

Think before designing

Before touching Canva, pause and ask yourself:

- Who is this for?
- What is the ONE message?
- What do I want them to do next?

If you don't decide this first, design becomes guessing.

Clarity first. Canva second.

A real example:

Who is this for?
Beginners using Canva.

What is the ONE message?
Pick 2 fonts. Not 10.

What do I want them to do next?
Save the post.

Less is better

Beginners try to add more.



Better design usually means removing.

One design should have:

- one idea
- one message
- one action

Simple designs are easier to read, easier to create, and easier to repeat.

Less isn't boring. Less is clear.

<p>Save this date </p> <p>Design Workshop for total beginners Saturday March 25 10am to 2pm at the studio Coffee provided Bring a laptop and a notebook Sign in - link in bio</p>	<p>Save this date </p> <p>Design Workshop for beginners Saturday March 25 10am to 2pm At the studio Sign in - link in bio</p>
--	--

Fonts (keep it simple)

Rule: 2 fonts max.

- 1 for headings
- 1 for body text

That's it.

Too many fonts create noise and make designs look messy.

Pick once. Stop scrolling. Design.

 Margins <i>Too much chaos</i> The eye needs structure to settle Read more ->	 Margins Too much chaos, the eye needs structure to settle Read more ->
--	---





Colours (limit choices)

Rule: 3 colours max.

- 1 main colour 
- 1 neutral 
- 1 accent 

More colours = more decisions = more stress.
If stuck, start with: black + white + one accent colour

Simple always looks more professional.

  <p>Workshop March 15 Saturday 10am to 2pm Beginners welcome Sign up here</p>	  <p>Workshop Saturday March 15 10am to 2pm Beginners welcome Sign up here</p>
---	--

Layout basics

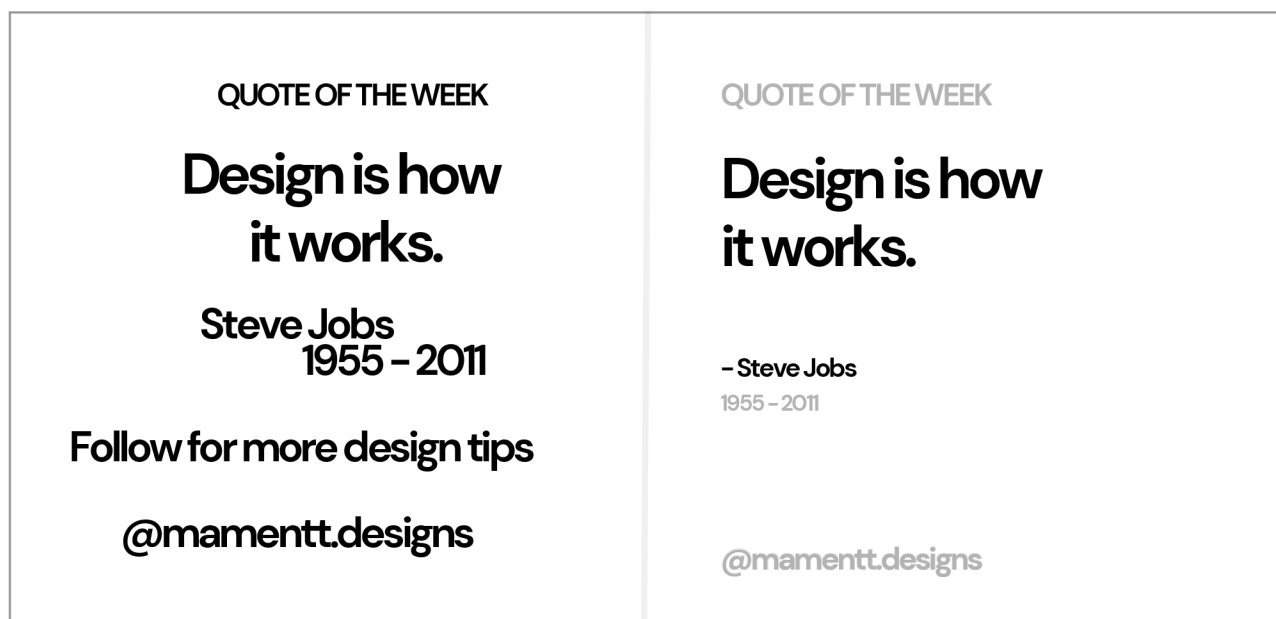
You don't need design theory.

