



# QUIET YOUR INNER CRITIC WITH SLOW DRAWING



## BENEFITS:

Decrease stress and Increase confidence  
Calm the nervous system

## CREATE A SAFE SPACE:

Set up a comfortable and quiet space for your art. Surround yourself with things that make you feel good.

## USE POSITIVE AFFIRMATIONS:

Before you start, repeat positive affirmations such as "I AM CREATIVE" or "I AM JUST BEGINNING."

## SET A TIMER:

Give yourself a set amount of time to create without judgment. Focus on the process, not the outcome.

## DRAW FREELY:

Start with simple lines and shapes. Let your hand move without overthinking. This helps to bypass the inner critic and tap into your creative flow.

## EMBRACE IMPERFECTION:

Remember, there is no right or wrong as you're drawing lines and shapes.

## EXPERIMENT WITH COLORS:

Play with colors that make you happy. Color can have a powerful effect on your mood and creativity.

## REFLECT ON YOUR WORK:

After creating, reflect on what you've made and appreciate your effort and creativity.

## BONUS OFFER: Special pricing for attendees - \$17

Sign up for a 30-minute video for a fun experience to quiet the inner critic and foster a sense of inner peace

Send an email with the subject title

"Soul'd on art" to [elizabethmullin3@gmail.com](mailto:elizabethmullin3@gmail.com)