Matt Sellars was born in Boise, Idaho in 1970. Raised in Idaho and then moving to Washington state in 1982, Sellars was influenced by the intersection of geography and human endeavor of these areas. In 1988, Sellars moved to Seattle, Washington to attend Cornish College of the Arts, where he received a Bachelor of Fine Arts focused on sculpture. Sellars has shown extensively in Washington as well as Idaho, Montana and Oregon.