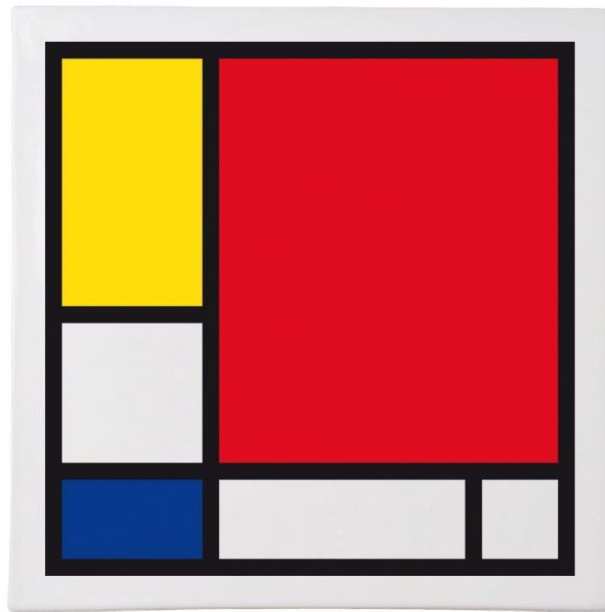


# Mondrian



- Piet Mondrian was a trailblazer (or gamechanger!) in the art world. He broke with all traditions to produce his highly stylised, geometric art, emphasising primary colours and white spaces.
- His stripped-back designs have a timeless quality, as he seeks to achieve space and balance.
- Do you ever feel the need for more space and balance in your life? Could this be the year when you start to declutter and prioritise the things (and people) that really matter to you?
- Mondrian's mantra was 'follow your heart.' He left behind a fiancée and a successful career in the Netherlands to start a new life in Paris. He deliberately chose a simple life, so he could concentrate on his art - but he also lived life to the full, enjoying dancing, jazz and friendships.
- Are there simple changes you could make to give yourself more headspace and feel more in control of life? Is it about planning ahead more carefully, or living more 'in the moment'?

***'Do more of what makes you happy!'***