



January

Here we go then, the New Year has arrived and I'm still feeling pretty relaxed after all the Christmas festivities, so it's been a fairly slow start so far. Not that I mind too much as this is about the only time in the year when you can really stop and pause for a little while. After all the December mayhem, January is a peaceful month. A chance to consider the year ahead: what you want to change; what you want to achieve; where you want to go and what you want to see. All that sort of fun stuff. I quite like having a 15 minute daydream over a nice cup of tea to imagine what an ideal year would be, asking myself what I can do to make some or all of it into a reality. It might only be one thing, it might not be anything - but there might be something you can do to move it a little bit closer. Even baby steps still keep you moving forward, right?



Artist's Notes

So for me at the moment, I'm thinking about getting back to basics, prioritising the things that I really want to do rather than the things I feel like I 'should' be doing. There's a sense of freedom in really deciding how to use your time. I'm thinking less time on Instagram and not worrying about consistent posting and more time writing, creating and developing connections in a different, more considered way, which feels a lot more inspiring and fun. More time for reading, walking, travelling, learning and experimenting in my art will be my priority, and this year I'll be starting to sell some of my original artwork online for the first time. I've previously only sold prints, so this feels both terrifying and exciting all at the same time! First things first though, and that's getting back to making some art after quite a long break. I started the painting above in November and it's time to get it finished, so that's what I'm going to be working on next as well as some playtime messy sketchbook fun.



Spotlight On ...

Blue Flowers: A painting I created back in 2014 when I rediscovered my love of oil paints and made myself a little corner in our bedroom where I could set up a studio, which only really consisted of a table and some books where I could prop up the painting as I worked. It was painted from a photograph I'd taken when we were out with the family in Northern Ireland, and now it reminds me of that return to my creative life - going to buy some paint and teaching myself all over again how to use them and the happiness it's given me ever since.

Blue Flowers : Oil on canvas board : Unframed Print £18.00 : 10" x 12" incl. white border

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What's Inspired Me

Well wrapping up warm has been quite important recently and there's nothing better than a good book, some chocolate and a comfy sofa, but of course, as we have our lovely four legged furry beast to keep happy too, there's been plenty of long, frosty walks around Bushy Park as well.

Currently Reading:

'The Last Devil to Die' by Richard Osman. His fourth book - I have read them all - and this one continues with a good plot and plenty to make you giggle. Reuniting with the characters in each book is like visiting good friends you only get a chance to see once a year. I'm definitely hoping my twilight years will be as exciting as theirs!

And Listening To:

The 'Just Bloody Post It' Podcast by Helen Perry. A brilliant, witty and very informative podcast designed for creative businesses to help promote and market online. I've been listening to this for quite a while now and there are so many great tips and guests. You always learn something and find comfort in the fact that other people are struggling with similar issues. Episode 134, Series 7 had Sara Nasser Dalrymple as a guest, talking about 'how to love selling' and she was so inspiring, I went home (as I listen to podcasts while I'm out walking the dog) and pre-ordered her new debut book 'More Sales Please', which arrived this week. It's packed full of inspiring action points, information and guidance to follow to help make selling less 'ick' and more loveable - something I need to work on, so looking forward to delving into this over the next few weeks.

Enjoy the rest of the month. I'm off to enjoy a frosty walk and a coffee.



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