

Make Time for your Art

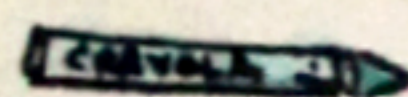
(even when life seems too busy)

redefine art • believe that YOU need art • believe that the WORLD needs your art
it's all about you *it's not all about you*

CREATE AROUND



Keep supplies easily within reach at ALL times



put



on your calendar

YOUR

ACTIVITIES

don't wait until you are 'in the mood'

HINT: try a bit of mood music

meditate

ohm.

WORDS OF WISDOM

Many times, our MIND is more packed than our schedule

mind your environment

- declutter
- display and use art that inspires you
- create using all senses

I~N~T~E~G~R~A~T~E

MAKE YOUR LIFE

YOUR ART

← move... use your body as expressive art

ALWAYS LEAVE SPACE TO BREATHE