Writing & Art Challenge
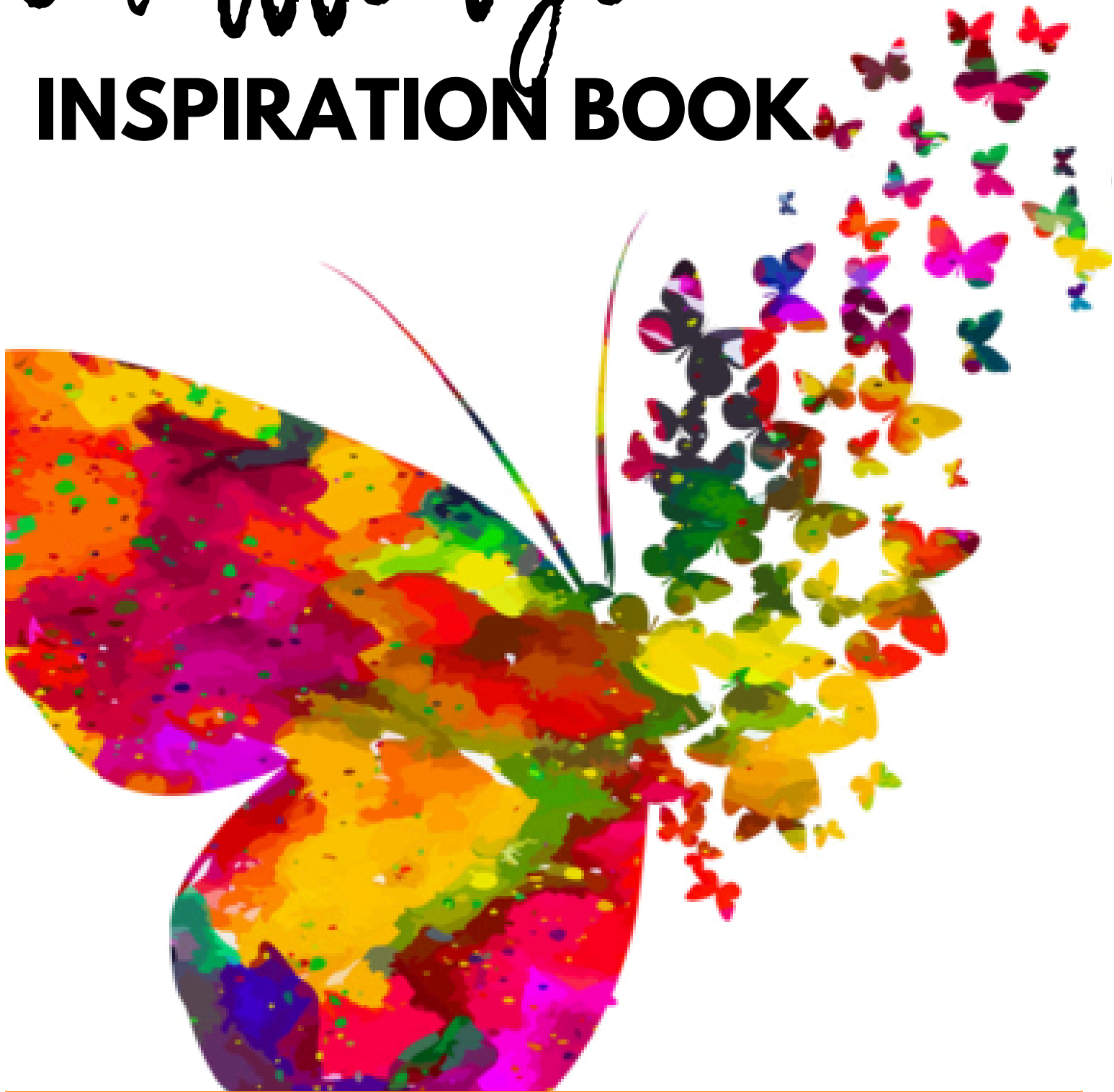
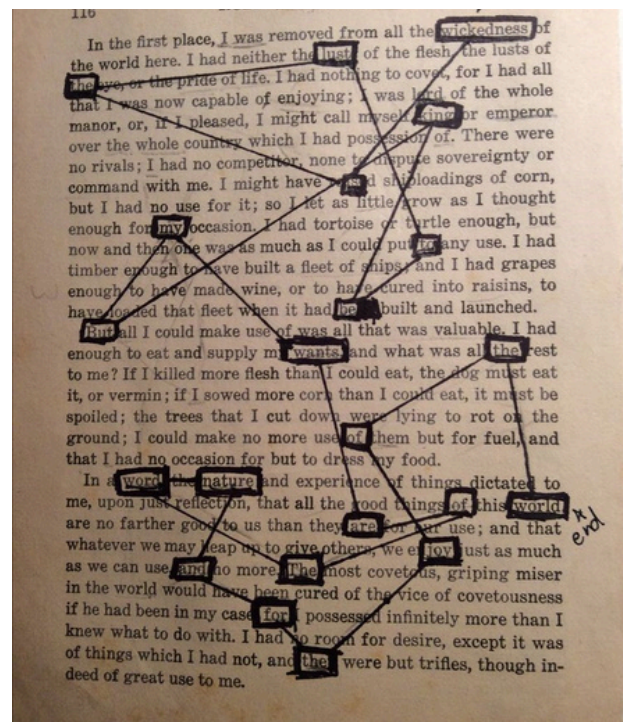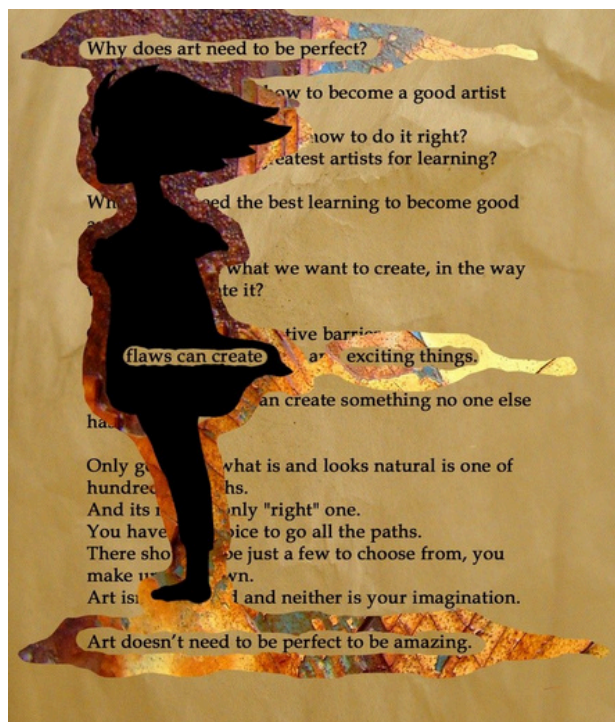# INSPIRATION BOOK

