

Visual Journaling

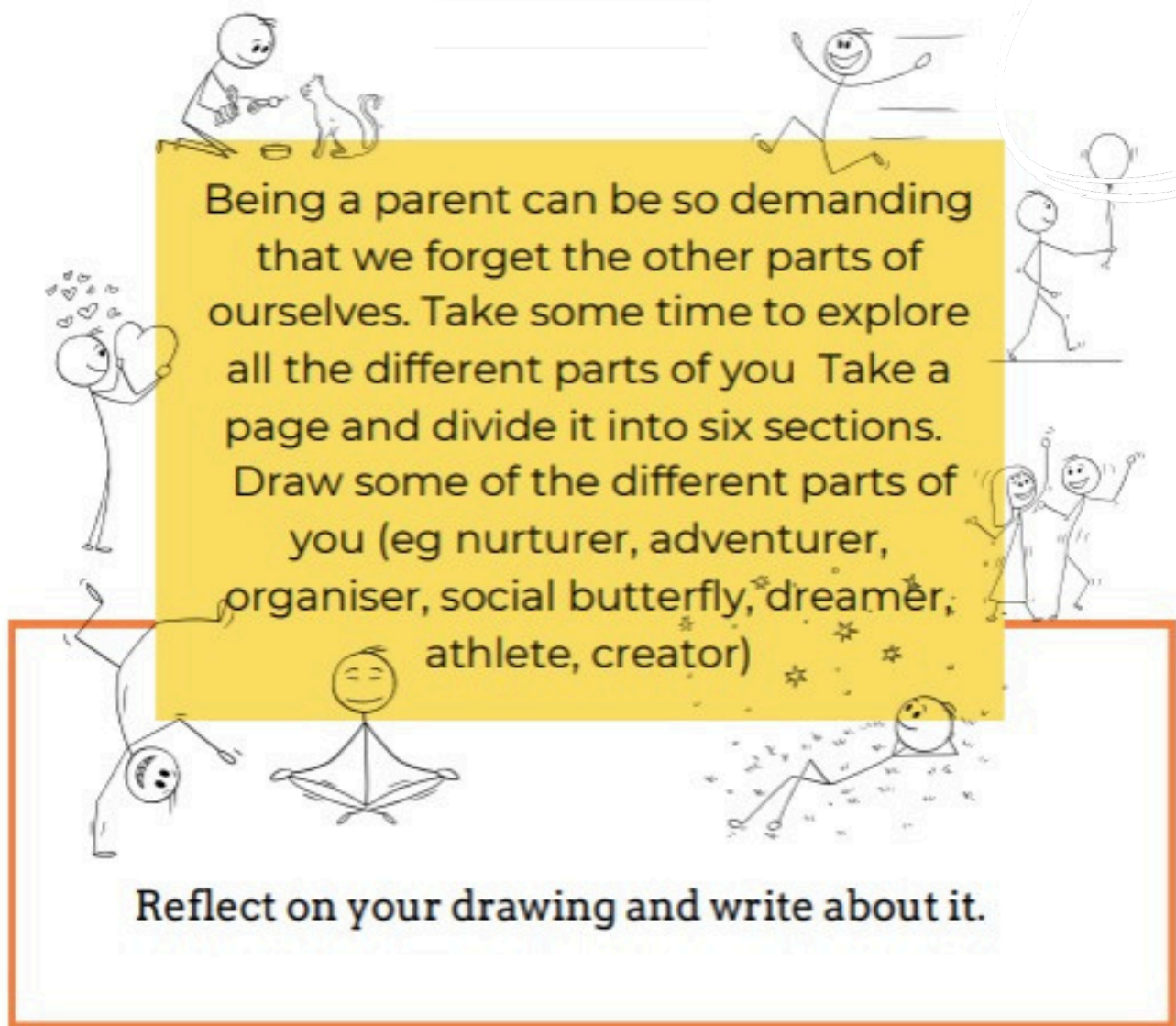
These Ideas to inspire creativity and reflection are a little more advanced for those who have done some art journaling before. If you're a beginner, you might want to try Visual Journaling 1 & 2 first.



Sometimes it's good to get a new perspective. Try moving your art space around, or taking your sketch book somewhere new. Head to the beach, a forest, the park or just park somewhere new and find something that catches your eye. Sketch it.



Visual Journaling



Being a parent can be so demanding that we forget the other parts of ourselves. Take some time to explore all the different parts of you. Take a page and divide it into six sections. Draw some of the different parts of you (eg nurturer, adventurer, organiser, social butterfly, dreamer, athlete, creator)

Reflect on your drawing and write about it.

Make a picture called..

I'm too
Fabulous
to fit in

On a rainy
day
you will find
me here

Visual Journaling

Embrace the 'mistakes'

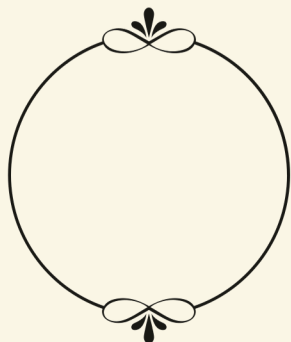
Take an 'unsuccessful' picture and cut it into strips. Paste the strips into your art journal and in between each strip write what it would be like to let go of "shoulds" and "oughts".

Give yourself permission to make something ugly

Choose colours you wouldn't normally use, make unusual lines & shapes. Write about what it is like to allow yourself to make room for ugly.



Draw or trace a circle on your page and make and colour a free style mandala



Enjoy the process without worrying about how it turns out.