

ART OF OUR OWN

Balancing Teaching and Personal Art-Making Practices



Photo by Jeremy Simonson

lean2studio.com

TIFFANY BESONEN



TAMMY NARA

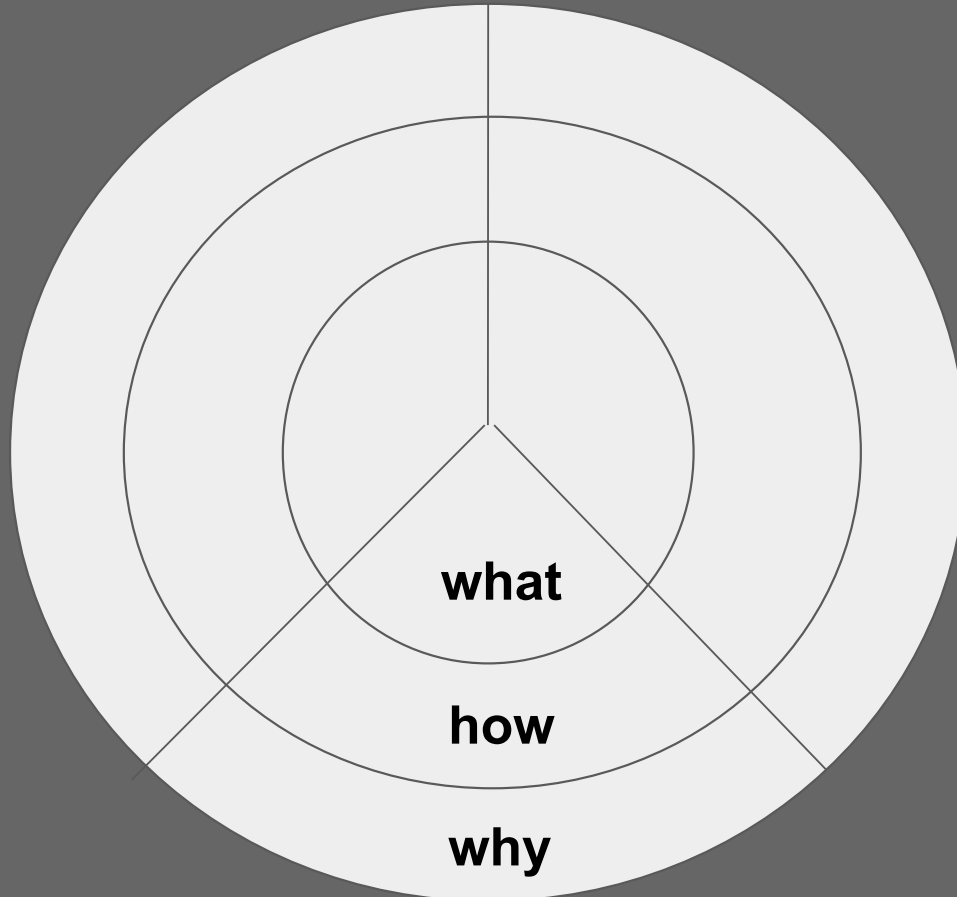
Do you have an art-making practice?

- Do you call yourself an **artist**?
- What are your barriers?
\$, TIME, SPACE, & MOTIVATION?
- How do you define **success**?

BALANCE / BOUNDARIES

- SELF CARE / STUDENT CARE / FAMILY/FRIEND CARE
- ART MOTIVATION / TEACHING MOTIVATION
- ART-MAKING TIME / TEACHING TIME / PERSONAL TIME
- SPACE FOR YOUR ART / CLASSROOM / HOME
- \$ FOR YOUR ART PRACTICE / \$ FOR BASICS

