



EXERCISE SHEET

This is the week we look outwards, reflect on who we are, and what we like! It can be hard to say: this is what I like, but by looking at what we are drawn to, we can gather clues. This is your chance to investigate which type of art and illustration excites you, and why! These are the type of marks that excite me... This is what I am inspired by...

ONE.

Begin by looking right back through your life. Who or what inspired you as a child? If you loved the Spice girls, then why? Was it because they were fun? powerful? or did you love them for being kitsch? What were your favourite toys? games, pop stars, cartoons, books? Think through your childhood, early teens, early twenties and get it all down in another time-line. Did you go through an EMO phase? Get it down. Write as many things down as you can on the time-line below.

DATE EVENT



DATE EVENT





DATE	EVENT
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TWO.

Come back to the present, and look back over the last three years. Pick out three key pieces that have inspired you, and write a sentence (or more) about them.

1.

2.



(these don't have to be pieces of art, they could be a book or film that blew you away, or even a piece of music...)

3.

notes



THREE.

Finally, gather as many images of your inspiring things as you can. You could create a mood board if you want, but as with last week, don't worry about it being too perfect, or beautifully curated if it's going to make the task too big. Screengrabs will do. Allow yourself to be messy and imperfect, this is just for your own personal reflection. Ask yourself the following questions:

Can you recognise any themes from what you have selected, and if so, what are they? (If you have selected images, are they all muted? bold? painterly? Use this space to think about visual themes)



How would you describe everything? (perhaps they all have a sense of humour to them, or are they slightly surreal, oldy worldy, fantasy, etc...)

Is there anything else that stands out?



Use this space for extra notes, and thoughts that come up. I find a brain dump can be really useful. Write down anything that comes to you, completely uncensored, even if it is all gobbledygook and nonsense. In fact, I welcome that!