Just follow these basics:

- Align everything (clean lines)
- Keep equal spacing
- Make the headline biggest
- Leave empty space to breathe

If it looks crowded, remove something.

Space is part of the design.



Reuse templates

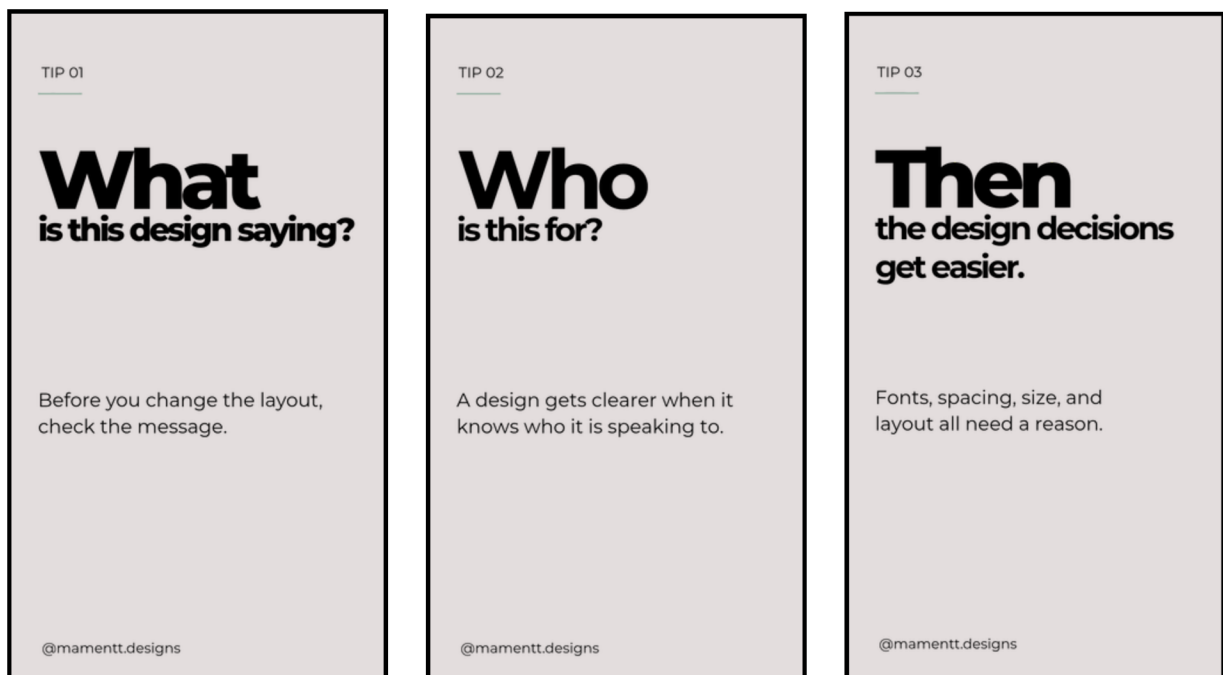
Starting from scratch is exhausting.

Instead, create ONE structure and reuse it.

Same layout. Different content.

This saves time and keeps your posts consistent.

Consistency builds confidence.



Posts vs Stories

Post = main idea

Stories = small pieces that support it

Break one idea into slides.

- One piece = one slide.

On non-post days:

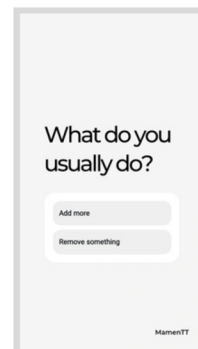
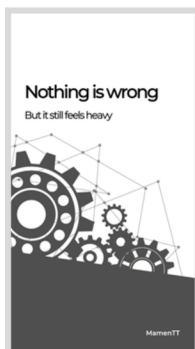
- behind the scenes
- reminders
- simple tips

Stories reinforce. Posts anchor.

POST



STORIES



MamenTT

My calm workflow

Calm doesn't mean slow. It means fewer decisions.

My process:

- Decide the message
- Choose 2 fonts + 3 colours
- Use one layout
- Create
- Repeat

Your first 30-minute plan

- 5 min → decide message
- 5 min → choose template
- 15 min → design
- 5 min → spacing check + export

Done. Not perfect. Done.

Progress beats perfection.

If it helps, you can find more design + Canva ideas on Instagram: [@mamentt.designs](https://www.instagram.com/mamentt.designs)