

**RELAX AND HAVE FUN!**

**Creating Art  
with Your  
Imagination!**

Presented by:

Dr. Mary Ursits, Artist

Life Force Energetic Art



**LifeForce**  
*energetic art*

Dr. Mary here, and thank you for signing up for information on my "Zero Experience Art" classes!

For your FREE gift, I have created several mini-activities to help you realize that your imagination is the key to unlocking your "creative" self!

Your job is to relax and have fun with what you are about to create!



**Trust yourself! You will not make a mistake!**

## **Complete the story!**

With each of the following images, draw or doodle what comes to you to complete the story!

If you have colored pencils or markers, great!  
If not, a regular pencil or ink pen will work just fine.

**Get ready to relax and have some fun  
with your imagination!**



**What are you pointing up at?**



**What are you pointing down to that is exciting?**



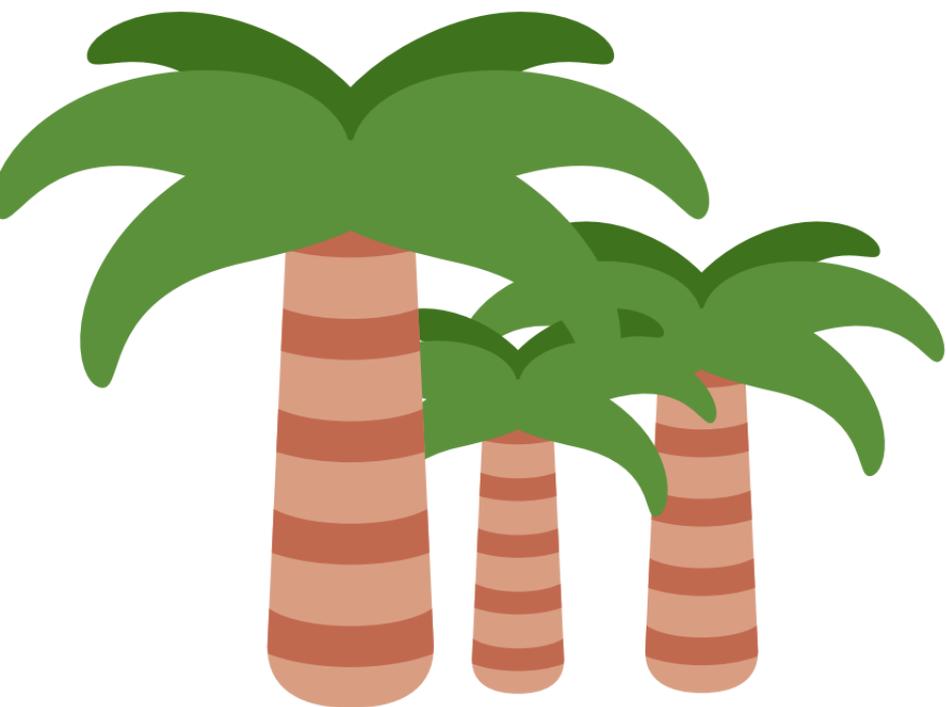
**Who is wearing this crown?**



**Who just got caught sleeping?**



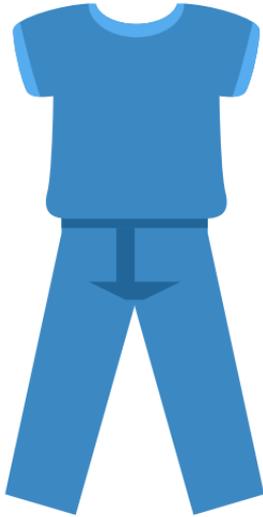
**Who is thinking what?**



**My perfect getaway to relax and play is...**



**I most enjoy doing this outside in the winter.**



**Who is wearing these clothes?  
Draw head, arms, legs, feet**



**What obstacle is she about to run in to?**



**Where is he going to throw the ball?**

Many people think or believe they have to have a talent for art in order to be creative!

## **Not true my friend!**

Being creative is all about relaxing and using your **imagination** to have fun with the art materials you choose to work with!

I hope you had fun with these  
**"Complete Your Story"** activities!  
Take a picture and share with me at:  
[mary@lifeforceenergeticart.com](mailto:mary@lifeforceenergeticart.com)

Remember to look for more information  
on my upcoming "Zero Experience Art" class!  
I will be teaching you simple art elements and design  
principles that you will be using to create fun and relaxing  
"mini doodle masterpieces!"

Thank you for letting me into your world!