



MAKES MESSSES. TRY NEW THINGS. HAVE FUN.

## Paint Like No One's Judging!

**My Intention for this painting session is:**

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*(When I'm done, I want to feel this \_\_\_\_\_ way.)*

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**The Voices in My Head That Might Appear for a Visit:**

*(a.k.a. "Self-Doubt," "Critic," or "Perfectionist")*

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### **Suggestion:**

When you notice those voices, silently say:

"Oh, criticism is here," or "Self-doubt is present."

Imagine this feeling standing **beside** you — not **inside** you.

It is not *you*.

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**Have a silent conversation with the emotion/feeling (While Painting)**

- "Why are you here?"
- "What are you trying to keep me safe from?"
- "Thank you for that insight, self-doubt — you can leave now."

(Use the space below to jot any insights or responses.)

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## PRACTICE: NON-ATTACHMENT TO OUTCOME

Be an **observer**.

Imagine you are sitting in an empty stadium.

Down on the playing field, you see a person painting...

That person is **you** — exploring, experimenting, playing.

 What do you notice (observe) about the way *they* move, choose colors, or take risks?

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\*\* In Hindu philosophy, **non-attachment to outcome**—known as ***Nishkama Karma***—is the practice of acting with full presence and sincerity, but without clinging to results. Rooted in the *Bhagavad Gita*, it teaches that we have the right to our actions, but not to the fruits of those actions.

The essence is this:

- **Do your work with devotion and integrity.**
- **Release expectation** of success, failure, praise, or reward.
- **Trust** that the outcome unfolds as it should, beyond your control.

This mindset cultivates freedom from fear, disappointment, and ego—allowing creativity, joy, and peace to arise naturally from the act itself, not from what it produces.

 **Remember:** You are here to be curious, messy, and open to what emerges... and most of all...

**HAVE FUN!**