NEED HELP GETTING STARTED?

No Problem!! We have created this document to help you get started on your journey to creating your submission for the Writing and Art Challenge. In this packet you will find writing/ brainstorming prompts and a compilation of really amazing **OUTSIDE THE BOX** ideas that can be incorporated into the delivery of your message for both writing and art submissions.

REALLY think about what is going to set your piece apart from the others. How will yours be different? We are challenging you to think outside the box!! If you are submitting a writing piece, you can still have a creative component to it. Think about what will make your submission **{{POP}}!--**It's all about the delivery!
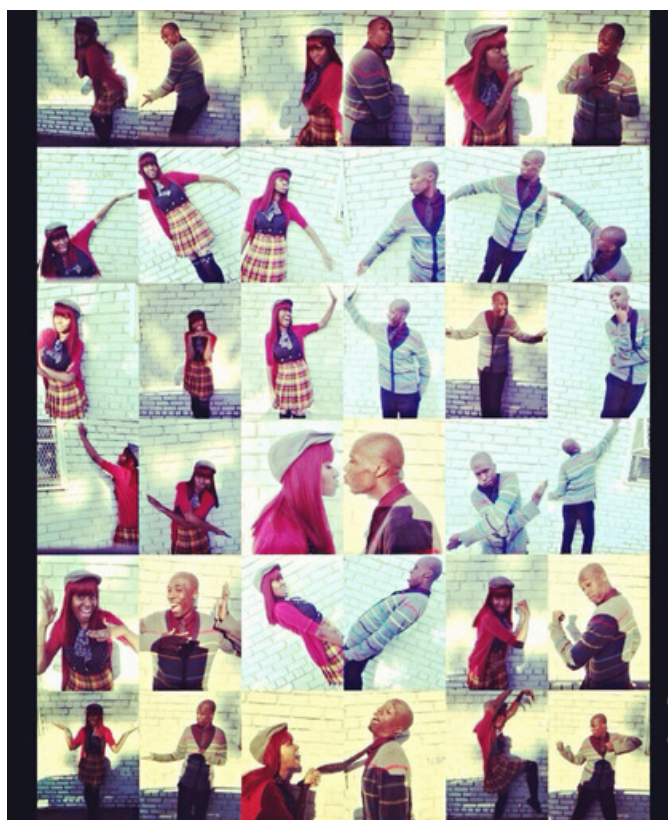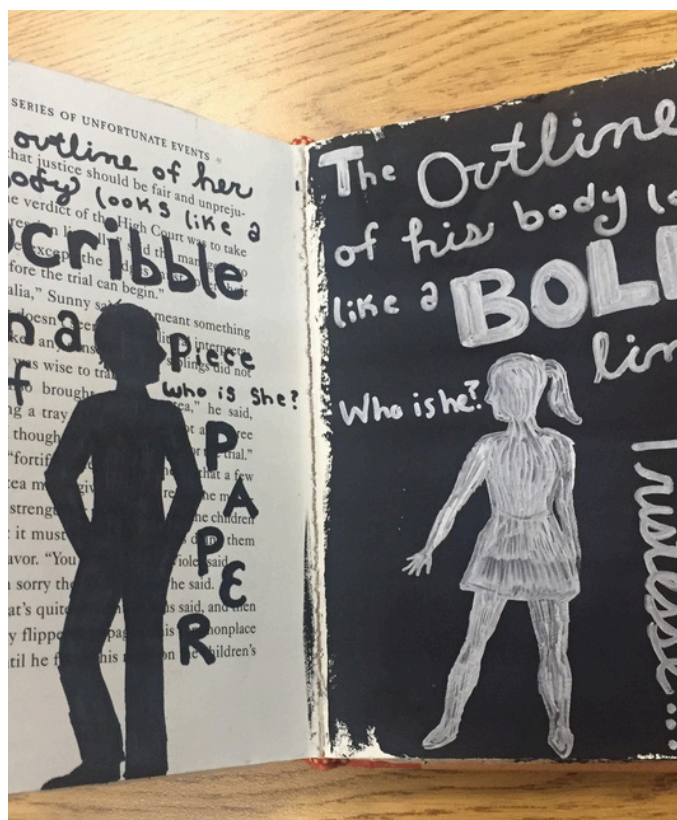
THINK ABOUT...

