

Hi there!

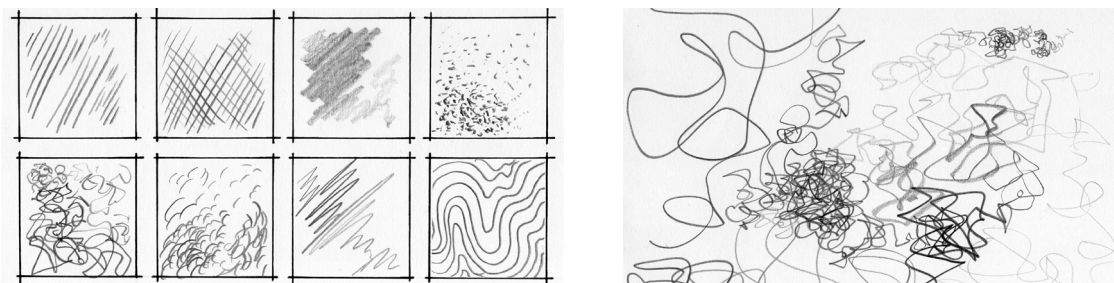
It's me, Mary, from [cravepainting.com](http://cravepainting.com). As promised in my article [The 15-minutes-a-day Drawing Exercise Routine](#) here is the summary for you to print out and take with you wherever you go.

Remember, a mere **15 minutes** of targeted practice a day can help you advance your technique over time and raise your confidence.

## The 15-minutes-a-day Drawing Exercise Routine

### Minutes 1-2: First Stroke of the Day

Fill as much of a sketchbook page as you can with one of the strokes that ought to be in every drawing artist's repertoire, or any others you can think of. Here are a few ideas of what you can vary and experiment with: size, spacing, direction, thickness, crispness/blurriness, darkness, layers, accuracy.



### Minutes 3-4: Second Stroke of the Day

Fill another page with a second stroke, just like above. If you've gone through them eventually all just start over and repeat.

### Minute 5: Combine the Strokes

Combine and layer your two strokes of the day. Remember to vary also how you draw them.

### Minutes 6-7: Shape of the Day

Pick a shape, such as a lines, circles, ellises or rectangles and fill a sketchbook page with it. Vary size, pressure and direction for extra benefit.

### Minutes 8-9: Texture of the Day

Choose a texture to draw, such as wool, metal or even clouds and experiment with different strokes to see which combination works best.

### Minutes 10-11: A Case for Pillows

Take a pliable pillow (or towel or scarf) and set it down in front of you in an interesting shape. Then draw its outline, folds and a bit of shading.

### Minutes 12-15: Quick, sketch!

End your routine with a series of quick sketches of 30 seconds or less. It helps your speed if you sketch moving subjects, such as people or animals.

If you have any questions or comments, you can [contact me](#) on [cravepainting.com](http://cravepainting.com) or on social media. I'd be happy to hear from you!