

10 Minutes 10 Days with Paperfinger

A Workshop for Skillshare

WORKSHEET *No. 8*

BREAKING HABITS FOR CREATIVE BREAKTHROUGHS

Instructions

Spend a minute or so on each exercise in the list.

Don't try to create something outstanding or finished -- just let yourself try these experiments to see what ideas, inspiration and new techniques it may open you up to. If you have some ideas to add to this list, please share with our community!

1. Reverse your slant.
2. Write with or without a guide (whatever you don't usually do.)
3. Turn your page and the relationship of your nib to the page. Write with no pressure on downstroke.
Try pressure on other strokes.
4. Take one flourish you always default to. Do it in reverse (mirror image).
5. Write really, really large.
6. Find a word or phrase in a different alphabet and replicate it.
7. Hold the pen differently and write the alphabet.
8. Write with your eyes closed.
9. Write as loosely as possible.
10. Raise your forearm off the table the entire time, only letting the nib touch the page, not even your hand.

Considerations

- Put aside all judgement
- Allow focused, mindful work
- Stay present with your breath and rhythm
- Notice what you are drawn to do, what experiments you're eager to try