

Sketch-a-Day Card Deck

365 inspiring prompts for daily creativity
Susan Yeates

Key Selling Points

- **PERFECT GIFT FOR ALL CREATIVES:** 365 inspiring prompts for a whole year of creativity, using pens, pencils and paint!
- **IDEAL FOR THOSE LOOKING FOR MINDFUL INSPIRATION:** The focus is on screen-free relaxation and cultivating creative moments of calm each day.
- **STUNNING GIFT FORMAT, WITH 52 TACTILE INSPIRING CARDS:** Each postcard-format (10 x 15cm) card has its own theme, illustrated by the author in a mix of pen or pencil sketches, coloured illustrations, paintings and even collage.
- **PERFECT FOR ARTISTS WHO LIKE TO SKETCH ON THE GO:** just slip a card into your bag along with your sketchbook and pencils!
- **VERSATILE IDEAS THAT CAN BE WORKED IN ANY ORDER:** Simply shuffle the cards and pick a prompt at random, or work through them one by one.
- **FUN, THOUGHT-PROVOKING THEMES** ranging from objects, such as flowers, insects and snowflakes, to more subjective suggestions such as 'something that smells good', to encourage the reader to sketch items they may not have considered before.
- **INCLUDES A 96-PAGE GUIDE** filled with warm-up exercises and a guide to cultivating a sustainable creative habit.
- **POPULAR AUTHOR:** Susan Yeates is well-known for her online sketch-a-longs; she has sold over 34k books worldwide. She has over 18k followers on Instagram (@susanyeatesartist).

Summary

365 inspiring prompts for a year of creativity! This stylish and inspiring card deck is packed with creative inspiration for absolutely everybody.

From the creator of the popular annual online Sketchbook Challenge, Susan Yeates (@susanyeatesartist), this is the perfect gift for anyone looking to carve out small amounts of creative time per day; it includes 52 cards and a complete creative guidebook!

Each of the 52 beautiful cards has its own theme, illustrated in a mix of pen or pencil sketches, coloured illustrations, paintings and even collage. The postcard-format cards (10 x 15cm) are tactile and inspiring: simply shuffle them and pick your prompt at random, or work through them one by one. Each card contains 7 inspiring prompts for creative inspiration:

- The themes range from objects, such as flowers, insects and snowflakes, to more subjective suggestions such as 'something that smells good' and 'things you used today', to encourage you to sketch items you may not have considered before.
- There is no right or wrong interpretation, and no pressure to create wall-worthy art. The focus is on freeing your mind, having fun and allowing yourself a creative moment of calm.
- Perfect for artists who like to sketch on the go - just slip a card into your bag along with your sketchbook and pencils!

Also included is a 96-page guide to cultivating a sustainable creative habit, which contains:

- A guide to the benefits of short daily doses of creativity.
- Helpful habits to encourage a positive mindset.
- Warm-up exercises to help awaken your creative brain.

This card deck re-uses content from *Sketchbook Challenge* (2022, 9781800920453).

Contributor Bio

Susan Yeates is an artist, author, podcast host and TEDx speaker. She has written and self-published four books including *Learning Linocut* (2011), an Amazon no. 1 bestseller, and *Learn to Earn from Printmaking - An essential guide to creating and marketing a printmaking business* (2016). Susan's first title for Search Press, *Beginner's Guide to Linocut*, was published in 2018; her second, *Sketchbook Challenge*, was published in 2022: combined worldwide sales are now more than 34k copies.

Susan runs an annual 30-day sketching challenge every January through her website susanyeates.co.uk and on Instagram (@susanyeatesartist) and Facebook, encouraging people to develop a daily sketching habit.

Susan lives and works in Woking in Surrey, UK, and continues to teach printmaking and sketching through online courses. Susan is passionate about inspiring others to get creative and also hosts a podcast called Creativity Talks.



