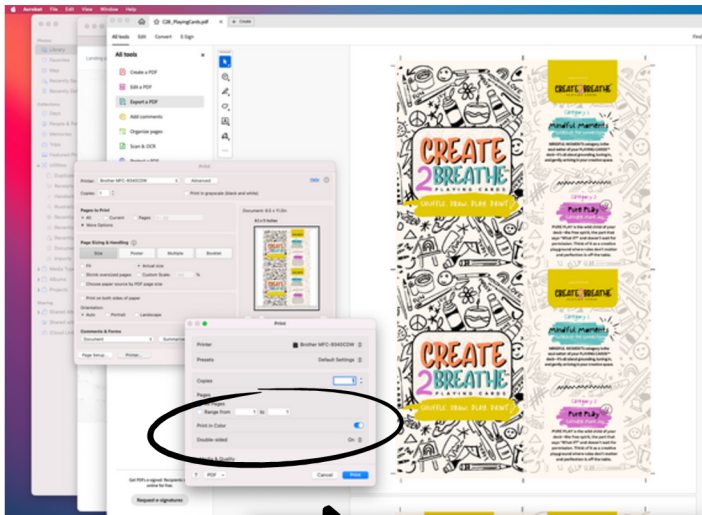


STEPS TO PRINT PLAYFUL PAINTING PROMPTS



STEP
#1

DOWNLOAD THE PDF FILE AND OPEN IN A PDF READER



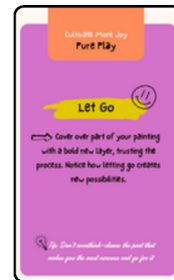
STEP
#2

BE SURE TO SELECT PRINT
BOTH SIDES - LONG EDGE

STEP
#4

FOR THE PROFESH LOOK:
PRINT ON THICK GLOSSY
CARDSTOCK USING
THE MANUAL FEED TRAY

WANNA BE EXTRA?
OF COURSE YOU DO!
ROUND THE CORNERS WITH A
CORNER PUNCH



FINISHED SIZE IS 3" X 5"

STEP
#3



TRIM USING A STRAIGHT EDGE AND
XACTO KNIFE ON TRIM MARKS

CREATE2BREATHE.COM

SHUFFLE. DRAW. PLAY. PAINT!

CREATE² BREATHE™

PLAYING CARDS

How to Play

SHUFFLE. DRAW. PLAY. PAINT!

Say hello to your creative companion! These cards are here to spark joy, deepen your practice, and help you reconnect with your creative spirit.

To get Started:

- Shuffle the deck
- Draw one card (or more!)—go with your gut
- Read the prompt and feel it out
- Paint from that place—intuitively, playfully, without judgment

Ways to use your Cards:

- As a warm-up before you paint
- To break through blocks or the blank canvas
- As a daily creative ritual
- To shift energy when you're stuck in the messy middle
- As a way to reconnect with your spirit



There are no wrong ways to use these cards—just playful possibilities. Let your intuition lead. Let your art surprise you!

Mindful Moments

Establish the Connection

The soul-setter of your deck—it's all about grounding, tuning in, and gently arriving in your creative space.

Process Progress

Mess to Magic

These cards are for navigating the messy middle, reframing challenges, and finding creative breakthroughs.

Pure PLAY

Cultivate More Joy

The wild child of your deck.
The free spirit, the part that says "What if?" and doesn't wait for permission. No perfection.
Just PLAY!

Expressive Expression

Emotional Storytelling

Designed to create emotional release, storytelling, and guide you to find deeper creative meaning.



Emotional Storytelling
Expressive Expression



Celebrate the Process

➡ Let the messy, unfinished stages shine through. Don't hide them—highlight them!



