

# TREASURE FOUND

AN ART JOURNEY

*CINTHIA JAMES*

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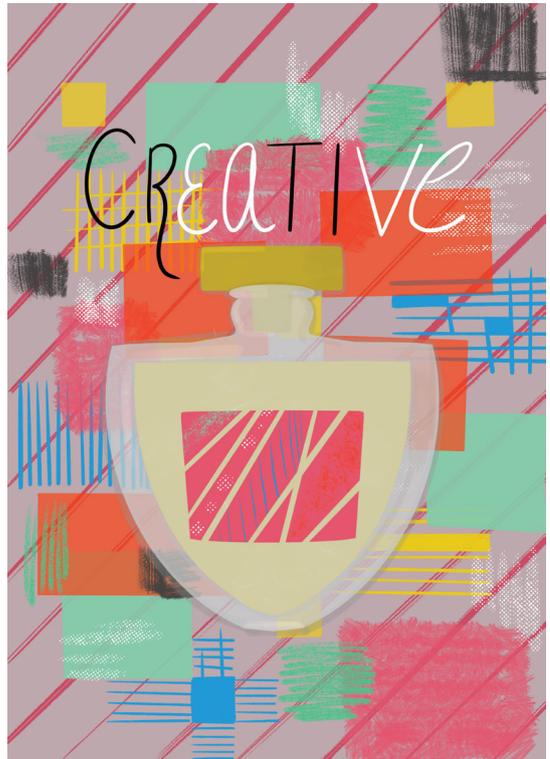
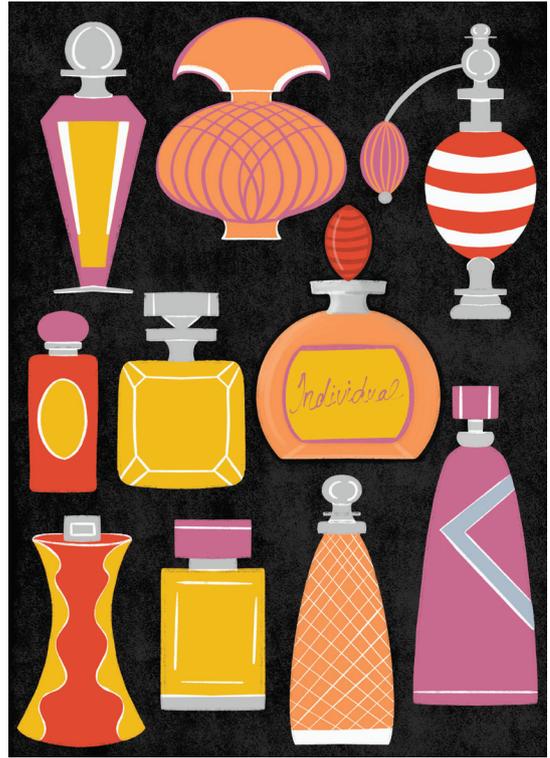
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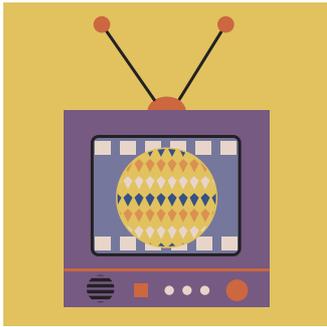
# WHERE TO LOOK

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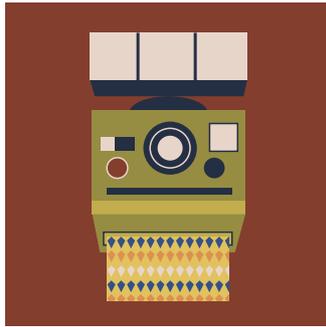
The fundamentals in chapters 1 and 2, and the activities in chapter 3, can help you to find inspiration for your next art piece or project.

Something that helps me to get inspired is to switch up my routine and try something new. I am definitely someone who searches online for inspiration, but sometimes it's good to get out and about.