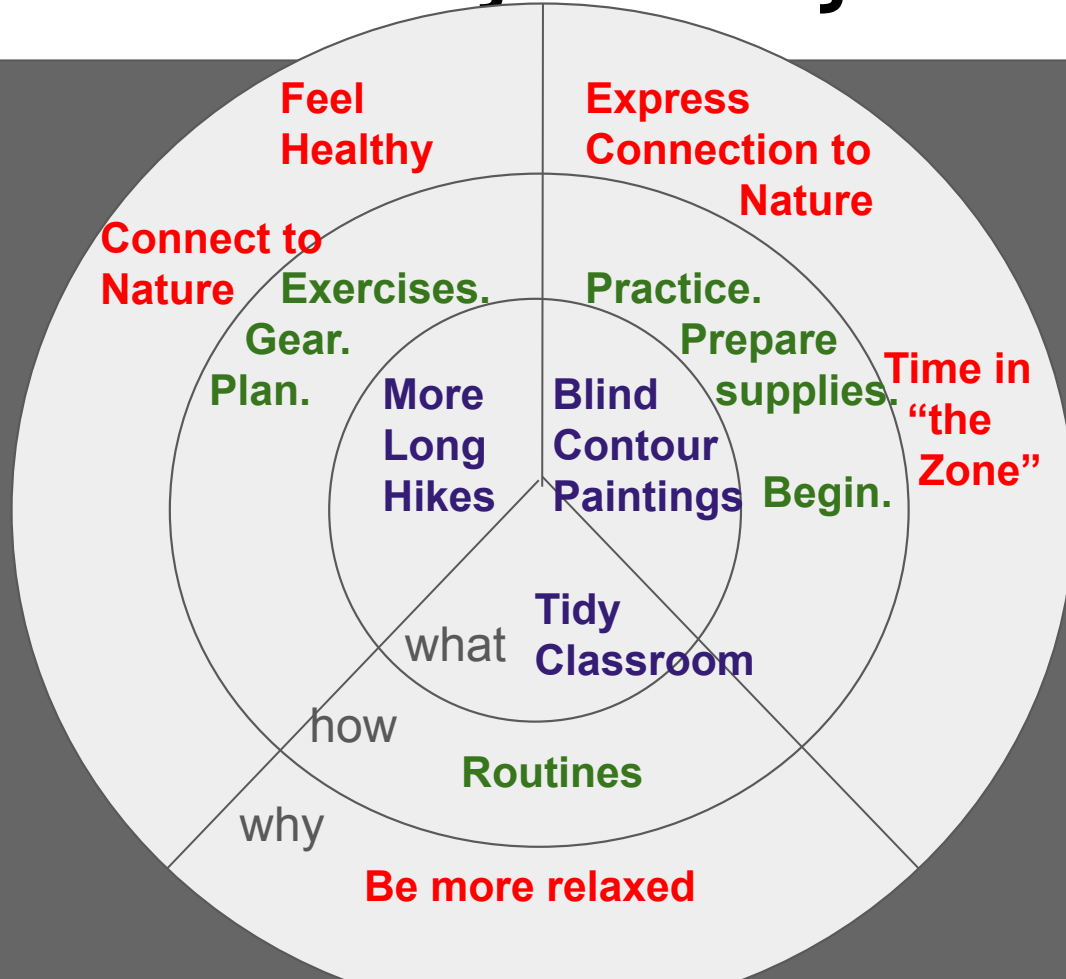
Know your Why



Self Care Compass
from *Real Self Care*
by Pooja Lakshmin

Know your Why

Tammy's Self-Care Compass



Self Care Compass
from *Real Self Care*
by Pooja Lakshmin



020670-17291

Why do I make Art?

- to plant seeds of joy, hope, and my truth
- to make connections & meaning
- to simultaneously find and lose myself
- to step into unknowns & trust
- to be a nicer, healthier me
- to be open, listen, & learn
- to be free
- to face fear
- to have something of my own and share it
- to touch & leave an imprint
- to listen to myself and write my stories

T. P. Jones

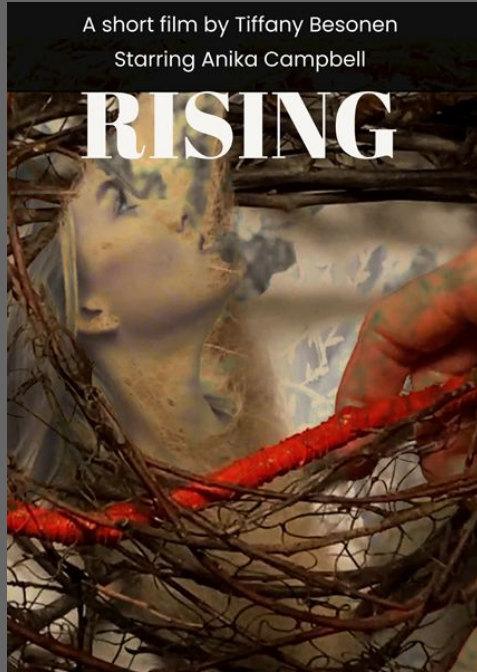
What do you value most? How do you honor it?

