

HOW TO VERY QUICKLY BECOME A

PROLIFIC



ART

IST

7 KEYS TO A

PROLIFIC CREATIVE PRACTICE

BY MIJO BISCAN

7 Keys To A Prolific Creative Practice

Hey there fellow artist!

Congratulations on downloading your complimentary e-book!

My name is Mijo Biscan. I'm a singer-songwriter from Melbourne Australia. I love music. I love art. I've been fortunate enough to tour the world with GOTYE, Missy Higgins, Tommy Emanuel, Clare Bowditch and many others. I've also released 3 albums, 3 EPs and done over 1,000 live shows in the last 15 years as a professional artist. The reason I got to make a career from my art was because I implemented the 7 keys I'm going to share with you below.



I have to admit, it wasn't always rainbows and lollipops. I struggled in my art practice for a long, long time before I turned it all around. It sucked. Did anyone ever teach you how to structure your time, how to master your inner critic or how to feel confident about your role as an artist? Me neither. Those things held me back for a long time and have probably held you back too. So, I committed to learning exactly how to master my mindset and psychology, in order to finally have an engaging, exciting and prolific creative practice.

I discovered 7 keys to unlock creativity and help you access your creativity. Whether you are a musician, writer, visual artist, dancer, performer, singer, actor, clown, film maker, screen writer, photographer, interior decorator or a cake decorator, these 7 keys will apply to your creative practice.

Being connected to my art has brought so many benefits. I feel excited about writing songs rather than daunted by it. I love performing in a way where nerves do not overtake me and leave me stuck on stage. Being connected to my creativity in a deep way brings me such personal satisfaction that I cannot imagine living a life that was not rich with creativity and art. It is an integral part of my life and I'm sure if you are reading this then it is a deep source of fulfilment and meaning for you too. The 3 best things about these 7 keys is that they are easy, you can definitely do them and when you do, you will start to see results immediately!

Your art matters, so go and create!

Mijo Biscan

A handwritten signature in black ink, appearing to be 'Mijo Biscan'.

Here Are My 7 Keys to Your Very Own Prolific Creative Practice

Key #1

Outcomes and Vision

“If you have a goal, write it down. If you do not write it down, you do not have a goal – you have a wish.”

- Steve Maraboli

If you don't know where you're going, it's hard to take the first step. You must have a direction. You must have clarity. You must know where you want to end up.

The big picture is important and knowing the steps to fulfil that vision. Creating an exciting vision will compel you to take action. A small and unclear vision won't inspire you to do anything.

Taking time to tap into your true desires and what you really would love to achieve with your art practice is the best way to begin. In my own art practice, I begin by doing visualisations of where I want to be 5 years from now, what kind of gigs I'm doing, who's with me, what it feels like, what it smells and tastes like.

Visualising this in vivid detail will help you define what you need to do in the present moment and will also motivate you to start moving towards that vision. If you can see it, you will begin to believe it and then will achieve it.

Once you have your vision and feel connected to it, write it out in great detail and review it each day to keep it in the front of your mind throughout your day.

You should always know what your intended outcome is in your creative practice. This includes having outcomes for each practice session too. You might have an outcome like, 'I will write 1000 words of my story in this session' or 'I will play this new jazz song at 120 beats per minute by the end of the session'.

This helps to radically focus your mind on a tangible aim. It will then begin to support your aims rather than be vague, random and unhelpful.

The most important thing though is to create a clear, strong, vivid and inspiring positive vision of where you want to go with your art practice. This is the most powerful way to stay emotionally connected to your vision and ensure success.

Key #2

Make time

“Be regular and orderly in your life, so that you may be violent and original in your work.”

- **Gustave Flaubert**

This seems so simple, yet sometimes it is a real challenge. It’s the first thing I hear from artists about why their art practice is suffering. They will say “I just don’t have enough time”. My first question is usually, “If not you, then who is in charge of your calendar!?” YOU ARE OF COURSE! That is good news because it means that you can do something about it.

Time is the one thing that all humans have in equal measure. We each get 24 hours a day. Time management might make you yawn, but it is truly essential to your art to give it time to breathe and to develop. The demands of full time work, study, children and family commitments and life in general can feel overwhelming at times, but I believe that time flows to whatever you prioritise.

A simple example is of people that go to the gym and work on their physicality, sometimes going 5 to 7 times a week. Does that person have more time than you or I? No, but they do prioritise going to the gym over other things because it is important for them.

My approach has always been that if it’s not scheduled, it’s probably not happening. When you schedule time for creative work, you begin to prioritise it over the general noise and distractions of life. Take a moment now to schedule in 1hr of creative work this week some time and commit to doing it when the time comes. If you continue to do this one thing, you’ll start to see progress immediately.

Key #3

Get Inspired

“The object isn’t to make art, it’s to be in that wonderful state which makes art inevitable.”
- Robert Henri

Getting inspired by other people’s work is a great way of getting you in the creative mindset to begin creating your own work. It starts to lubricate the mind and get the creative juices flowing.