HIGHLIGHT ONE AREA THAT FEELS ESPECIALLY RAW OR REAL - IT MIGHT BECOME THE HEART OF THE PIECE

Emotional Storytelling
Expressive Expression



Divine Vision

➡ Close your eyes and ask your spirit what it wants to create today? Hold that vision and let it flow onto the canvas



DON'T JUDGE OR EDIT YOUR VISION - PAINT IT EVEN IF IT DOESN'T MAKE SENSE JUST YET

Emotional Storytelling
Expressive Expression



Etch & Scratch

➡ Carve symbols, words, or marks patterns or texture into thick layers of paint to reveal lower layers of color



USE A PALETTE KNIFE, STICK, SKEWER, PAINT CAN OPENER OR SIMPLY THE END OF YOUR BRUSH. LET IT FEEL RAW AND HONEST

Emotional Storytelling
Expressive Expression



Go Bold

➡ Use big, unplanned strokes to express how you feel right now. Let your energy guide you. No need to be pretty or perfect



CHOOSE THE TOOL THAT FEELS MOST LIKE YOUR MOOD - SHARP, SOFT, WILD, SHOW - AND FOLLOW THAT FEELING

Emotional Storytelling
Expressive Expression

In a Word



➡ Write a single word that describes how you feel today. Let that word inspire your color palette, your brushstrokes and energy you bring to the canvas



WRITE, PAINT, OR ETCH INTO WET PAINT A WORD THAT FEELS MEANINGFUL TO INFUSE YOUR CREATION WITH MEANING

Emotional Storytelling
Expressive Expression

Joyful Moments



➡ Think of a memory that brings you joy. Use color and movement to capture the feeling without painting literal shapes



TRY CLOSING YOUR EYES WHILE YOU PAINT THIS FEELING AS IT WASHES OVER YOU

Emotional Storytelling
Expressive Expression

Map Mountaintops



➡ Think of the mountaintop and valley moments in your life. Create a line with peaks and valleys that runs across your canvas like a heartbeat



LET THIS LINE HIGHLIGHT YOUR MOUNTAINTOPS MOMENTS TO CREATE A BEAUTIFUL MOUNTAIN SKYLINE

Emotional Storytelling
Expressive Expression

Scribble & Release



➡ Grab a pencil or crayon and scribble out words, thoughts, or feelings across your canvas. No censoring—just release.



USE YOUR NON-DOMINANT HAND TO SCRIBBLE FREELY. IT BYPASSES YOUR INNER CRITIC, AND HELPS YOU STAY LOOSE

Establish the connection
Mindful Moments

Body Scan

- ➡ Check in with your body.
Where are you holding tension?
Lay flat on the floor and reach
your fingers as high as they can
go and stretch out your legs,
pointing your toes away from your
body. Sink into the release you
feel after this simple stretch



DO A SIMPLE TWIST AT YOUR
WAIST WITH YOUR ARMS IN
THE AIR TO RELEASE TENSION

Establish the connection
Mindful Moments

Breathe & Begin

- ➡ Take three slow deep breaths
before your first brushstroke,
setting an intention and
grounding yourself in your
creative space



TRY SAYING YOUR INTENTION OUT
LOUD TO HELP ANCHOR YOUR ENERGY

Establish the connection
Mindful Moments

Elemental Inspiration

- ➡ Step outside and play with
the elements! Feel the wind on
your skin, dig your toes into the
grass, soak in the sun's warmth, or
listen to the rhythm of water. Let
the energy of nature inspire your
next move on the canvas



CHOOSE ONE ELEMENT (AIR,
WATER, FIRE, EARTH) AND PAINT
USING ONLY ITS ENERGY

Establish the connection
Mindful Moments

Gratitude Marks

- ➡ With every brushstroke,
whisper (or shout!) something
you're grateful for. Let your
gratitude dance across the canvas
in color and movement



CHOOSE A COLOR YOU
ASSOCIATE WITH EACH
MOMENT OF GRATITUDE

Establish the connection
Mindful Moments

Heartfelt Creation

➡ Place your hand over your heart and sit quietly for a moment. Ask your spirit what it needs to express today. With each breath, allow yourself to receive whatever arises—whether it's a color, shape, or idea.