Freedom—from expectations & feeling trapped

Curiosity—to experiment & continue to learn

Connection—to self, to others, to ideas

Artist Tiffany Besonen



Connection



Curiosity



Freedom

Artist Tiffany Besonen

tbesonen.com

T BESONEN ART

[ABOUT/ CV](#) [ARCHIVE](#)



CREATIVE MINDSET RESOURCES



RISING FILM PREMIERE



WALL OF ARTIFACTS & RISING PANELS



PROPOSAL FOR EXHIBITION



PANELS



RISING GUARDIANS



SEEDS OF JOY



SCULPTURE & INSTALLATION



REASSURANCES: INCANTATION
BOWLS REIMAGINED

Artist Tammy Nara



Artist Tammy Nara



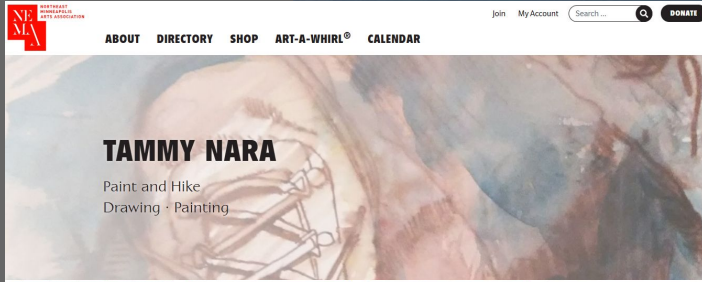
TAMMY NARA

PAINT AND HIKE

An Artist, Hiker, and Teacher from Minnesota, USA.

"Growing connections to nature and art."

<https://paintandhike.com/>



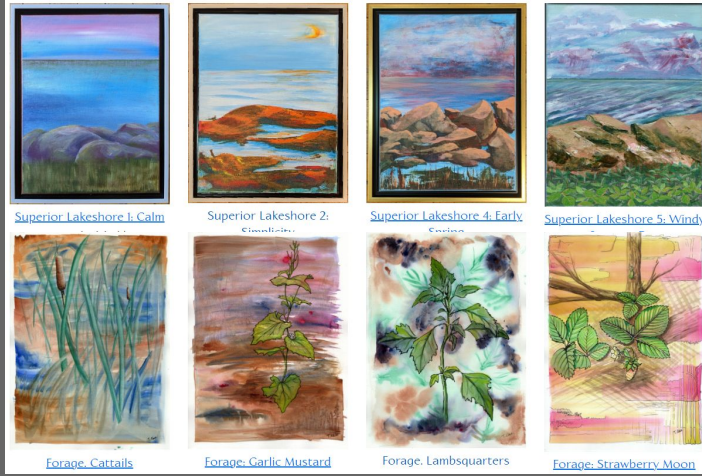
AMERICAN NATURE ARTISTS ASSOCIATION

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ABOUT DIRECTORY SHOP ART-A-WHIRL® CALENDAR

TAMMY NARA

Paint and Hike
Drawing · Painting



Superior Lakeshore 1: Calm

Superior Lakeshore 2: Clouds

Superior Lakeshore 4: Early Evening


Superior Lakeshore 5: Windy

Forage: Cattails

Forage: Garlic Mustard

Forage: Lambsquarters

Forage: Strawberry Moon



Sharing what I notice as I am out hiking.
Some practical information like parking and bathrooms, and some observations that are more philosophical.
Most of these hikes are in Minnesota.