• Sometimes in relationships we emphasize making someone happy at the expense of our own well-being. Write about the importance of being "real" in relationships and loving yourself first.   There is nothing better than loving yourself and being loved for who you are! Write about the things you think no one should have to give up– or pretend to be– to make a relationship work. How does knowing yourself and your boundaries improve your self-esteem? How does ignoring or hiding your boundaries hurt your self-esteem?

• When one person in a relationship makes most of the decisions or doesn't respect the other person's space or boundaries, it is hard on the relationship. Write about how a relationship is better when both people feel equally valued. Brainstorm a list of things that are stronger when they are valued equally, more beautiful when coordinated, or more delicious when in equal amounts.

• Trust builds over time, and once it is broken, it takes time to repair. Write about a moment in time when you built or rebuilt trust with someone you were dating or someone close to you. Write about how you feel when you trust and are trusted, or how it feels when you don't trust, or aren't trusted. How does it impact your relationship with others and yourself? See if you can compare trust to something in nature that is dependable and eternal, like the sunrise; or, see if you can compare distrust to something in nature that can be erratic and destructive, like a forest fire.

• Most of us admire at least one romantic relationship where both partners know how to communicate clearly, listen actively, resist inappropriate social pressures and negotiate conflict constructively. Write about how these qualities make a relationship real. Everyone knows that good communication is satisfying and helpful, and bad communication is frustrating, even painful.
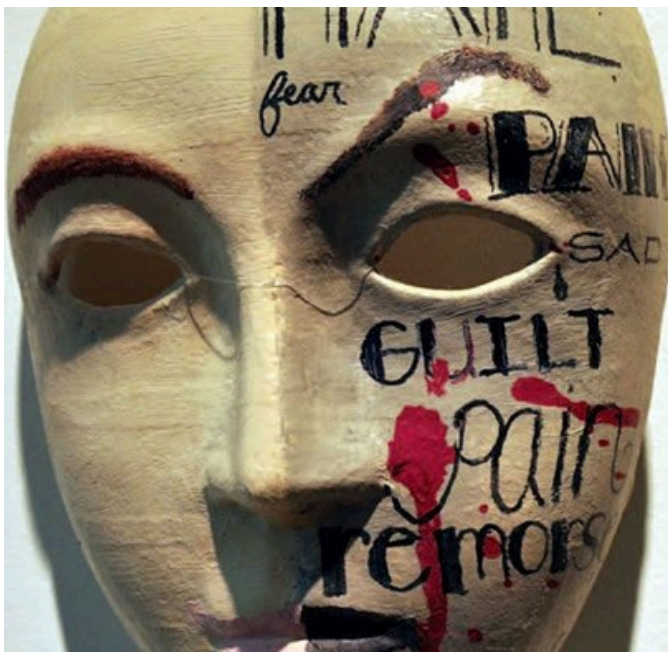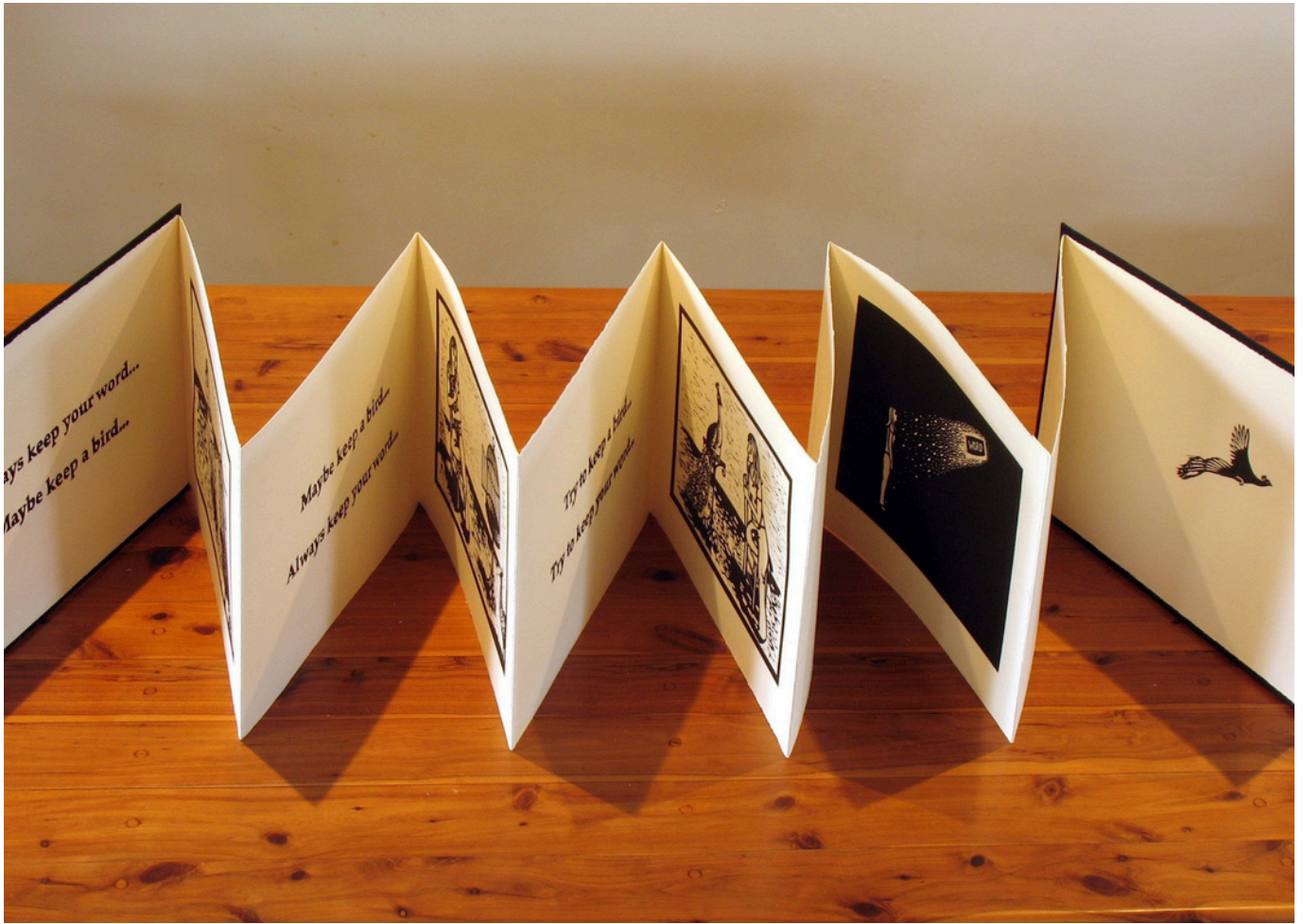
VEGETABLES
ARE
GREEN AND YELLOW
WHEN
NOT READY
ANGLED HAIR LEAVES
BEAUTIFUL
LIKE A
ROSE.
VEGETABLES

FRESH FRUITS
RED LIKE LAVA
TASTES LIKE A SUNNY DAY
THIRSTY FOR SUN
AND WATER
SWEET AND SOUR

LEAF
TASTY
LOVELY
TEA
NICE
DREAMS
FEATHERY
PURPLE

Why does art need to be perfect?

how to become a good artist

how to do it right?
greatest artists for learning?

Wh... ...ed the best learning to become good

what we want to create, in the way ...te it?

...tive barrier...
flaws can create ...a... exciting things.

...an create something no one else
ha...

Only g... ...what is and looks natural is one of hundred... ...hs.
And its ... ...only "right" one.
You have ... ...ice to go all the paths.
There sho... ...e just a few to choose from, you make u... ...wn.
Art is... ...l and neither is your imagination.

Art doesn't need to be perfect to be amazing.

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