

14.painting

"Painting is just another way of keeping a diary." - Pablo Picasso

If you look at it that way, it's not so intimidating is it? It kind of takes the imperative out of making Art, with all its critics and opinions scaring you half to death before you even buy a paintbrush.

Nobody has to see it. Nobody has to know about it.
It's your own private journal.

Doesn't that make it a lot more fun?

That's what being yourself is all about. Putting aside all opinions and listening to what you have to say. Why not paint it?