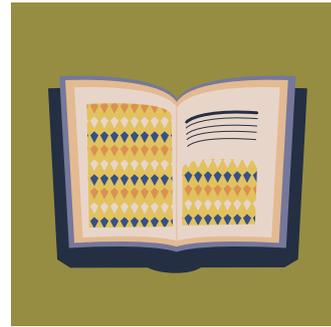
**DO YOU HAVE ANY INTERESTING PHOTOS FROM YOUR LAST TRIP? WHAT WERE YOU DRAWN TO – INTERIOR DESIGN, HOMEWARES?**



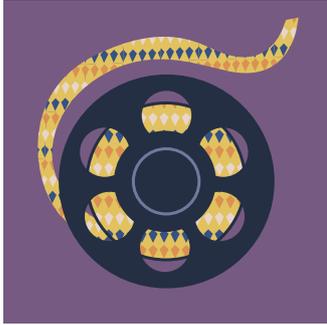
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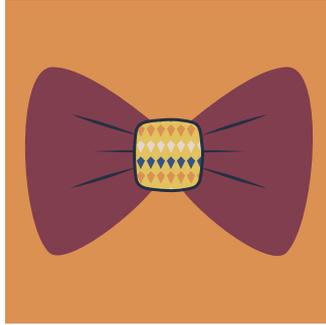
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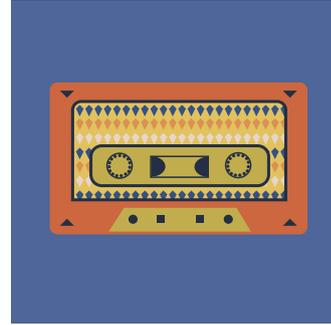
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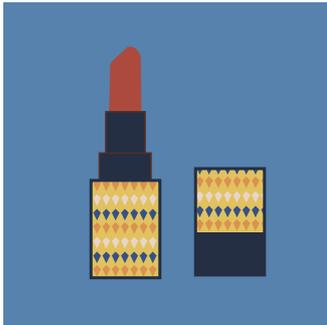
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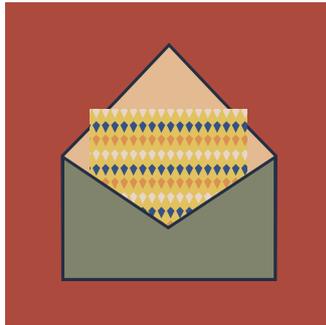
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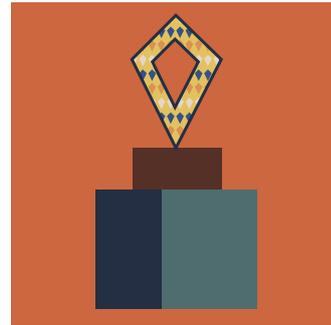
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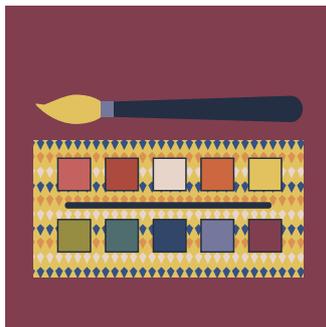
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*NATURE*

