Five Minutes Just for Me

Four small, optional ways to start making art.



A tiny creative reset: choose just one square, not all of them.

Draw a line that feels calm.

Fill a space with little leaves.

Make three shapes into flowers.

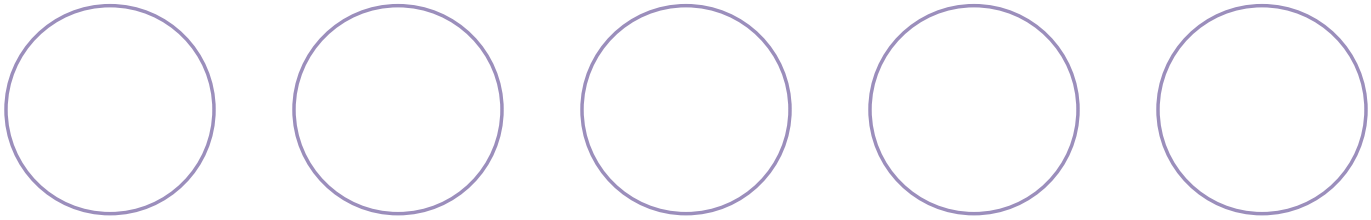
Use five dots to start a picture.

A Mood in Color

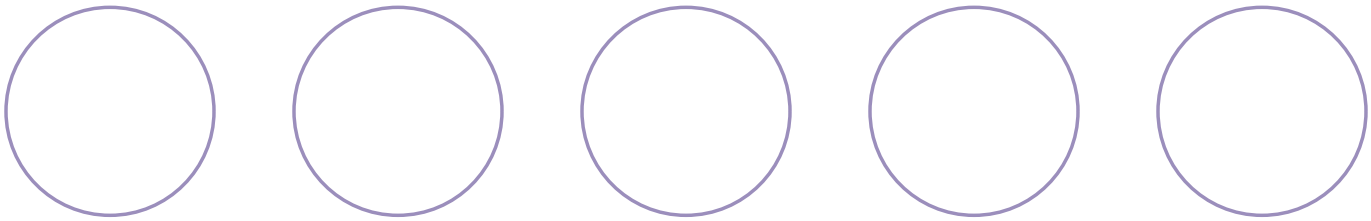
A gentle color exercise for a busy day.

Instead of finding the perfect words, put a little color on the page.

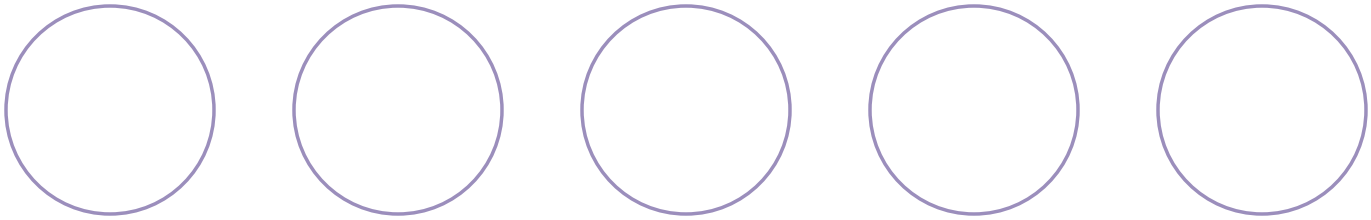
TODAY FEELS LIKE...



A LITTLE SOFTNESS COULD LOOK LIKE...



SOMETHING I WANT TO REMEMBER...



My Creative Permission Slip

Create something without pressure or perfection.



This is your permission slip to make something just because.

TODAY I GIVE MYSELF PERMISSION TO...

- [ ] Create without a plan
- [ ] Make an imperfect mess
- [ ] Stop after five minutes
- [ ] Enjoy something just for me

THE TINY THING I MADE OR NOTICED:

Tiny Creative Wins

A keepsake for the moments that might otherwise slip by.

Little creative moments matter even when nobody sees them.

ONE TINY CREATIVE WIN

ONE TINY CREATIVE WIN

ONE TINY CREATIVE WIN

ONE TINY CREATIVE WIN

ONE TINY CREATIVE WIN

A minute of art counts. A pause counts. A new idea counts.