

A collage of matches is scattered across the left side of the page. In the upper left, a small piece of paper features a drawing of a heart with matchsticks used as arteries, some of which are lit.

12 attitudes & ACTIONS

of ArtMaking

from "The Creative Conversation:
ArtMaking as Playful Prayer"
by Bridget Benton

1 EXPLORE

2 Focus on Process, Not Product

3 Defer Judgment

4 BE LIKE A NOVICE

5 Be in Conversation

6 BE MINDFUL

7 follow the energy

8 Let go of the Outcome

9 Be CURIOUS

10 tune up your inner ears

11 cultivate Appreciation &
Gratitude

12 hold CLEAR intentions