

## Inktober rules:

- 1) Make a drawing in ink (you can do a pencil under-drawing if you want).
- 2) Post it\*
- 3) Hashtag it with #inktober and #inktober2020
- 4) Send it to [TFS@artleagueofnc.org](mailto:TFS@artleagueofnc.org)
- 5) Repeat

Note: you can do it daily, or go the half-marathon route and post every other day, or just do the 5K and post once a week. What ever you decide, just be consistent with it. Inktober is about growing and improving and forming positive habits, so the more you're consistent the better. That's it! Now go make something beautiful.

\*Post it on any social media account you want or just post it on your refrigerator. The point is to share your art with someone. :)

Art League of Nassau County will post it on our Website (and maybe our social media pages, Facebook and Instagram).

## How to Successfully Complete Inktober

Inktober is just around the corner and I thought I'd share a few recommendations on successfully *completing* Inktober:

1. **Schedule a specific time to do it every day.** You can even mark it on your calendar. Treat that time as sacred and untouchable. Schedule meetings and appointments around it. Maybe it's the first thing you do when you get up, or the last thing you do in a day as you wind down for the night.

I schedule my Inktober drawings for the first task of the day when I get into work. I carve out anywhere from 30 minutes to 2 hours depending on how ambitious I'm being with my Inktober drawings. The other stuff- emails, meetings, contract work- will all get done because it HAS to get done. Inktober doesn't have to get done, so if you say you'll do it last, it can sometimes get

sidelined by sleep or Netflix.

If Inktober is important to you, you have to make it a priority.

2. **Prep the night before.** Set out all your art supplies, make your drawing playlist, or grab any art reference you need the next day. Each component sitting down to draw that you prepare ahead of time eliminates a friction point for you and helps you get in to the drawing flow faster.
3. **Be flexible.** You might miss a few days and that's okay. If life gets in the way and you're not able to finish an Inktober drawing that day, don't feel disheartened. Instead look at what caused you to miss your scheduled drawing time and develop some strategies to get back on track.

You do not have to make up that drawing. Just move forward as if you never missed a day. You can go back and do that day's drawing later, when you have time. Telling yourself that you now have to do two drawings in a day can discourage you enough to miss another day completely, starting you on a downward spiral.

4. **Reward yourself.** Find one thing you love and tell yourself you can't have it until you hit certain benchmarks. If you're weak like me, put someone you trust in charge of access to your treat. It might be a movie night, or your favorite dessert. It might even be the Netflix password. Just find something and delay your gratification until you've accomplished a goal. This will come in really handy when you're 3 weeks into Inktober and you're losing steam. Instead of dropping out, look forward to your treat and let that drive you on a hard day.

That's it! Now go make something beautiful.

-Jake (Parker, founder of Inktober)

# *Inktober*<sup>®</sup> 2020

## OFFICIAL 2020 PROMPT LIST

- |           |                |             |
|-----------|----------------|-------------|
| 1. FISH   | 11. DISGUSTING | 21. SLEEP   |
| 2. WISP   | 12. SLIPPERY   | 22. CHEF    |
| 3. BULKY  | 13. DUNE       | 23. RIP     |
| 4. RADIO  | 14. ARMOR      | 24. DIG     |
| 5. BLADE  | 15. OUTPOST    | 25. BUDDY   |
| 6. RODENT | 16. ROCKET     | 26. HIDE    |
| 7. FANCY  | 17. STORM      | 27. MUSIC   |
| 8. TEETH  | 18. TRAP       | 28. FLOAT   |
| 9. THROW  | 19. DIZZY      | 29. SHOES   |
| 10. HOPE  | 20. CORAL      | 30. OMINOUS |
|           |                | 31. CRAWL   |

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