

# Before You Make A Mark:

- Check your brushes – will they do the job you need?
- Got enough paint? Dish out plenty!
- Is it hot and dry? You may need to add retarders.
- Is your palette ready?
- Is your canvas prepared & ready to go?

# Where's Your Head At?

- Any dramas in your life that will affect your ability to move paint around?
- Go and garden/meditate/run/stretch/dance/sing for 5 minutes, & shake it off somehow!
- Go through your photo stash – see if you can find something inspirational.
- Slow to get going? Rough in a large painting to get you warmed up.
- When you're warm, you can more easily move onto painting something more detailed.

**now go paint like there's  
nobody watching!!**