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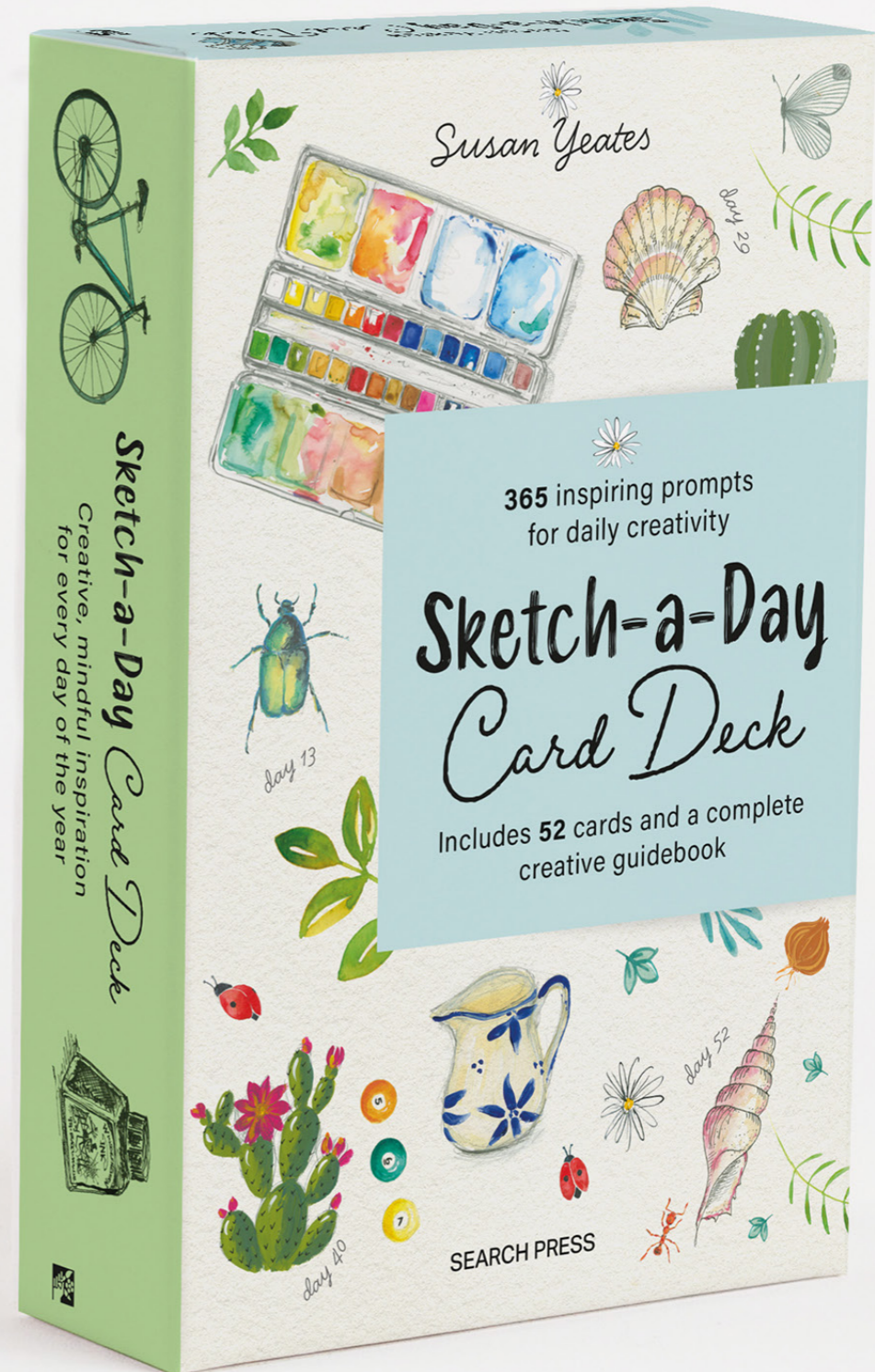
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\$39.99 AUD
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Card deck

52 cards + 96-page booklet
AFF

Territory: World

19.1 cm H | 12.1 cm W




How to use this deck

I recommend reading through this booklet before jumping to the daily sketching prompts. This will help you to mentally prepare for a daily sketching practice, gather your materials and learn a little bit more about my approach before you get started.