Go to a gallery, listen to your favourite record, flick through your favourite photography magazine, open up a good art book, read your favourite poet or writer, watch your favourite film.

I personally make a creative inspiration day at least twice a month. I go to the national gallery, the modern art museum, the film museum and I listen to music on the train there and back. By the end of that I’m chomping at the bit to do my art!

This tip is EASY to fulfil! And fun!

One warning: Don't get caught up in all that inspiration. Once you get a buzz, move quickly to Key #4.

Key #4

Take action

“Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it!”

- Johann Wolfgang von Goethe

Take action. “What was that?” Take action. “Sorry I didn’t hear that?” TAKE ACTION!!! This is where the rubber hits the road. No great artist got to their level by simply looking at other people’s work and being inspired. Action is the key here. Creative ideas are great to have though they are all but worthless if you do not take the action to bring them into the world.

“An idea that is developed and put into action is more important than an idea that exists only as an idea.”

- Edward de Bono

I cannot emphasise this step enough. This is the one key that will start to make a huge difference to your creative outcomes. Getting anything done in life is really a series of small consistent actions done over time. A painting is a series of brush strokes on a canvas. A novel is a series of words strung together to make sentences, paragraphs, chapters and then WHAMMO, you have a book! It’s the same story for writing songs, taking photos, making a film. The only way to get them completed is to take consistent action. You can do that. I know you can.

Key #5

Daily Practice

“I keep to this routine every day without variation. The repetition itself becomes the important thing; it’s a form of mesmerism. I mesmerize myself to reach a deeper state of mind.”

- Haruki Murakami

This is the number one habit of all great artists: A consistent and dedicated daily practice. It builds your skill level quickly. It keeps you connected to your vision and creative goals. It reinforces the neuro-pathways in your brain that tell your subconscious mind what is important

to you. What you focus on expands. If you think about and are engaged in a daily practice it will start to grow as part of your life automatically and you will see fast improvement.

A daily practice also assists in creating supportive creative habits.

“We are what we repeatedly do. Excellence, therefore, is not an act, but a habit.”

- Aristotle

Once your daily practice is a habit then creativity becomes your ‘default’ way of being in the world. In fact, once the habit is in place it becomes difficult to not do it each day. This is a sure fire way of building skills, confidence and creativity in your life.

One way to find out what your daily practice might look like, answer these 3 questions:

1. What would be the number one thing, that if I did it all day every day would help me progress the most in my creative practice?
2. What would be the number two thing, that if I did it all day every day would help me progress the most in my creative practice?
3. What would be the number three thing, that if I did it all day every day would help me progress the most in my creative practice?

For you this might be: writing, drawing, painting, dancing, coming up with ideas, singing, practicing scales, taking some photos or whatever the foundation skills are for your craft.

Start by doing it for a minimum of 10 minutes a day. That’s all it takes to start the habit. Once you are comfortable with that, slowly inch it up to increased amounts of time per day.

Key #6

Master Your Inner Critic

“If you hear a voice within you say, ‘You cannot paint,’ then by all means paint, and that voice will be silenced.”

- Vincent van Gogh

You know that little voice in your head that sabotages you as you are part way through doing your creative work? It tells you “That’s the wrong colour” “You are stuck on this song. You’ll never work it out” “You’re not good enough to do this” “It’s not as good as so and so” “Why are you even making this? No one cares about your work?”

The inner critic can be so nasty. The great key here is to know that you and your inner critic are two different things. The inner critic is a conditioned state of mind that is trying to protect you from taking any kind of risk. The inner critic loves to keep you in your comfort zone. The truth though is that all good art happens outside of the comfort zone. This makes it vital to learn to get mastery over that dastardly inner critic!

There comes a time when you need to once and for all learn to truly master your inner critic. Every artist has one; it just speaks louder to some than others. Creative freedom comes at the point where you become the master of your inner critic. This is totally possible with the right training, techniques and tips. I address this further in my e-book ‘WHY YOUR ART MATTERS’.

Key #7

Elevate Through Limiting Beliefs

*“Alice laughed: ‘There’s no use trying,’ she said; ‘one can’t believe impossible things.’
‘I daresay you haven’t had much practice,’ said the Queen. ‘When I was younger, I always did it for half an hour a day. Why, sometimes I’ve believed as many as six impossible things before breakfast.’*

- Lewis Carol: Alice in Wonderland

As with the inner critic, our thoughts, beliefs and mindset have an enormous influence on whether we will or won’t do something. We must dare to dream big and accept that it is possible for us.

Limiting beliefs can keep you in your box and limit the types of activities you believe you can engage in. It is the glass ceiling that we run up against about our own self-worth. The truth is that you are only ever going to be worth what you tell yourself you are worth. Limiting beliefs

come from conditioning early in our lives about how worthy we feel and what we believe that we personally deserve.

It's all a story that you tell yourself. My advice is to change your story! So, tell yourself a good one! Make it a positive and uplifting one and expect great things from yourself and expect that you can reach them.