WRITE A WORD OR PHRASE
FROM THIS CHECK-IN DIRECTLY
ON YOUR CANVAS

Establish the connection
Mindful Moments

Honor the Ending

➡ Step back when you're done, take a deep breath, and thank yourself for showing up. Whisper a word of gratitude for the time and energy you gave to your creativity today



WRITE A CLOSING REFLECTION OR
WORD ON THE BACK OF THE PIECE
TO COMPLETE THE EXPERIENCE

Establish the connection
Mindful Moments

Inner Compass

➡ Close your eyes and imagine a tiny compass inside you, gently pointing the way. Tune into your heart and listen for the quiet whispers of your spirit. When you feel ready, open your eyes and let your brush follow the direction that feels right



DON'T RUSH. BREATHE AND
WAIT UNTIL YOUR BODY
FEELS READY TO MOVE

Establish the connection
Mindful Moments

Mood Mix

➡ Choose 3 colors that reflect how you're feeling in this moment—don't overthink it. Let those colors guide your first brushstrokes. Trust your emotional compass



TRY USING ONLY THESE 3 COLORS
TO MIX YOUR COORDINATING
COLORS ON THE PALETTE

Emotional Storytelling
Expressive Expression



Self-Portrait

➡ Create an abstract self-portrait. Draw playful lines to capture the contours of your face without picking up your tool. This blind contour drawing will give you areas to play without getting bogged down by details



PICK A COLOR FOR YOUR CURRENT MOOD OR PICK UP A SHARPIE AND LET THAT BE YOUR STARTING POINT

Emotional Storytelling
Expressive Expression



Soulful Scribbles

➡ Use both hands at once to draw intuitive shapes or scribbles. Feel the freedom of symmetry and balance as your body moves



TRY MIRRORING THE MOVEMENT WITH BOTH HANDS TO CREATE BALANCE AND FLOW

Emotional Storytelling
Expressive Expression



tears & triumphs

➡ Start by painting with clean water—let it drip and move like tears. Then layer color into the wet areas, letting the shapes form organically as the colors bleed, moves and expands



LET THE COLOR BLEED FROM ONE AREA TO THE NEXT AS IT NATURALLY DOES ITS THING. DON'T TRY TO CONTROL IT.

Emotional Storytelling
Expressive Expression



Words as Layers

➡ Write words or sentences as your first layer, then paint over them. Or in coming layers etch words into thick wet paint so they become whispers from your canvas



USE A WOODEN SKEWER OR PAINT CAN OPENER TO SCRATCH AND ETCH WORDS INTO WET PAINT

Establish the connection
Mindful Moments

Opening Ritual

➡ Create a simple ritual before you begin painting—light a candle, say an affirmation, or move your body to release tension. Let this practice ground you and open your heart to create

 KEEP A MEANINGFUL OBJECT NEARBY OR PUT ON YOUR PAINT-STAINED APRON TO ANCHOR YOUR RITUAL

Establish the connection
Mindful Moments

Thought Inventory

➡ take an emotional inventory by writing down everything that comes to mind for 2 minutes

 Now SET THIS PAPER ASIDE OR PHYSICALLY TEAR IT UP SO THAT YOUR HEART IS CLEAR TO RECEIVE

Cultivate More Joy
Pure Play

Brush-Free



➡ Paint using anything but a brush. Fingers, old credit cards, sticks, bubble wrap—anything goes!

 TRY USING YOUR HANDS AND FINGERS FOR THE ENTIRE PAINTING

Cultivate More Joy
Pure Play

Child's Play



➡ Approach your painting like you're 5 years old again. No rules—just fun! Scribble, finger-paint, or use your favorite happy colors!

 FIND A COLOR OR TOOL THAT LIGHTS A SPARK OF INSPIRATION INSIDE OF YOU

Cultivate More Joy
Pure Play

Dance Break!



➡ Take a moment to dance it out,
then return to your painting refreshed
and energized!