FAIRY FALLS
Stillwater, Minnesota has a wealth of trails, streams, and interesting rock formations. I thought I had seen

BANNING STATE PARK

HIDDEN FALLS / CROSBY FARM

RESERVOIR WOODS PARK,

WHITEWATER STATE PARK

CARVER PARK RESERVE

What Works For Us: TIME

- Deadlines—Grants & Shows
- Dedicating Studio Time
- Avoiding Time & Energy Drainers
- Retreats, Summers
- Only say Yes to what you want
- Don't fall for the trap of Imagined Expectations

What Works For Us: SPACE

- Kitchen table, Spare room
- Classroom corner, makeshift studio
- Dedicating a home studio space
- Renting a shared or solo space
- Storage: physical and digital

What Works For Us: SPACE

2006



What Works For Us: SPACE

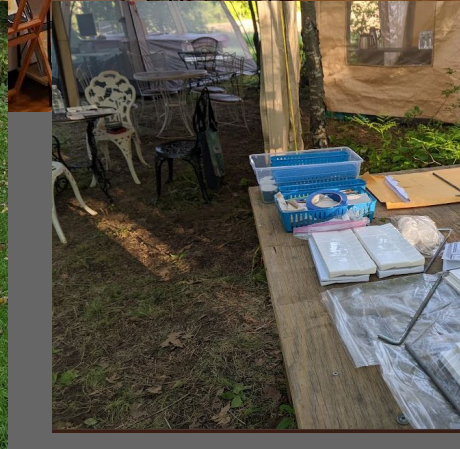
2025



What Works For Us: SPACE



- ✓ [T.Nara_Forage.Thistle_2023_med](#)
- ✓ [T.Nara_Forage.Thistle_2023resize](#)
- ✓ [T.Nara_Forward_2021](#)
- ✓ [T.Nara_Fox Grapes_2021](#)
- ✓ [T.Nara_FoxBottomSteps_2019](#)
- ✓ [T.Nara_Framed.in.Cold_2023](#)
- ✓ [T.Nara_Fresh Heavy Snow_2023](#)
- ✓ [T.Nara_GarlicMustard.Bold_2025](#)
- ✓ [T.Nara_GarlicMustard.Bright_202](#)



What Works For Us: MONEY

- Artists' Grants
- Sales, Commissions, Galleries
- Merchandise Sales
- Free Materials!

What Works For Us: MOTIVATION

- Artists make art
 - Create without expectations
- What do you do for unmotivated students?
 - What is your barrier? (UDL)
 - What is your unmet need?
- Choose art-making as an act of Self Care
- Perfectionism is about shame & judgement

What Works For Us: **MOTIVATION**

- **Deadlines**
- **Writing, Sketching, Reading, Podcasts**
- **Connection/Support of your people**
- **Creating Challenges/Experiments**
- **Action: stay active, travel, detours, outdoors**

MOTIVATION: Word of the Year (WOY)

2014	BRAVE
2105	COLOR
2016	FREEDOM
2017	CURIOSITY
2018	CONNECTION
2019	JOY
2020	HOPE
2021	GRATITUDE
2022	LISTEN
2023	CREATIVE
	CONFIDENCE
2024	PURPOSE



MOTIVATION: Grounding words

Acceptance and Gratitude

This is what is.

Awareness and Compassion

Love.

Creativity and Wisdom

What next?

Strength and Motivation

Act.

Peace

Rest.

MOTIVATION: Self-Compassion

- “NO” is a complete sentence
 - Accept disappointing people
- Guilt is not your compass
- Don't wait for permission to do what you want
- Allow pause (replying & jumping into action)
- Rest & Avoid martyr mode
- Use Compassion instead of Comparison
 - For yourself and others

Envision

It's 10 years from now. Imagine you could have exactly the life you want. Describe vividly.

1. Where do you live? Describe your home.
2. Who do you live with?
3. Do you have a significant other?
4. What is your relationship like?
5. Do you have children? Pets?
6. Describe your relationships with your friends.
7. Describe your health and practice of self-care.
8. How do you make money? Describe your finances.
9. What type of job(s) do you have?
10. What have you accomplished?
11. What brings you the most joy?
12. What do you love doing most?
13. What do you do for fun?
14. Do you enjoy traveling? If so, where?
15. Do you have a spiritual practice?
16. How do you manage hard times?
17. What are you most proud of in your life?

How to Design Your Life: The Workbook

By Debbie Millman
(Free workbook,
borrowed from her
mentor Milton Glaser
& updated)

<https://www.melrobbins.com/episode/episode-323/>