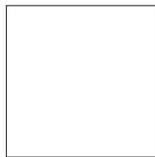
E



A



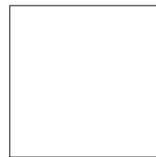
B



C



D



E



PROJECT NO. 30

ESTABLISH A CREATIVE RITUAL

Becoming a big important artist is a little bit like training to be an Olympic athlete: you have to set goals and then show up every day because, let's face it, you'll never get to the podium by daydreaming on the couch. Blocking off time for creative expression is crucial to becoming a successful artist, whether you decide you can commit to sixty hours a week or thirty minutes a day. The actual amount of time is less important than the commitment. Now, say you've arrived at your table right on schedule, but on this particular day your ideas just aren't flowing. Aha, this is when a ritual can come to the rescue. I would love to get all scientific and refer to studies about the human brain—you know, something that explains how a series of repeated tasks triggers our brain to release a magical combination of chemicals resulting in creative genius. Alas, I have nothing so couched in science to back this up, but thousands of artists swear by this method of finding their way into "the zone." Now it's your turn. Use the fancy page provided to write down four or five things you will do, before you sit down to work, each time you come into the studio or transition from the everyday to art time. A few suggestions:

1. Slip on a pair of comfortable shoes.
2. Light a candle.
3. Play a certain song.
4. Read one page in an inspiring book.
5. Close your eyes and take ten deep breaths.

Do whatever works for you. Ultimately, you'll want to establish a ritual that gets you into a creative mind-set, leaving the rest of the world on the other side of your studio door—whether literally or figuratively. The key is doing the same things, in the same order, each time. Oh yes, and don't make your ritual so long that you never get to the art-making part.