You will find a whole section dedicated to developing a creative mindset, so that you can get the most out of your sketching sessions, however short they may be (see pages 28-45).

After this comes the practical preparation – an explanation of what to expect from the prompts, followed by a discussion on the tools and materials that you might like to use, and then some handy warm-up exercises (see pages 46-50).



Affirmations

An affirmation is a word, phrase or sentence that you repeat to yourself to reinforce a positive message. It is a little bit like a mantra or motto that you live by. Affirmations help to re-train the brain, through positive language, to encourage a new way of thinking – ideally a positive and helpful one. For example, if I said to myself every day, 'I love drawing landscapes', you can imagine that after a while this really will help me to love drawing landscapes.

Affirmations can be specific to sketching, or more generally related to your creativity. They can also be helpful if there is a particular creative barrier you wish to break. For example, if you are guilty of spending a lot of time looking at other people's sketches rather than doing your own, you could use an affirmation such as 'Create don't consume' (see opposite page).

2. REFLECT ON YOUR WORK

Study a piece of your own creative work. Spend about five minutes making negative notes: all the things you don't like about it or are disappointed with. Then spend double that time making positive notes: what you do like, what you did well, what makes you happy. How does this exercise make you feel about this piece of work?

3. CREATE AFFIRMATIONS

Come up with three positive affirmations about your creativity, which will help you to enhance your sketching practice as a more positive light. Use the examples below to get you started, if you need to. You could even make these into pieces of art. Repeat the affirmations regularly.

*I am an artist
My creativity flows freely
I am confident and skilled in my creative work
I am proud of my...
I enjoy...
My creativity makes me happy!*

1. WATCH YOUR LANGUAGE!

Over the next week, note down any negative words that you use, and when, where and how you use them. Try to replace these words with positive ones instead. Has this changed your attitude to your creative practice? Here are some suggestions of positive words to use:

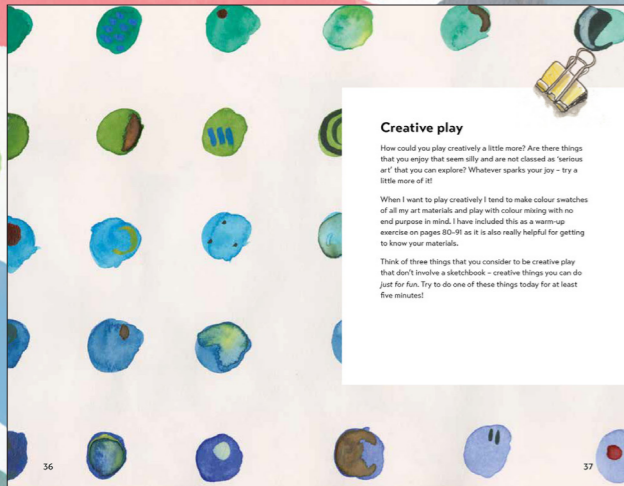
fantastic, good, right, can, do, all, worked, here, excellent, did, good, success, always, abundance, succeed, experiment...

Creative play

How could you play creatively a little more? Are there things that you enjoy that seem silly and are not classed as 'serious art' that you can explore? Whatever sparks your joy – try a little more of it!

When I want to play creatively I tend to make colour swatches of all my art materials and play with colour mixing with no end purpose in mind. I have included this as a warm-up exercise on pages 80-81 as it is also really helpful for getting to know your materials.

Think of three things that you consider to be creative play that don't involve a sketchbook – creative things you can do just for fun. Try to do one of these things today for at least five minutes!



