

# SKETCHBOOK ADVENTURES

## Prompt 7: Let it go – Embracing the ugly

I'm a very organized calculated person who struggles to be okay with the fact that I don't have all the answers, and just when I think I have a situation under control some unknown factor comes in and throws me for a loop. My battle with the scariness of the unknown was often a topic with my friend/art mentor Paige (who I've mentioned earlier in this course) during our late-night painting sessions in her San Francisco apartment.

When I sat down to make a painting I had a vision of the end in mind. I knew precisely how I wanted it to look when I was done but oftentimes I wasn't sure how to get there. Then I'd start painting and a thought of doing something that wasn't part of my "plan" came into my mind. At first I pushed these thoughts (like, what if I paint bunny ears on my head in this self-portrait) aside and tried to stay true to what I had set out to do. Then I began to realize that one of the awesome things about making art is that it's one of the few things that I do where I can totally let go. There was no one telling me that bunny ears were silly (except myself). No one else knew what I had in mind, so if what I did came out different, no one would ask, "What happened? I thought it was going to look like 'this.'" I let go and painted the bunny ears. To this day I think that is one of my favorite paintings I've ever done. I realized that giving into the process of making meant letting go of my preconceived notions and that most of the time the end product was more interesting than the idea I'd started with.

The idea behind this prompt is to let go! Use whatever mediums strike you and just start making. If you want to put one of the people you draw in a crop top (like I did in the example) do it! You may hear your inner critics chiming in telling you that it's silly or ugly or doesn't fit. IGNORE THEM. This is your chance to have complete creative freedom, whether you do it with images, colors, techniques or words.

If you're still having a hard time letting go (as I probably would have if I was taking this course), then take a lesson from my friend Kim Werker, whose book "Make it Mighty Ugly" helps creatives take the fear out of failing and trying to be so damn perfect all the time.

