

# doodle alley

Comics that Nourish



By Stephen McCranie

## You VS You

October 21, 2013

By stephen

### THE ART OF IMPACT

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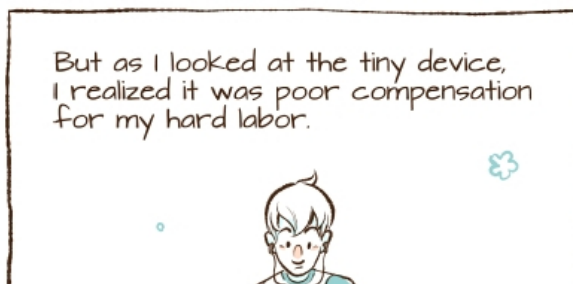
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## • STORE •

# Brick by Brick

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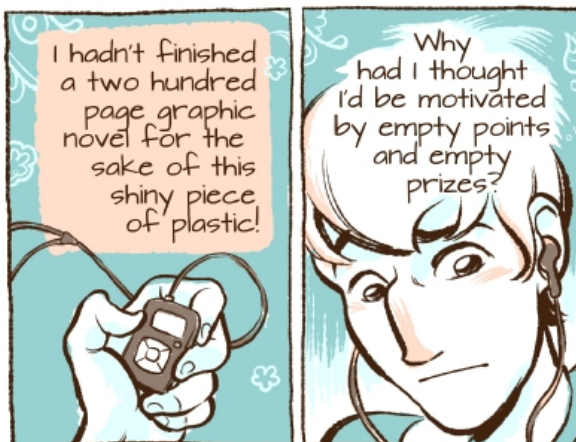
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- ✧ Conclusion
- ✧ Selected Bibliography
- ✧ 3 Extra Essays?



Apparently, I didn't know myself  
as well as I thought.



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# THE SECRET TO BEING A GREAT ARTIST

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story comic  
about a pig.



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A system of  
rewards and  
punishments  
seems like a  
reasonable  
way to get  
the job done.



But offering yourself carrots if  
you're good and lashes if you're bad  
makes you feel like a work horse.



After being  
treated like an  
animal, it's no wonder  
you feel like giving up.



Unfortunately, we rarely understand  
this about ourselves and take giving  
up to be a sign of  
weakness.

YOU NEED  
MORE SELF-  
DISCIPLINE!

YOU NEED  
MORE SELF-  
CONTROL!



We feel  
powerless  
to accomplish  
anything  
because  
though our  
spirit is  
willing, our  
flesh is  
weak.

WHY WON'T  
YOU DO AS  
I SAY?



# the 123 CHALLENGE

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### EPISODE LIST

- ✧ The 1 2 3 Challenge!
- ✧ How to Create the Ideal Work Environment
- ✧ How to Create a Great Color Palette
- ✧ Drawing to See, with Will Terrell!
- ✧ How to Create a Web Show, with Jerzy Drozd!
- ✧ And the Winner is...

What if the spirit is willing, but treats the flesh so poorly the flesh has no desire to help out?

What if the productivity problems you face are not due to lazy labor, but misguided management?



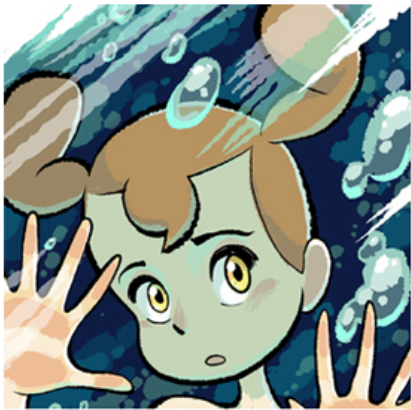
In order to more effectively motivate ourselves, we need to rethink how we treat ourselves.



Instead of treating yourself like a master ruling over a slave, I have found it far superior to treat yourself like a parent caring for a child.



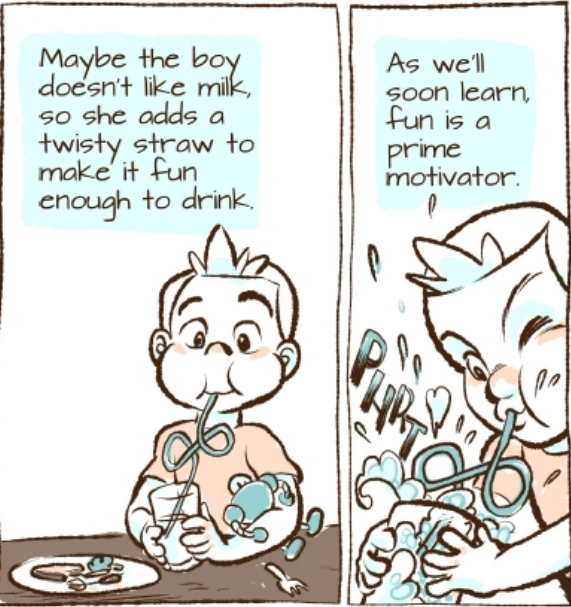
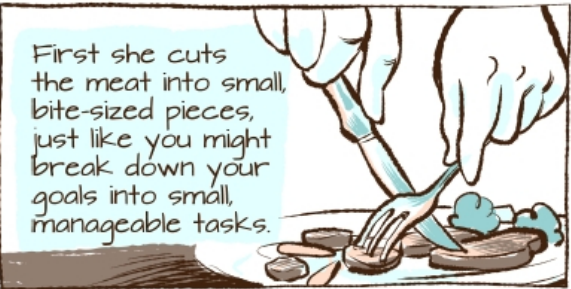
Imagine a mother trying to get her little boy to eat



S P A C E  
BOY

My latest work,  
now serializing on:





The big idea is instead of trying to incentivize unpleasant work, we need to make work more pleasant.





doodlealley.com

Do you find yourself in conflict with yourself? How have you dealt with that?

