

## The Necessity to Create

I need to create. I have many responsibilities to keep track of in my life, lots of stuff that takes up vast swaths of my day: going for a run, soccer practice, school, writing, cooking, and many other things. However, I will always find time to do something creative: drawing, painting, sewing, or any other art form. It is commonly said that having too much on your mind at one time makes it hard to concentrate on just one thing, I have never felt that more than when I am overwhelmed with menial tasks that just suck the hours from my day. Adding another bullet point to the to-do list would, to most, just further clutter an already full enough day. However, I need to.

Creativity makes my life feel more complete. As said by George Booth, "A life without art is a life half lived". As I prepare the canvas with gesso, at whatever hour of the day I find time, I know that whatever the output, I have spent my time well. Working out, studying for a test, and cooking dinner for my family bring me great pleasure, however, the addition of personally driven creative projects makes it all feel more well-rounded.

Powering on and threading the needle through the sewing machine makes me feel immense anticipation for what I may make. Knowing that I can create something completely personal to myself in a few hours is something that I place incredible value upon. I always feel like I have constant ideas that are always slowly fading, and if I do not use them, I'll lose them.

The Necessity to create something has always been a part of me, drawing random objects to keep my mind busy, chairs, landscapes, erasers, and anything else within thirty feet of me. I would study the objects and draw them as parts of their whole, imagining what it would look like to deconstruct them and put them back together. Constantly I would lose track of time by carefully replicating a water bottle or backpack in my notebook that was in particularly harsh lighting.

I love to experiment with the combination of different dyes, paints, powders, and found objects to fully realize my concepts. I feel that limiting oneself to a particular medium can be detrimental to creative output. Boiling flowers from our garden to dye white fabric with, sewing multiple canvases to each other, or scraping away oil paint to reveal a previously drawn person, makes me feel creative. I'm always seeking to do something new within my artistic practice. I'm eclectic in my inspirations, always taking an old idea and adding my spin on it.

I seek to surprise myself with the pieces I have created. When I remove the tape that protects a carefully drawn face from the oil pastel layered with watercolor, or finally turn the pants I've made from scratch inside out, I reveal to myself the full picture of my last hours of work. It's an irreplaceable feeling.

I find it hard to imagine people going years of their lives completely removed from all things artistic. It helps me declutter my mind and make ideas more tangible. I know I need to create. It fulfills me in a way that few other activities can. Self-guided creative work never feels like work, it feels like a necessity and fills me with hope for the future.