

# Start making art!

An art journal is a visual diary. Other than the name suggests, it is not something exclusive for artists. It is a tool to create art. And we can all create art, since every human being is creative. Art is not entitled to museums anymore, art is everywhere; on the streets, online, in your mind.

An art journal is a place where you collect ideas, thoughts, emotions, details of everyday life, or just experiment with some materials.

The great power lies within the fact that you take some time of your daily routine and focus on yourself. If you see a blank page and wonder what to do with it, you will wonder how you feel, what your day was like, if something special happened you want to remember.

## An art journal:

- is personal, you don't have to share it with anyone
- is your safe place for thoughts, worries, emotions
- is a great way to experiment with new materials
- does NOT have to be beautiful
- is not limited by rules and regulations

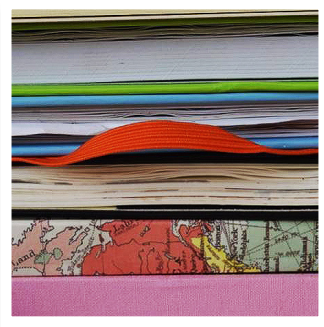
## How to start:

- Realize you can't do anything wrong
- Start the first page with something simple, like your name, the date, the text 'My art journal'
- Give yourself permission to make ugly stuff, you can even write that down!

## Materials to start with:

- A notebook with blank pages
- Pens, pencils, watercolor paint
- Notes, stickers, washi tape
- Words and images from magazines
- Stamps, postcards

**On the next page  
I've shared some ideas to  
fill your pages.**



# Ideas

## Idea 1 - a meaningful quote

Write a quote that speaks to you, or maybe you have a motto in life. You can use font alphabets to try different kinds of lettering.

## Idea 2 - doodling

Maybe you were already making doodles in your workbook in high school, or you doodle when you're in a meeting or on the phone. It is a very easy and fun way to create some art. It will loosen up your hand and wrist, and it always looks nice. An easy way to start doodling is by just making circles. When you think there are enough circles on the page, fill the circles with circles. And fill those again. When you're done, choose some colors to brighten up (part of) the doodling.

## Idea 3 - what's on your mind?

What worries you the most? Whom do you think of mostly these days? Can you name something positive about the way your circumstances changed the past weeks? Color a background with some colored pencils, or water color if you have. Write down a thought, a question, something that comes up when you ask yourself the above questions. If it is a question, add some random question marks. If it is an intensive feeling, add some exclamation marks.

## Idea 4 - the colors you love

Think about your favorite colors. Page through some magazines and cut or tear out some pieces with the colors that appeal to you. Make a small mosaic in your art journal with these little pieces of paper. It might be hard to create something beautiful out of this, but you shouldn't worry about that. You could limit it to 6 squares for example. It makes you realize which colors you love and which ones you dislike. You take that knowledge with you onto the next pages of your journal.

## Idea 5 - things that happened

Think of 5 things that happened today (or yesterday), and write them all on one page. Add a little, simple drawing with each text. Don't make it too complicated. 'Doing the dishes' with a drawing of a dish, cup and soap bubble for instance. Somewhere on the page, add the date. Small or big, in the centre or on the bottom of the page, it doesn't matter. That goes for all your pages: make sure to add the date, it will give some extra value when you look back later.

# Final tip

If you just started an art journal, don't go looking around on the internet or social media for examples. You might get intimidated by all the amazing things you see. Remember, everybody needs to practice before reaching a certain level. And most of all, you are doing this for yourself. It does not have to be perfect or even get close to that.

**Just enjoy!**

