

Mini Art Reset

Reconnect, relax and express yourself in 15 minutes.

Welcome

Hi! I'm Laura Latacz. This mini guide is designed to help you take a short pause, release tension, and reconnect with your creativity. You don't need any art experience - just curiosity and an open mind. Take 15 minutes to refresh your mind and spark your creativity. **No pressure. No expectations. Just play.**

Step 1. Prepare Your Space & Materials

Choose a small area where you can work comfortably—your kitchen table, office desk, or anywhere that feels right. Make it cosy and inviting so you feel safe and relaxed. Light a candle, pour yourself a cup of tea, play soft music... **this is your sacred, creative moment—enjoy it!**

Gather the supplies you already have—pens, pencils, paper, paints, markers, or anything else that sparks your inspiration. Keep only what you need within reach to minimize distractions. Put your phone on flight mode so you won't be disturbed.

Have a piece of paper ready—any size, any thickness. For this first mini reset, it's all about letting go of pressure, so choose whatever feels right for you!



Step 2. Set a Timer

Use your phone, watch, or a kitchen timer.

Set it for 15 minutes.

Focus fully on creating during this time— no checking messages or emails.



Step 3. Getting started

Take a deep breath in... and out. This is your moment to explore, play, and let go. Give yourself full permission to make “bad art.” Yes—truly. Creating without pressure can be incredibly freeing. Let that thought settle in for a moment before you begin.

There is no right or wrong here.

This is all about the process, not the result.

You don’t have to achieve anything—just follow what feels good.

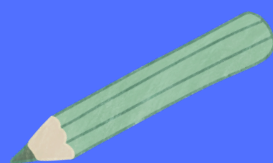
Whatever comes to mind, let it flow onto the paper.

Start with one color. Follow your hand—lines, curves, shapes, words... everything is welcome.

Then choose another color. Notice how it feels. Continue, layer by layer.

Play freely. Experiment with colors, shapes, textures, or marks.

Let your curiosity lead you, and explore without judgment or expectations.



Step 4. Reflect & Journal

Take a few minutes after your 15-minute session to look at your creation.

In your journal, write down any thoughts, feelings, or insights.

Reflect on questions such as:

What did I enjoy most about the process?

Did I discover new ideas or techniques?

How do I feel now compared to before the session?



Reminder:

A mini reset is about refreshing your mind, not creating perfection. Just 15 minutes of playful experimentation, combined with reflection, can spark new ideas and energy.



Thank you for taking this little creative moment with me. If you feel the spark and want more gentle guidance or fresh ideas to quiet your inner critic, book an appointment – I'd love to support you on your creative path.

Laura

info@hands-on-art.com

[instagram.com/hands-on-art](https://www.instagram.com/hands-on-art)

Tel: +41 (0) 77 452 57 72

[HANDS-ON-ART.COM](https://www.hands-on-art.com)