As part of a daily practice tell yourself all the reasons why you will succeed in your creative practice and that you deserve to live a life where you are connected to a deeper purpose and your higher self.

Where to from here?

There you have it, the 7 keys to your prolific creative practice. You are now well on your way to enjoying your creative practice, overcoming procrastination and finding the joy in creating.

I believe that of all of these tips the most important are the ones are those addressing mindset. Mindset is 80% of your creative success. Without having a supportive creative psychology it becomes debilitating and difficult to follow through on your creative vision.

“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”

- Pablo Picasso

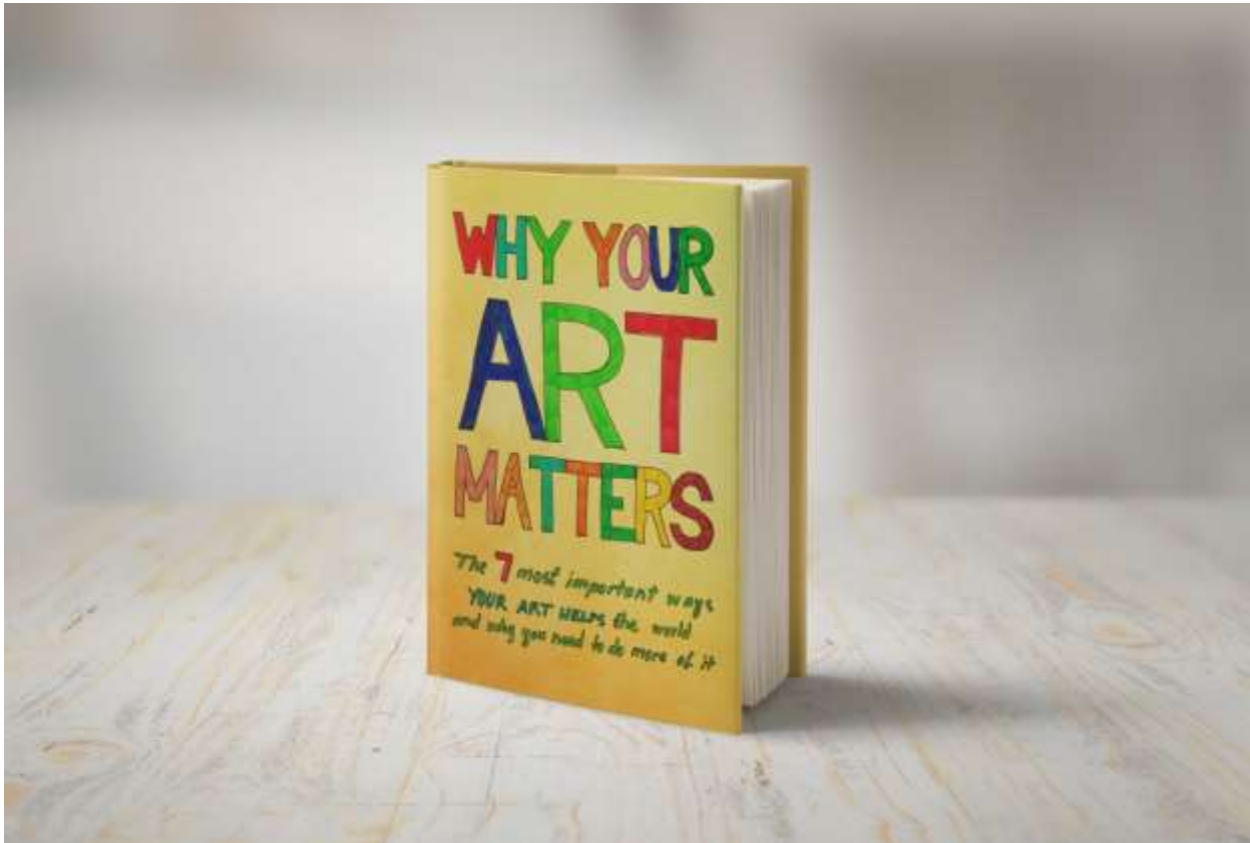
Do you think that Picasso could have achieved his greatness if he didn't believe that his art actually really mattered? The answer is no. It makes no sense to take action toward something in which you don't believe has value. That is why it is fundamental to change your thinking and beliefs around your own creative practice if you want to make great art.

Therefore, I have written a comprehensive 42pg e-book to help you with this problem.

If you want to start making the change in your own psychology to move from a trapped artist to a clear and confident creator, check out my book:

WHY YOUR ART MATTERS

The 7 most important ways your art helps the world
& why you need to do more of it.



This is the #1 resource of mindset information for artists available to start to shift your thinking and beliefs about being an artist. You want your mind to HELP you, not HINDER you. It's the most powerful thing you can do to have a prolific, exciting and fulfilling art practice. Creativity Mindset Mastery!

Because you have already downloaded this here free e-book, I have a very special offer for you!

Regards,

Mijo Biscan

