

SLOW INSPIRATION

Your guide to slowing down & noticing more



Limiting myself to just these five colors from the Morisot painting such a perfect example of the 'Morrow' thing being about trying only a few shades!

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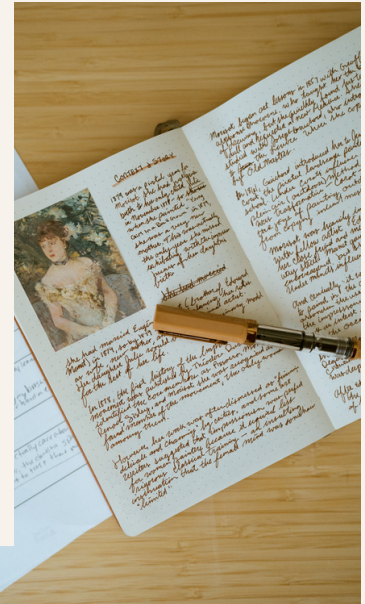
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SO WHAT IS SLOW INSPIRATION?



The Slow Inspiration Practice is about choosing fewer sources of inspiration and going deeper with them. Just like rewatching a favorite film and noticing things you missed, or rereading a beloved book and finding new meaning. When we sit with art long enough to truly see it, it becomes part of us in a way that scrolling never allows.

We have more access to art and inspiration than any generation in history. We can pull up the entire collection of the Met on our phones, scroll through thousands of images before breakfast, save anything that catches our eye with a single tap. And yet—our creative wells often feel full but strangely shallow. We're consuming more, but connecting with less. We know what's trending, but not who made it or why. We see the surface of so many things, but we miss all the layers underneath.

Integrating a slow inspiration practice allows you to be more intentional with what you discover and how it inspires you. It's simply a tool for artists to slow down and spend more time with artwork and media.

[watch slow inspiration video here](#)

slower content

One of the simplest ways to slow down your inspiration practice is to change where you are enjoying content. Essentially, anywhere that doesn't involve scrolling or an algorithm is a good start. Most apps are designed to encourage shallow engagement, and our goal here is to find places that make it easier to linger. **The goal isn't to avoid Instagram or Pinterest again. It's just to notice where you're looking—and to make sure at least some of your inspiration comes from places that reward slowness** instead of speed. These slower sources often feel more spacious, more intentional—and the things you discover there tend to stay with you longer.



Create a dedicated space to capture your thoughts on what inspires you: whether that's a dedicated notebook, your notes app, or even something like Notion.

make it a habit

While it's easy to feel motivated on any given day to pull up an online art collection, the goal here is to make this a habit. It may take a few tries to figure out when it works best in your own daily schedule. The goal is to make this easy and fun. So here are some ideas:

- Plan for “Slow Sundays” where you spend one day a week focused on slow inspiration and avoid the apps that distract you easily.
- Incorporate slow inspiration into your morning routine to give yourself a distraction-free, slower paced start to your day.
- Create a studio warmup exercise where you spend 10-15 minutes on slow inspiration before creating art. This can be helpful in motivating you to get started and refocus your attention.
- Ask an artist friend to join you in the practice and find new ways to explore slow inspiration together: museums, libraries, and other slow inspiration resources are great for artist dates and spending time with friends.



my favorite places to look

LIBRARIES & BOOKS

- Your local library: free, quiet, full of surprises
- Libby app: free digital books, audiobooks, and magazines
- Art books and monographs: one artist, studied deeply
- Used bookstores: the joy of the unexpected find

MUSEUMS & COLLECTIONS

- The Met's Open Access Collection: free high-res downloads
- Google Arts & Culture: virtual museum tours and zoomable artworks
- Rijksmuseum, MoMA, Art Institute of Chicago: online art collections
- WikiArt: encyclopedia of visual art, searchable by artist or era

OTHER FAVORITES

- Vimeo Staff Picks: curated short-films
- The Paris Review interviews: artists and writers on their process
- Botanical gardens, architecture walks, design shops
- Other Artist's Newsletters, PDFs (like this), Substacks, Patreons: where they create "slower" and more meaningful content.



slow inspiration

Title of Piece

Artist

Where I Found It

Brief description of the piece in your own words

What made you stop? What drew you to choose this piece for your deep dive?

Sketch or add any details about how you found this piece or what you'd like to remember



01. first look

What caught your attention first?

What emotion does this evoke?

What colors, shapes, or textures do you notice?

What does this remind you of?



02. technical study

What medium or technique is being used?

What's in the foreground vs. background?

What's emphasized? What's subtle or hidden?

What choices were made with color, light, or composition?



03. context & story

Who made this? What's their story?

When was this made? What was happening in the world or in their life at the time?

Who were their influences? Who inspired them?

How does this fit into their larger body of work? Is it typical or an outlier?



04. personal connection

Why did this piece stop you in the first place? What spoke to you?

How does this connect to your own work or creative interests?

What can you learn from this piece?

What do you want to try because of this?



05. connecting the dots

What other works does this connect to? Same artist, same era, same theme, same feeling.

Can you trace a lineage of influence? Who influenced this artist? Who did they influence?

What do you want to remember? What would you want to share about this piece in conversation?

What's next? What has this piece inspired you to explore next? What are your curiosities?



thank you



Thank you for your support!

I hope you found my **Slow Inspiration PDF** helpful and that you are on your way to slowing down & noticing more. As a women-owned small business, I greatly appreciate your support. It means a lot that I could share this with you!

If you'd like to follow my creative journey for more inspiration, follow me on Instagram: [@jaclynbaerart](https://www.instagram.com/jaclynbaerart)

Also, be sure to check out my other freebies & digital goodies.

– *Jaclyn Baer*

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