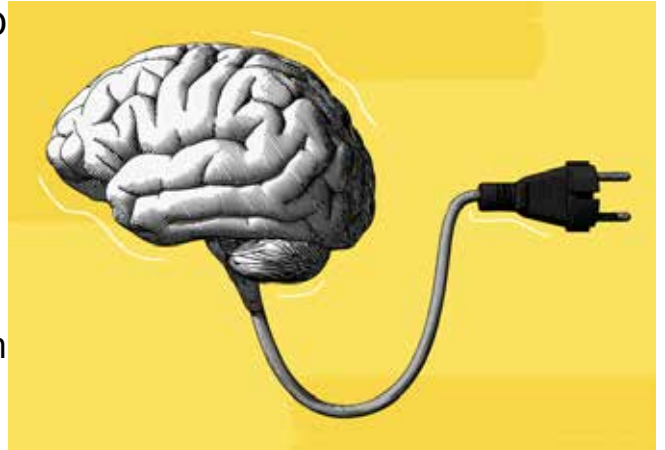


DESIGN;- INSPIRATION

To design jewellery - it is really helpful to start with a really open mind - try not to have any preconceived ideas.

Start collecting ideas and images - from jewellery, from art, from magazines, from the shops, from random things in the street that intrigue you, and identify what it is about each idea or image that most appeals to you.



INSPIRATION

Inspiration is; - the process of being mentally stimulated to do or feel something, especially to do something creative.

"You don't have to be great to start, but you have to start, to be great!"
Zig Ziglar

Inspiration or creativity is not a magical gift that will just appear for special people, it is a skill. Like any skill it needs to be practiced. The more you experiment, create or design, and just try out different ideas, the better you'll get at deciding what works best for you.

Inspiration can come from anything - the world around you, the natural world, other designers in other fields (architecture, product designers, game design etc), from music, from stories, from other people, or from your materials themselves.

Inspiration is something that can spark an idea, that will make you think - it could be just the thought 'what if...' What if I connect these chain links in a different way, or thread these beads in a different sequence, what if I use this seed pod shape to try and create some jewellery design elements...

Don't wait for inspiration to arrive - you can work at creating it!

ARTISTS DATES

Give yourself permission to once a week (or once a month), take yourself out to explore something that interests you... Have a date with yourself and take a sketchbook, camera, or journal with you to spend some time somewhere you love, or investigating something that you are personally interested in. It might be going to a museum or gallery, it might be going to a beach, or on a woodland walk, or a stroll down your favourite street, it might be reading a book about whatever fascinates you - anything to get your brain whirring. Take 5 minutes during, or after the date to just sit and reflect on it - and to note down or record any particular thoughts, ideas, questions, or anything else that occurs to you. **Concept from Julia Cameron - author of 'The Artist's Way'*

TIME TO REGENERATE

Give yourself enough 'down time' to process your ideas - if you're stressed or not getting enough sleep - your brain can't work at its best. Of course we all have busy lives and other things going on apart from jewellery that can get in the way - but if possible, do what you can to give yourself a rest, and to sleep well and you'll feel the difference! If you can't sleep - try and read, or doodle if you can, rather than being on your phone etc!

WHAT WOULD YOU MAKE IF MONEY, SKILLS, MATERIALS WERE NO ISSUE?

What would that look like, and how would it make you feel? If you really want to go for it - try and list out the steps you'd need to be able to get yourself there! What training would you need? Can you adapt these ideas to suit your current skills / materials?

RESEARCH IDEAS

- Collect images that intrigue you
- Brainstorm Ideas
- Collect objects
- Technical books / videos
- Look at art / & jewellery books
- Look at Pinterest, Google images, Instagram etc
- I personally love photographic images, especially macro (extra close up) shots of nature...



EXPERIMENT

Have a play - experiment with ideas, with shapes, with materials - try new shapes, or try connecting different forms or materials, with collage, with wire to create outlines or forms, get some plasticine, some cardboard, anything that you can just play around with - with no pressure to make a final piece or perfect design - just see what happens, and what you are drawn to...

TRY SOMETHING NEW

If you're feeling a little stuck, one way to free up some new ideas is to try something new! It doesn't necessarily have to be related to jewellery making even, but try something that is new to you, and is creative - it could be trying out knitting, embroidery, pottery, cooking - whatever strikes your fancy, or it could be trying a new jewellery technique. It will give your brain and hands a new challenge, and is likely to help kick start some new ideas.

BEAT THE CLOCK

If you're really stuck, or not in the mood - give yourself a time limit. Commit to spending 5 minutes just sitting and either brainstorming, sketching, modelling with your favourite materials, or just spending time with your tools and materials. It might be you give yourself 5 minutes of soldering or filing practice. Sit with your workspace and start tidying, or looking through your old work, or projects you've started, but not finished, and see if that sparks any ideas - sometimes that is enough... If you don't have a dedicated workspace and your tools or materials are packed away, get them out on a table surface and have a look through them...

Sometimes after 5 minutes, that is it, and you can go back to your day, sometimes you'll get on a roll and can end up spending an hour or two, but either way, you're making a start.

If that doesn't help - start making something easy - practice something you are familiar with - it all helps...