NOW TAKE THE DANCE TO THE
CANVAS AND LET THE RHYTHM
STAY IN YOUR MARKS

Cultivate More Joy
Pure Play

Doodle First



➡ Start with playful doodles and
build layers around them



TRY USING YOUR NON-
DOMINANT HAND OR BLIND
CONTOUR DRAWING TO BEGIN

Cultivate More Joy
Pure Play

Drip & Tilt



➡ Load your brush with watery
paint, drip it on the canvas, and tilt to
let it flow



USE A WATER SPRAYER TO ADD
EXTRA FLOW AND MOVEMENT

Cultivate More Joy
Pure Play

Five-Minute Frenzy



➡ Set a timer for 5 minutes and
paint without stopping or judging



USE A BIG BRUSH OR TOOL SO
YOU CAN'T GET PRECIOUS
WITH THE DETAILS

Cultivate More Joy
Pure Play

Flip Out!



➡ Turn your canvas upside down and continue working from a new perspective



TRY ROTATING IT AGAIN HALFWAY THROUGH. LET THE PAINTING GUIDE YOU.

Cultivate More Joy
Pure Play

Let Go



➡ Cover over part of your painting with a bold new layer, trusting the process. Notice how letting go creates new possibilities



DON'T OVERTHINK - CHOOSE THE PART THAT MAKES YOU THE MOST NERVOUS AND GO FOR IT

Cultivate More Joy
Pure Play

Mark it up!



➡ Cover your surface with a variety of marks—long, short, bold, delicate. Switch up your tools, colors, and values. Let go of perfection and let pure play lead the way



PLAY WITH A TWIG, YARN, A LID, YOUR FINGERS OR THINGS NEARBY TO DISCOVER NEW MARKS

Cultivate More Joy
Pure Play

Mess Makes Magic



➡ Use big, loose gestures, splatter, or smear the paint. Celebrate the mess!



USE BOTH HANDS. SCRIBBLE, SMEAR AND SMILE!

Cultivate More Joy
Pure Play

Minimalist Mode



➡ Limit yourself to only two colors and three shapes. Simplify and see what emerges



MIX AS MANY SUBTLE VARIATIONS OF COLOR AS YOU CAN FROM A MINIMALIST PALETTE

Cultivate More Joy
Pure Play

Music Moves



➡ Put on music and let the rhythm be your guide. Dance your brush along to the beat!



SWITCH SONGS MID-PAINTING AND NOTICE HOW YOUR MARKS SHIFT WITH THE VIBE

Cultivate More Joy
Pure Play

New Tool Challenge



➡ Use an unconventional tool (fingers, sponge, cardboard, old credit card) to make marks.



TRY A SPONGE, FORK, OLD PLASTIC CARD, CARDBOARD, OR EVEN YOUR FINGERS TO MAKE MARKS

Cultivate More Joy
Pure Play

No Right Way



➡ Remind yourself: there's no wrong way to create. Trust your instincts and PLAY!



GIVE YOURSELF PERMISSION TO PAINT "BADLY" - THIS IS WHERE DISCOVERY HAPPENS

Mess to Magic
Process Progress

Celebrate Awkward

➡ Snap photos of your painting throughout your painting process. Even in its awkward stage. Trust that this moment matters in the journey



JOURNAL THESE PHOTOS AND WATCH THE TRANSFORMATION ON CANVAS AND IN YOURSELF

Mess to Magic
Process Progress

Change of Perspective

➡ Step back. Look from a distance, from another angle, or through a mirror. With fresh eyes, what new insights emerge?



SNAP A PHOTO - IT HELPS YOU SEE WHAT'S WORKING (AND WHAT'S NOT)

Mess to Magic
Process Progress

Chaos to Clarity

➡ Keep going, even when it feels chaotic. Trust that clarity comes through the process, not before it



SET A TIMER AND DON'T STOP PAINTING FOR 10 MINS - STAY WITH IT UNTIL SOMETHING SHIFTS

Mess to Magic
Process Progress

Flip the Script

➡ Imagine your painting as a conversation with a friend. Offer it encouragement instead of criticism. Don't be a meanie. What does it need to grow?



