

I want to paint. Why can't I start?

The desire to make art and the capacity to begin are not always available at the same time. Unclear choices, fatigue, competing responsibilities, or fear of disappointing yourself can make starting feel bigger than the actual first step.

FOUR STUDIO MARKERS

1

Notice today's weather

Is your energy clear, changing, foggy, or stormy? Choose an activity that fits rather than demanding your best-day pace.

2

Check your pack

What responsibilities are pulling at you? Put one on paper so it does not have to stay in your head.

3

Shrink the starting line

Choose a no-pressure action: open the sketchbook, set out two colors, or look at one reference. Five minutes is enough.

4

Leave a return marker

Write exactly what the next tiny action will be. That makes returning easier even if today ends here.

TRY THIS NOW

Place your materials within reach and make one mark—or write 'Next time I will ____.' Stop at five minutes if that's all you have.

CONTINUE THIS TRAIL

Find the next step, related resources, or an optional studio companion.

</go/cant-start/>

You are an artist, even here.

QR CODE

reserved for launch