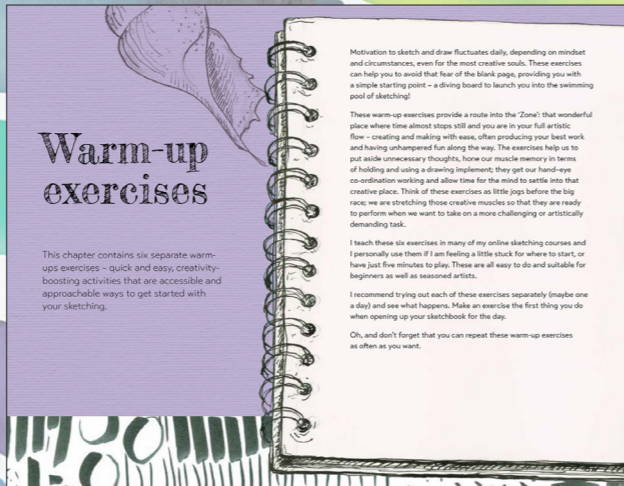
Warm-up exercises

This chapter contains six separate warm-up exercises – quick and easy, creativity-boosting activities that are accessible and approachable ways to get started with your sketching.

I teach these six exercises in many of my online sketching courses and I personally use them if I am feeling a little stuck for where to start, or have just five minutes to play. These are all easy to do and suitable for beginners as well as seasoned artists.

I recommend trying out each of these exercises separately (maybe one a day) and see what happens. Make an exercise the first thing you do when opening up your sketchbook for the day.

Oh, and don't forget that you can repeat these warm-up exercises as often as you want.



2. 30 shapes

five minutes – one pen

This warm-up is particularly effective at boosting your creativity, so to deftly use to use when you feel a little flat, have run out of ideas and need to kickstart that creative side of your brain again. It encourages the brain to come up with new ideas, within a fixed framework.

Try this warm-up a few times and see what happens; you can use it as a regular creative exercise. Oh, and have fun – you can make your doodles as silly as you like.

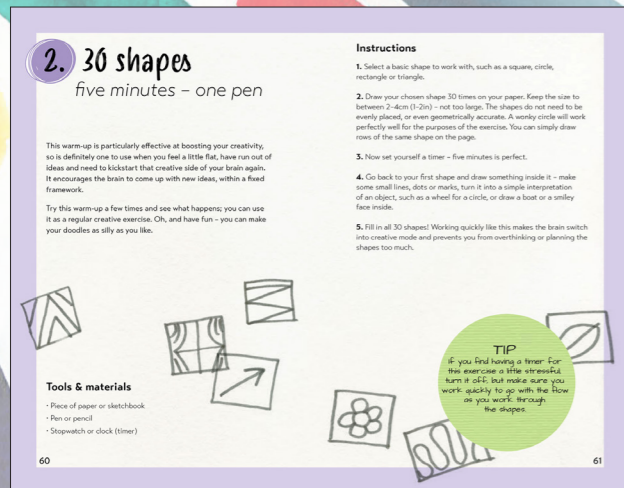
Instructions

- Select a basic shape to work with, such as a square, circle, rectangle or triangle.
- Draw your chosen shape 30 times on your paper. Keep the size to between 2cm (1 inch) – not too large. The shapes do not need to be evenly placed, or even geometrically accurate. A wobbly circle will work perfectly well for the purposes of the exercise. You can simply draw rows of the same shape on the page.
- Now set yourself a timer – five minutes is perfect.
- Go back to your first shape and draw something inside it – make some small lines, dots or marks, turn it into a simple interpretation of an object, such as a wheel for a circle, or draw a boat or a smiley face inside.
- Fill in all 30 shapes! Working quickly like this makes the brain switch into creative mode and prevents you from overthinking or planning the shapes too much.

TIP If you find having a timer for this exercise a little stressful, turn it off! Just make sure you work quickly to go with the flow as you work through the shapes.