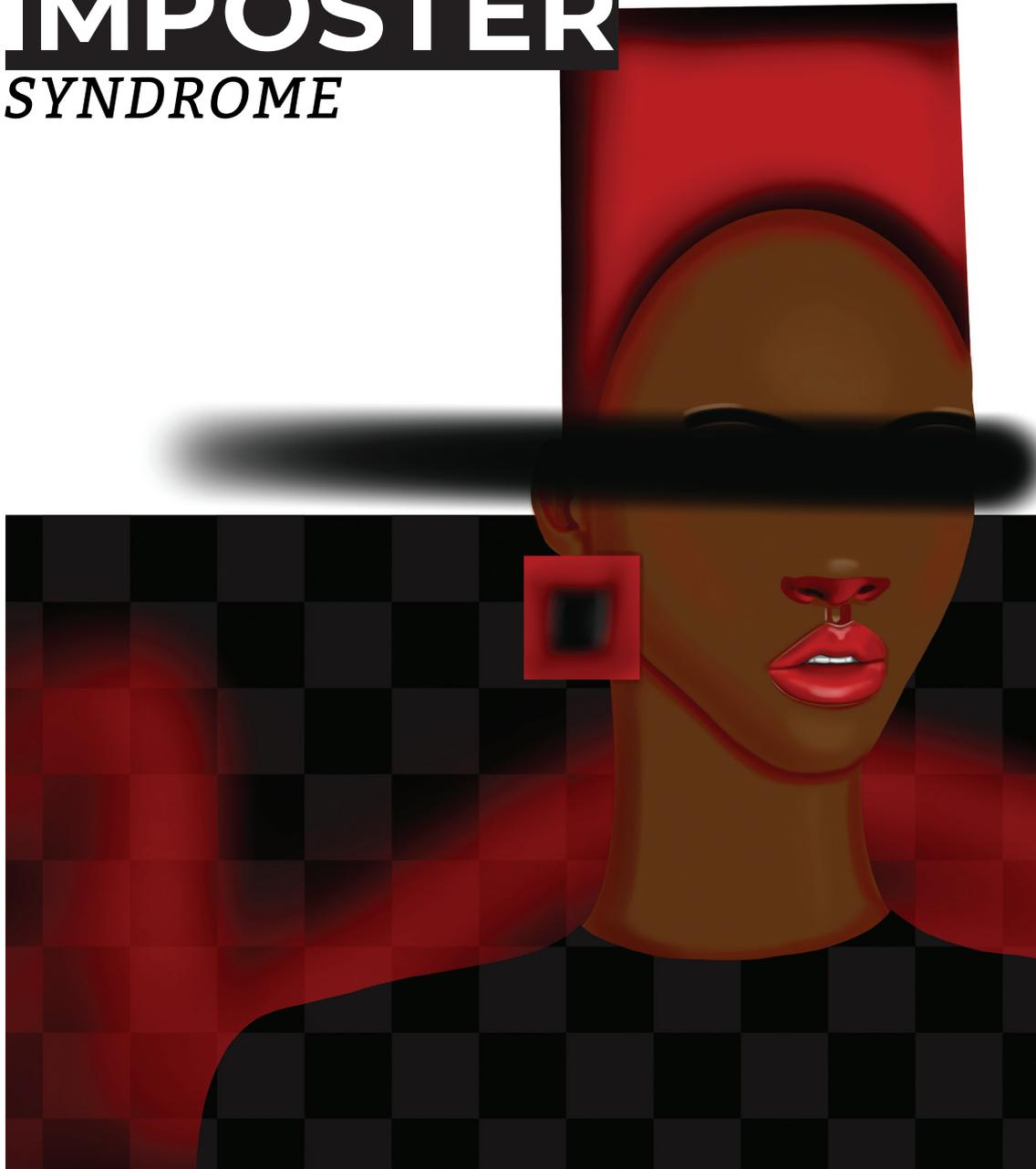


*ART*



*TRAVEL*

# › IMPOSTER SYNDROME



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I once read that the creative industries have the highest rates of imposter syndrome. So, what is it exactly? It's the fear of being seen as a fraud (imposter) due to the doubt of one's successes, talents, and skills.

**“DO I HAVE WHAT IT TAKES?”**

I think there is always some underlying uncertainty when someone pursues a creative job. This is fueled by the idea of the “starving artist” and, of course, the constant change in activities and need to develop fresh ideas and new perspectives.

**“AM I TALENTED ENOUGH?”**

**“I CAN'T COMPETE!”**

As an artist, we are not only putting our work out into the world, but also a bit of ourselves. Art – even graphic design – can be very personal for some and putting yourself out there to be judged can be a scary pursuit.

**“WHAT IF THEY DON'T LIKE IT?”**

I have come to learn that someone always will, and it should start with yourself – and hopefully your mom and grandmother too.

