

## **Notes on Productivity**

I am not a good authority on this matter but these are some observations I've made about productivity as it relates to art.

You will often encounter periods where the work is tedious. It is important to push through these periods with willpower and discipline. It's easy to make the mistake of only making work when you feel inspired. If that's your policy, you will be disappointed in the volume (amount) of your artistic output. Working on your art should be habitual - not something that you only do when you're in the mood.

That being said, you should have a minimum threshold of joy that you derive from making art. If it isn't fun or at least fulfilling, what is the point of any of it? If you dip below that minimum threshold, it means that you need to spend more time in the planning phase of your artwork until you have an idea that you're excited enough to make. There are more notes about that in the PDF titled "Notes on Sketchbook Usage".

The most important piece of advice I can give about productivity is the Pomodoro Technique. It's a scientifically proven method that works just as well for studying as it does for art. A solid session of productivity demands at least 25 minutes. Less is too little time to build up the appropriate amount of focus that your artwork demands. More would mean burning yourself out.

Ideally, you set a timer and forget that it's even running past the 25 minute mark because you're so engaged in your work. Those 25 minutes are sacred. Put your phone away and devote all of your attention to your work for that 25 minute interval. Take as many breaks as you want outside of those 25 minutes. If you can end your day with multiple "Pomodoros" completed, those are little victories to be celebrated.

Relevant links can be found in "Useful Resources" on the AOMA portfolio website (Wikipedia page and an actual timer app).