SAY SOMETHING ENCOURAGING TO YOUR CREATION OUT LOUD. IT'S AWKWARD...AND POWERFUL

Cultivate More Joy
Pure Play

Opposite Day



➡ Do the opposite of your usual approach. If you paint carefully, go wild. If you love bright colors, try monochrome. Challenge your habits!



Do You HAVE A CoLoR You AVOID? MAYBE GIVE IT A TRY. HATE PINK? USE IT!

Cultivate More Joy
Pure Play

Rhythm & Flow



➡ Crank up your favorite upbeat tunes and let the music guide your brush in a free-flowing dance across the canvas!



PLAY FAST MUSIC FOR BOLD GESTURES, SLOW MUSIC FOR SOFT AND FLOWING BLENDED AREAS

Cultivate More Joy
Pure Play

Spray Away



➡ Spray water directly onto your canvas and let the paint move on its own. Let gravity do its thing



TRY TILTING THE CANVAS IN DIFFERENT DIRECTIONS TO SEE WHERE THE FLOW WANTS TO GO

Mess to Magic
Process Progress

Buried treasure



➡ use a damp cloth or scraper to remove paint in areas. What hidden gems reveal themselves underneath?



LET A SURPRISING CoLoR OR MARK PEEK THROUGH TO ADD A POP OF CoLoR AND ADD TO THE STORY

Mess to Magic
Process Progress



Make a Bold Move

➡ When stuck, make a daring choice—add a bold block of color, a pattern, texture or remove what's distracting to shift the energy



USE A COLOR OR LARGE TOOL THAT PUSHES YOU OUT OF YOUR COMFORT ZONE

Mess to Magic
Process Progress



Neutralize It

➡ "The messy middle" is a great time to bring in calming neutrals to return a sense of calm to the canvas



MIX YUMMY CALMING NEUTRALS BY REACHING ACROSS THE COLOR WHEEL TO ADD THE COMPLEMENT TO ANY COLOR

Mess to Magic
Process Progress



On the Edge

➡ Focus only on the edges—where colors meet, where shapes touch, where tension builds. So much magic lives in the in-between



TRY BLENDING TO CREATE SOFT DREAMY EDGES, OR CREATE HARD EDGES THROUGH CONTRAST - WATCH THE FOCUS SHIFT

Mess to Magic
Process Progress



Permission to Pause

➡ If the painting feels overwhelming, step away without guilt. Sometimes, space is the best decision



GIVE YOURSELF 10 MINUTES TO DO ANYTHING BUT PAINT. BREATHE, MOVE, SIP TEA... THEN RETURN REFRESHED

Mess to Magic
Process Progress

Rest & Return

➡ If you are feeling discouraged, stuck in your brain, or tight in your body, walk away for a bit. When you come back, see what's changed with fresh eyes and a grateful heart



NOTICE WHAT STANDS OUT TO YOU? THAT'S YOUR NEXT MOVE - YOUR INTUITION IS SPEAKING

Mess to Magic
Process Progress

Shadow + Light

➡ Build your painting using the full range of values—dark darks, bright lights, and every subtle shift in between. Let contrast create rhythm, space, and energy. Lean into the bold. Whisper with the soft. Let your brush explore the spectrum



SNAP A PIC OF YOUR PAINTING, CONVERT IT TO BLACK AND WHITE TO CHECK YOUR VALUES

Mess to Magic
Process Progress

The Push-Pull

➡ Add and subtract. Paint, then wipe. Layer, then lift. Let the tension between covering and revealing create texture and story



WORK IN OPPOSITES TO PUSH CONTRAST - THICK VS. THIN, LIGHT VS. DARK, ENERGETIC VS. SLOW AND INTENTIONAL

Mess to Magic
Process Progress

Thread of Continuity

➡ Find one element that's working—color, texture, line—and repeat it elsewhere to create flow and continuity



CHOOSE ONE PART OF THE PAINTING TO ECHO IN 3 OTHER SPOTS TO KNOT THE PAINTING TOGETHER