



BEOPEN  
*art*

# Kamlah Kew

## "Do not wait to feel inspired..."

Inspirational tips from a winner in the BE OPEN Regional Art Programme  
in the April of 2023



## **These tips helped me when I was reviving my practice and I continue to remind myself of them everyday, I think I always will!**

**1** Do not wait to feel inspired. I have found that I do not always feel like creating. I used to think that I should feel inspired first and then I will create. However, I have found the exact opposite to be true; when I turn up to create and do so even when I do not feel inspired the inspiration comes. And its a momentum that keeps building, the more I show up, the more inspiration I find to keep going. A favourite quote or mine... "Inspiration exists, but it has to find you working ", Pablo Picasso.

**2** Make time to create. This may not apply to everyone, but As a new artist with a full time job, I found it hard to find the "perfect" time to create. I often told myself I needed a window of at least 3-4hrs to create good work, but with such a busy life it was really hard to find that. So I would go days without creating. Days would become weeks and weeks would become months, and I would still not have created, just because I was waiting for that "hallowed" 4hr window. Then I realised that if I didn't make the time it would never happen.... 30mins everyday soon adds up.

**3** Be careful of comparing yourself to others artists. We each have our own journeys and our own unique voices. And when you starting out It can be overwhelming to compare yourself to other artists, especially those who are further along their journey. When I fell into the trap of comparison, I used to think I was so behind or not good enough. But I had to remind myself that Everyone was beginner at some point, and everyone had to go through the stage of making work that they wanted to improve. All they did was to continue to show up and put in the work to move forward. And the wonderful thing is, you can do that too. Its hard not to compare sometimes, but better to reframe and look for what you can take away as motivation for what is possible.

**4** Create what you love even if it is not what is popular. Its so easy to want to create works that will get the most likes, but its better to create work that feels true to you. It is more fulfilling and much easier to sustain as a consistent practice. You will find your audience and they will thank you for creating work that speaks to them. Which leads in to my last point to...

**5** Get yourself out there. Share you work. It will feel vulnerable and awkward at first but that is okay- it gets easier the more you do it. Sharing is the only way to find your audience, and it be would such a shame to create your work and no one see it! So share, share, share, on socials and in real life.

