

The Everyday Artist Episode 5

Brandi Kincaid

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2:24 How to Support this podcast

6:00 Interview begins, and Brandi's Introduction of herself

8:24 Brandi's Morning Routine and Powerful Habits

13:30 Power of the words to shape the feeling of the day

15:06 Introversion Brandi style

16:30 The perks of using social media as a way to connect from a safer space and with time to process

21:18 Brandi describes her creative identity and the value of "putting more out into the world that makes sense of that good that I am seeing"

23:00 The human struggle with "being alive in the world" and her response

25:00 Making for the sake of making

33:50 Brandi on Creative Play

34:33 Everyday things at art and observing as a creative act

38:08 Creative Bug class with Courtney Cerruti- Amanda's reference

39:30 Self care: "creating something to come back to when you need to replenish the well"

46:40 STORIES

1. The value of writing a letter to yourself
2. How we can re-make sense of ourselves through self oriented letter writing
3. How letter writing can help when journaling or writing is a challenge.

52:45 Challenge and hashtag #everydayartistmyletter

54:45 Fun questions: Currently Loving? and What's on your desk?

60: Amanda's contact info