a little intention containing for the new year

→ paint or draw it
→ focus on the experience of making
→ notice thoughts, feelings, sensations, associations
→ no wrong words, surprise yourself.

First a circle

does not need to be perfect

let it take up most of the page

pick a number from 1-12
pick the number you like

or more dots...

Connect the dots to center circle take your time... see if some words have come to you & write them in the center circle or a word.

draw a small circle in the center