



The 20 Minute Artist™ Getting Started Guide

Welcome to The 20 Minute Artist™!

In this guide you will find answers to common questions, some suggestions on materials and words to get you fired up and making art!

This program is all about getting started and making art a part of your life, in an easy, non-scary way.

The projects are all geared for beginners, although if you are a seasoned artist, you might find some new ways to look at things.

Along the way I'll give you information on color, shape, layering and a lot more.

“The magic is in the doing.”

Tesia



Here are some pointers to get you started.

- Don't expect miracles in two days. Give yourself some time to get used to the materials. Work through the projects two or three times, using different colors, shapes, etc. Revisiting a project will help you grow and understand the materials.
- Do give yourself a pat on the back whenever you make something - anything, no matter the size, shape or finished quality. Rejoice in those small victories!
- Do surround yourself with your tribe. People just like you who are making art a part of their lives. In the Facebook group, in the Google hangouts with me and in your daily life. Find people who are positive about what you're doing and hang out with them.
- Don't let yourself be swayed by negative feedback or negative people. You don't owe anyone an explanation as to why you made that tree bright purple. It's your creative universe and you're the boss!
- Enjoy the process, forget about the product. I've said it before and I'll say it again, the process, the act of creating, is the best part. It's magic! Savor every moment of making something. Don't just rush to get to the finished product.
- And along the lines of rushing to the end.... always stop before you think you should. Why? Because most people tend to overwork the projects. Stop and let the project talk back to you. Stop before you think you need to and sit with it. You may be finished and not even know it.

“Follow your bliss.” Joseph Campbell



FAQ about acrylic paint.

1. Drying time - acrylic dries faster in hot, dry climates. If you want to slow down the drying time add a little Acrylic Glazing Liquid to your paint.
2. Don't use water as a medium. Use Polymer Medium Gloss to thin your paint and make it more transparent. Using water to thin your paint will degrade the quality of the paint and it will not bond as well to the canvas. (You may use water when working on paper.)
3. Extend the amount of paint you have without degrading the quality. If you are using Golden paint you can extend the amount of paint by adding Polymer Medium Gloss to the paint. Start with 30% Polymer Medium Gloss and add 70% paint. This will extend your paint without making it too transparent.
4. Let layers dry thoroughly before painting on top of them.
5. Never store acrylic paintings face to face. Wrap them in HDPE (high density polyethylene) plastic. White or black garbage bags are made from HDPE.
6. Wash your brushes with a mild soap and warm water. Never let the acrylic paint dry on your brush. Keep brushes slightly wet while working.

“Be yourself - everyone else is already taken.”

Oscar Wilde



Materials you will need for this program.

Visit [my supply page](#) for links to materials.

1. **Brushes.** Don't spend a lot of money on brushes, you don't need to. Shown here is an inexpensive set of brushes made by Loew Cornell. You will also need a 1" utility brush (also made by Loew Cornell). See the supplies page on my site.
2. **Palette.** You can use styrofoam plates (don't use paper plates, they absorb the paint too quickly), an artist's palette or an old china plate (don't use melamine or plastic plates), freezer paper.
3. **Paper.** Heavy weight cover stock from the office supply store (see above), watercolor paper or bristol paper, 8-½ x 11 or larger. Your preference, just make sure it's bright white or use canvas or canvas panels.
4. **Canvas or canvas panels.** In this program I use 8" x 10" canvas panels. They are economical and sturdy. You can also use stretched canvas, either traditional profile (¾") or gallery profile (1-½").
5. **Paint.** I would love it if you get these exact colors from Golden, but if for some reason you can't, get the closest possible match. I use only these colors in 1 ounce fluids throughout the program. These are the same colors you use when making the color wheel.
 - A. Quinacridone Magenta
 - B. Phthalo Blue Green Shade
 - C. Hansa Yellow Medium
 - D. Titanium White
6. **Mediums.** If you are living in an arid location, use **Acrylic Glazing Liquid** to slow down the drying time of the paint. Otherwise use **Polymer Medium Gloss**.



Odd and ends: pencils, erasers, scratch paper, scissors or Exacto knife, cotton swabs, water container, paper towels, garbage bags, masking tape.



FURTHER READING

Golden Artist Colors:

http://www.goldenpaints.com/artist_mixguide

http://www.goldenpaints.com/technicalinfo_faq_xv_colorwheel

http://www.goldenpaints.com/technicalinfo_mixguide

The links below are affiliate links. I make a small fee when you purchase through these links.

Your cost is never increased.

Betty Edwards “Color”

Tesia Blackburn “Acrylic Painting with Passion”

Patti Brady “Rethinking Acrylic”

Michael Wilcox “Blue and Yellow Don’t Make Green”

Austin Kleon “Steal Like An Artist”

Anna Held Audette “The Blank Canvas”

David Bayles “Art and Fear”

Steven Pressfield “The War of Art”

Twyla Tharp “The Creative Habit”

“Great things are not done by impulse, but by a series of small things brought together.” Vincent Van Gogh