

SAFETY, COMFORT AND OPENNESS



Progress, not perfection, is what we should be asking of ourselves.

THE ARTIST'S WAY BY JULIA CAMERON

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Affirmations help achieve a sense of safety and hope.

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Break your life into five-year increments, and list by name your major influences in each time block.

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Negative beliefs are exactly that: beliefs, not facts.

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Use this art to create a set of intuitive art card prompts for directing your focus and energies; collage each panel to a playing card + embellish with Washi tape, found words, notes or paint. Whatever feels doable and serves you best.

