



3 Powerful Steps to open up your creativity & relieve stress!

**A New Way Thousands of People are Becoming
Stress-Free by Painting & having a little creative time.**

Hi Creative Souls!

I am excited for your new adventure in releasing stress while using your right brain to create something you can cherish for years to come.

Our society is so centered on the end result that we forget to enjoy the present! The creative process is so powerful! I invite you to enjoy creating more than focusing on the end result.

To make this simple I have provided

3 Powerful Steps

to open up your creativity & relief stress!



Step 1:

Having an open area to work is crucial. You don't have to be totally organize, but it does help to have an area that you can work on. I have an art studio/office, but I LOVE to paint on my dining room table while I listen to music. It's not a huge space, but I make sure it's completely empty before I start so my mind focuses only on my project.

Step 2:

Once you have an area to work in the next step is to allow yourself to daydream! I love daydreaming on Pinterest! Find a place to sit comfortably and spend about 30 minutes just daydreaming and being inspired. I also love to go to bookstores like Barnes & Nobles and just hang out in the magazine or art books area. They have so many fun ideas. After an hour in a book store I feel like I've gone on vacation!

Step 3:

Art is therapy! The 3rd step is hard, but can be accomplished. This is where you take action! Once you have a place to work and your mind is inspired TAKE ACTION! You have reaped the benefits of daydreaming and being inspired already. Now you can continue the stress relieving benefits by actually creating.



Here is a fun and easy project for you to take action immediately!
All steps are included so I hope you enjoy the process!
Please post your end result so I can see your creations on Facebook!
Just tag me!

DIY - Create your own Pet Painting!

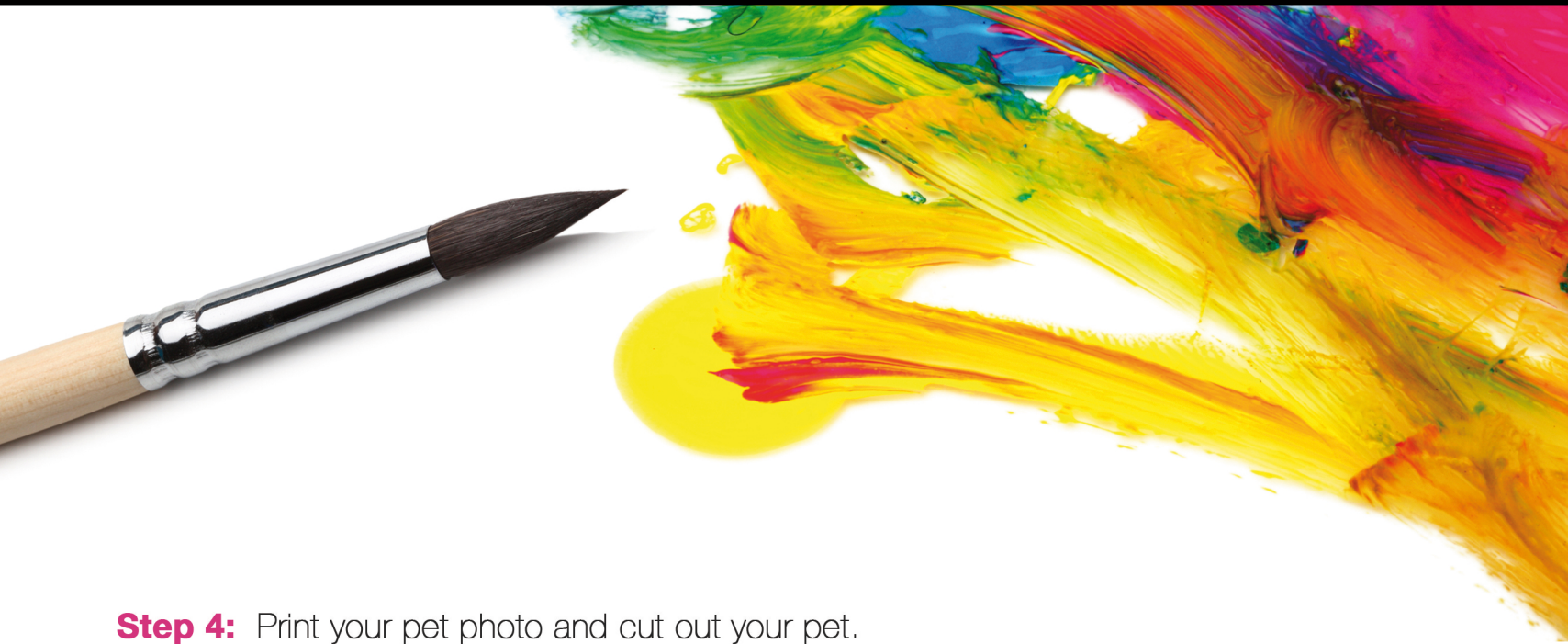
Step 1: Take a photo of your pet! It can be a profile picture or from the front. The secret here is to take it up close.

Step 2: Print your pet picture in Black & White. You want to make sure your print out is covering most of the page.



Step 3: Gather your supplies - I buy most of my items from Michaels, but you can get some of the items at Wal-mart.

11X14 Canvas
Paint Brush
Mod Podge Gloss version (It's a glue that will dry clear)
Acrylic Paint



Step 4: Print your pet photo and cut out your pet.

Step 5: Use the paint brush and mod podge to glue your pet picture on the canvas wherever you like. Once you have it glued down with the mod podge then you can cover the entire picture in mod podge. Don't worry... it will look like it's ruining your picture with white glue, but it will dry clear. Once your entire pet is covered in 1 layer of mod podge let dry for about 2 hours.

Step 6: Once mod podge dries you can now use your acrylic paint to design a background. Choose colors that will match the area you are going to display it. I recommend a simple striped background, but you can be as creative as you want! For my dog Blue's photo I just did a simple white and blue striped background (very messy on purpose) and then added in blobs of black to make it look a little weathered. My friend Lynette sent me a picture of her pet and I used orange, hot pink and yellow to blend in a horizontal direction for a different effect.

Step 7: After the background is painted we will outline your pet using a small brush in black. This is just a simple black outline to make your pet stand out!



Step 8: Think of your pet in shades of color not just one. So, for my dog Blue I thought of brown, light brown, tan, gold, and a little white. This is important because you will now use your small brush to add in the fur. Use your photo as your guide to simply add in detail with paint. When you see lighter shades you will mix your paint to be a little lighter. For example: On Blue's fur I used brown, but then when the photo looked lighter I would mix a little white into the brown. This is a fun process so remember to be in the moment NOT the end result!

Step 9: Add a small amount of paint to the eyes.

Step 10: Before you admire your work think about how you feel during the process? Did you have moments where your mind rested or was it stressful? Was your environment peaceful or the location need to be changed? Ask yourself these questions before you critique your work. Remember the stress relief is in the process not the final result!

**I hope you enjoyed a little creative haven
and had an end result that made you feel successful.
Art is all about inspiration and practice.**

Don't forget to post your final product on Facebook and tag me!