Tools & materials

- Piece of paper or sketchbook
- Pen or pencil
- Stopwatch or clock (timer)



6. Colour play

In this warm-up, we are going to become more familiar with colour and its wonderful possibilities; truly understanding the colours that you own is essential to be able to use them well. Understanding colour helps to make better choices, and to appreciate why some colour combinations work so well and others simply don't.

This warm-up has three parts. I suggest doing each as a separate exercise at a different time. I often return to these exercises when I buy new paints and want to create a comprehensive reference guide of what they do.

1. CREATE YOUR OWN COLOUR WHEEL

The three primary colours (colours that cannot be created through the mixing of other colours) are red (or magenta), yellow and blue. When these are mixed together, two at a time, they become secondary colours: red and yellow make orange, yellow and blue make green, blue and red make purple (violet). A mixture of all three primaries results in black.


In this exercise, we are going to create a colour wheel of 12 hues created from just the three primary colours. It is a useful skill to be able to blend the exact colour that you want to use for a piece; it also means that you can limit the amount of paint you buy.



Windows

Draw what you see through a window, or the window itself, find views from your house or from a café.

- Find a view from a window that inspires you; sketch the view including the frame, sill and any handles.
- Go for a walk and sketch as many different styles of window as you can find.
- Have a good look at the outside of a building, then turn your back on it and sketch the outline and the windows from memory.
- One-word prompt:** 'glass'.
- Paint the reflections you can see; play at capturing an impression of the glassy surface.
- Find a window with textured glass, and capture the abstract shapes it creates.
- Using a fine-liner pen, doodle lots of different window shapes from your imagination across your page.




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- Sit with a mirror and spend just 30 seconds on a quick line drawing of yourself. Repeat in 60 seconds, then two minutes.
- One-word prompt:** 'reflection'.
- Create a series of close-ups of your favourite feature.
- One-word prompt:** 'selfie'.
- Find a favourite photograph of yourself and sketch your own version of it, capturing what you like about it.
- Sketch a still life of objects that would say 'you' to people who know you. They could relate to an interest or hobby, or be clothes or accessories.
- What are your strengths and qualities? What do you love to do? What's your attitude to life? Get out some felt pens, free your mind and sketch yourself however you like.

You

This week, look to yourself for inspiration!



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- Phrase prompt:** 'lovely aroma'. (Mine was a cup of coffee and coffee beans!)
- One-word prompt:** 'citrus'.
- Phrase prompt:** 'fresh bread'.

Our sense of smell is very creative and can help us to put aside unnecessary thoughts, boost our muscle memory in terms of holding and using a drawing implement, they get our hand-eye coordination working and allow time for the mind to battle into that creative place. Think of these exercises as little jogs before the big race; we are stretching those creative muscles so that they are ready to perform when we want to take on a more challenging or artistically demanding task.

I teach these six exercises in many of my online sketching courses and I personally use them if I am feeling a little stuck for where to start, or have just five minutes to play. These are all easy to do and suitable for beginners as well as seasoned artists.

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Somet



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- One-word prompt:** 'seed'.
- Find a patch of dandelions and sketch various parts and stages of the plant: the wavy shape of the leaves, a tight bud, an open flower and a fluffy white clock.
- Make a daisy chain, lay it out flat and sketch it, capturing the flowers in their various poses.
- Some wildflowers have seed heads that dry on the plant and make great subject to sketch. Look for posgy seed heads, dried teasels, or anything else you can find.
- Create an abstract wildflower meadow using loose marks and a rainbow of colours.
- One-word prompt:** 'bloom'.
- Find the shape of a seed or petal you like, and repeat it all over the page, abstracting and repeating the shapes.

Sometimes weeds are as beautiful as anything in a florist's shop: think of a lawn full of daisies or the purple flowers

Weeds & wildflowers




Scan the QR code to take a look at Susan's book, *Sketchbook Challenge!*