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## Daily Morning Painting Practice

Welcome to the Daily Morning Painting Practice for Mindfulness and Self-Exploration! This exercise offers a calming and accessible outlet to reduce stress, cultivate relaxation, and promote mindfulness. Paint a word from a curated list each day to encourage self-reflection and nurture emotional well-being. Embrace imperfections, experiment with techniques, and let intuition guide your brush. Set aside dedicated time, find a peaceful space, and discover the transformative power of art in your daily life.

Repeat this practice every morning, selecting a new word from the list each day. Over time, you will have a collection of meaningful paintings that represent your journey towards relaxation, anti-stress, and mindfulness.

### Materials needed:

1. Paper (B7 or B6 size, i.e., 8.8 × 12.5 cm, 12.5 x 17.6 cm)
2. Paint (watercolor set)
3. Paintbrush (medium-small)
4. Cup or bowl of water
5. Cotton rag for cleaning the brush
6. Pencil & Eraser

### Instructions

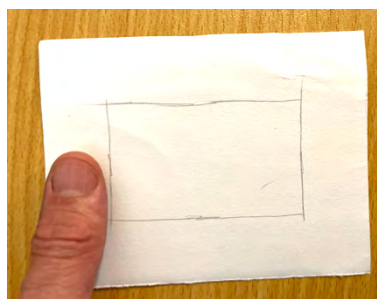
Set aside a dedicated time each morning for your painting practice. Find a quiet and comfortable space where you can focus and relax.

Gather your materials: the paint set, a pencil, and a small piece of paper.

Take a few deep breaths to center yourself and clear your mind. This practice is all about finding tranquility and mindfulness.

Choose one word from the list provided as your "word of the day." There is a list of positive words, and a list of negative words. Choose the word you want to explore.

Lightly draw a box, centered on the page, that is a thumb-width distance from the edges:



With a pencil, lightly write the chosen word in the box so that it fills the box. You may have to try more than once. When you have the word in the box, use the pencil to darken it, thicken it, and make it solid and real. Finally, partially erase the box, so it is visible but very light.



Now, set a timer for five minutes and begin painting inside the box, over and around the word. Choose colors without thinking, but just let your hand find a color. Allow your brush to glide freely, experimenting with different colors and strokes. You can also use the pencil to make lines and shapes, and to darken the letters.

Do not worry if you paint outside the box, but do not try to do so...unless this is a day for breaking rules!

As you paint, repeat the word quietly to yourself, then try to be aware of the emotions and sensations that arise within you. Let the act of painting be a meditative experience, bringing you closer to your feelings.

Feel free to add additional elements, patterns, or imagery that symbolize or represent the chosen word. Let your intuition guide your brushstrokes. However, try to avoid using simple symbols, like hearts, smiley-faces, flags, or other common symbols. Instead, let your hands make the shapes without thinking.

There is no right or wrong way to create art for relaxation and mindfulness.

Once the timer is finished, take 30 seconds to finish the painting — there will always be a little something you want to do!

Finally, take a moment to reflect on the word you chose and the feelings it evokes.

## **Conclusion**

When the painting is dry, write the date on the back, in the lower-left corner.

Add the painting to your “diary” of paintings. You can stick them in a book, or tape them together to make a book.

## **Additional Tips**

Experiment with different techniques, such as wet-on-wet, wet-on-dry, or layering colors, to create various effects and textures.

Don't worry about perfection or creating a masterpiece. The purpose of this practice is to focus on the process, not the outcome.

Allow yourself to make mistakes and embrace imperfections. They can often lead to unexpected beauty.

If you feel inspired, you can write a few thoughts or reflections about your painting or the word of the day in a journal, further deepening your connection to the practice.

Remember, the goal is to find relaxation, release stress, and cultivate mindfulness through this daily painting practice. Enjoy the journey of self-expression and creativity!

### **Positive Words**

Resilience	Bliss	Compassion
Empathy	Harmony	Generosity
Creativity	Laughter	Vitality
Determination	Contentment	Empowerment
Kindness	Delight	Abundance
Curiosity	Euphoria	Courage
Leadership	Tranquility	Authenticity
Responsibility	Radiance	Forgiveness
Optimism	Joy	Patience
Adaptability	Love	Wonder
Serenity	Hope	Belonging
Gratitude	Confidence	

### **Negative Words**

Anxiety	Insecurity	Rejection
Depression	Guilt	Abandonment
Grief	Regret	Powerlessness
Anger	Frustration	Disappointment
Shame	Resentment	Loss
Loneliness	Betrayal	Worthlessness
Trauma	Envy	