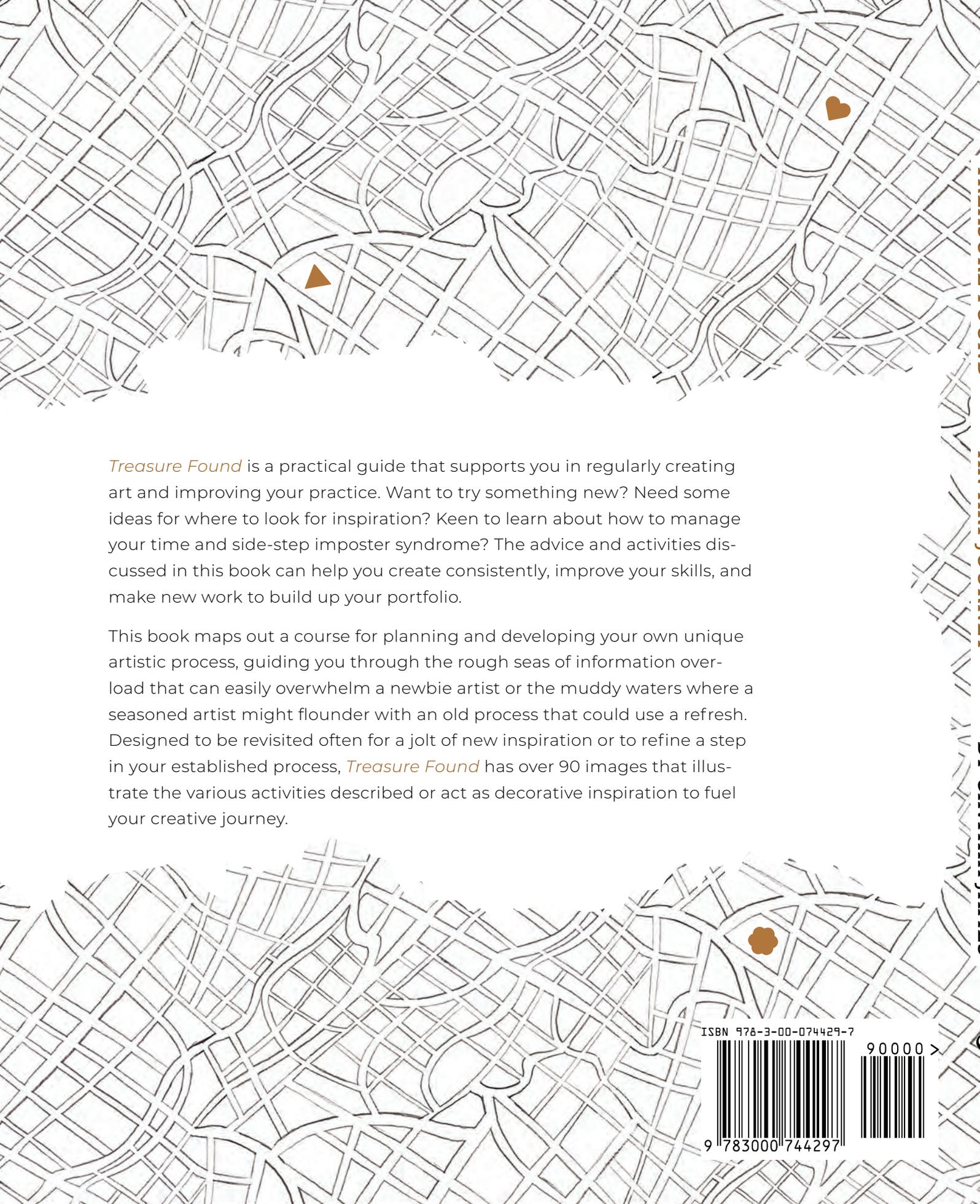
If you notice you feel like an imposter and it keeps you from creating altogether, it might be best to seek help in addressing the feelings you have and work through what is holding you back.

If taking on that challenge feels like too much right now, or if you're overwhelmed by applying for a job or competition, maybe start small by developing your art process and practice. From there, you can gain experience and confidence, address some of your fears, and slowly work your way up.

**PERHAPS YOU FEEL OVERWHELMED BECAUSE YOU THINK YOU NEED TO BE PERFECT IN MULTIPLE AREAS BEFORE YOU EVEN START.**

Some skills take time to improve and master. Allowing yourself to see that being a creative is a lifelong journey might allow you to remove some of the pressure to be perfect.

**IF YOU MAKE ART, YOU ARE AN ARTIST.**



*Treasure Found* is a practical guide that supports you in regularly creating art and improving your practice. Want to try something new? Need some ideas for where to look for inspiration? Keen to learn about how to manage your time and side-step imposter syndrome? The advice and activities discussed in this book can help you create consistently, improve your skills, and make new work to build up your portfolio.

This book maps out a course for planning and developing your own unique artistic process, guiding you through the rough seas of information overload that can easily overwhelm a newbie artist or the muddy waters where a seasoned artist might flounder with an old process that could use a refresh. Designed to be revisited often for a jolt of new inspiration or to refine a step in your established process, *Treasure Found* has over 90 images that illustrate the various activities described or act as decorative inspiration to fuel your creative journey.

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