I wrote this essay to make people aware of an important aspect of self motivation– that there are two distinct parts of you involved– the self, and the motivator. Facilitating a healthy relationship with yourself– that is to say, treating yourself with grace and compassion is key to a sustainable and motivated creative practice.

GUESS WHAT GUYS! The kickstarter has funded! Thank you so much to everyone who spread the word and backed the project! I really appreciate it!

And of course, if you missed it– here's the video for the kickstarter below:



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## 19 Responses to *You VS You*

*Tyler* on October 21, 2013 at 4:16 pm

You consistently impress me.



Also, this comic totally jives with things I've been reading in the book "Drive" — which you'd probably really enjoy.

REPLY



stephen on October 21, 2013 at 5:22 pm

I'll have to check it out!



REPLY

Zulluh on October 21, 2013 at 4:53 pm



For motivational purposes, a man once told me "A year from now, you'll wish you had started today!" and that was the single most powerful thing anyone every told me in order to motivate me.

I find it also very motivational to believe in the fact that no job is actually really hard when as you said, you divide it in small tasks.

Most of the time my motivational problems are a result of a bad management, but also a lack of comprehension of the meaning behind the job I am assigned. So finding that meaning, even when not true, is a great motivator!

Thank you for sharing your thoughts man.. I find it motivating! 😊

REPLY



stephen on October 21, 2013 at 5:22 pm

Wow, those are awesome thoughts— thanks for sharing! I love the "year from now today" concept, that's awesome. Thank you!



REPLY

*chibi\_celina* on October 21, 2013 at 7:01 pm



This is beautiful and so on the money.

REPLY

*Shaun McMillan* on October 22, 2013 at 11:13 am



Congratulations Stephen! This is really some meaningful work you've done and I look forward to seeing your future projects.

REPLY

*In which we meet yet another Richard Armitage | Me + Richard Armitage* on October 23, 2013 at 9:09 pm

[...] morning I read this about feeling in conflict with yourself over things you have to do, and I thought, okay, Serv, [...]

Kristina on October 25, 2013 at 11:47 am



I just wanted to step by and say how much your comics helped and still help me!  
I don't care if your kickstarter has already funded, I just baked anyway 'cause I NEED your book!  
I just need it!  
So many helpful advices need to be appreciated!

REPLY

aizat on November 15, 2013 at 10:06 am



thanks Stephen for your advice!

REPLY



stephen on November 15, 2013 at 4:04 pm



You're welcome!

REPLY

Galadreal on November 20, 2013 at 2:37 pm



So I never even saw the kickstarter until after it was finished (sorry about that), but I would love to get the book for my husband. Will you be selling copies in the future? And if so, how would I go about getting one.

REPLY

Maia on December 3, 2013 at 6:50 pm



This year has been really full of a lot of important things I've had to get done. They've all been with deadlines and staying focused to achieve them all to my satisfaction has been really hard.

What has helped me is to be more compassionate to myself when it comes to free time and distraction. Whenever I can't concentrate on work, whenever I'm hungry, sleepy, tired, or feel angry at having so much to do, I just cut myself some slack. I make a nap or cook myself a good meal, I watch a nice movie or ask my boyfriend to hug me and tell me I am doing well. We're used to (like in your comic) to treat ourselves like failures for being human and for needing leisure. But doing that only makes work harder. We need to be loving when it comes to not doing work. It's not only about being loving when it comes to doing the work.

If I am nice and loving to myself during rest and leisure, it's easier to get back to work and I can do so feeling better!

REPLY



stephen on December 6, 2013 at 6:23 pm



That's great! Having grace with yourself has helped me this week too.

REPLY

*Lucille Lopez* on July 25, 2014 at 8:03 am



I love the Mother-Son Metaphor 😊 Big fan from Manila!

REPLY



stephen on August 5, 2014 at 6:46 pm



Awesome! Thank you!

REPLY

Suzannah on August 6, 2014 at 5:50 am



Stevie-

Hi old friend. Just wanted you to know I've been working through Brick by Brick with a really sick friend who is waiting for a transplant. She loves drawing and painting and doing fiber crafts...but doesn't have energy for much more than 15 minutes at a time. She is maybe out of bed for about 2-3 hours in total all day. She tries to work on her art but she gets frustrated with her decreasing productivity and not being able to do what she enjoys. Your piecemeal advice is so applicable to setting daily goals no matter how small...and



how to mentally approach setbacks. In particular, the bits about making days count and practicing self-compassion are really hitting home. Your essays are incredible and they are really helping. She likes this one with the parenting analogy a lot. Thought you should know.

Thank you.

Suzannah

REPLY



stephen on August 12, 2014 at 2:16 pm



Thanks Suzannah! Great to hear from you. Email me and I'll send you guys a pdf of the whole book!

REPLY



Suzannah on August 19, 2014 at 12:34 am



Actually, I just ordered myself a signed copy of the book through your store. I was so bummed that I missed out on your kickstarter campaign and I'm so glad that I now have the opportunity to support you! Thanks again for your artwork, Stephen. This is solid stuff.

REPLY



stephen on August 21, 2014 at 6:12 pm



Thanks Suzannah! I shipped your book out yesterday!

REPLY

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