
Daily Drawing Challenge: 31 Art Journal Prompts with Dawn DeVries Sokol

Chapter 1 - Daily Drawing Challenge: 31 Art Journal Pages with Dawn DeVries Sokol

Series Overview

(upbeat pop music) - Hi, I'm Dawn DeVries Sokol and I'm an artist, an author, and an avid art journaler. I'm gonna take you through a month-long journaling exploration, and it's not really about making a page a day, it's just about getting into the journal. Everyday, we're gonna start with a prompt to get you into the journal and spark our creativity. Just by opening your journal everyday, you're gonna get into a creative habit of artistic expression.

Materials

- The great thing about art journaling is you can use anything in your arsenal and it really doesn't matter what it is. Most importantly is the art journal. This is one that I hand made because I like to have heavier papers to really hold the paints and the product that I put on them. I actually have a class on Creativebug showing you how to make your very own journal with the heavier papers. If you can't make your own journal or feel a little too intimidated by it you can use a Strathmore Mixed Media journal. I recommend it because the paper is awesome. It holds the mediums, it holds the paints that we're gonna to use. Here are some of my favorite things to use I like to use the Tombow Mono adhesive if you don't have anything like that you can use a glue stick or matte medium, tapes, brads, staples, anything that will adhere to your pages. I also like to use black inks. You can use a stamp pad, rubber stamps, a brayer if you wanna apply your paint that way. I also like to apply it with old credit cards. Pair of scissors and I like to have a lot of different pieces of ephemera to collage down and I have quite a few there. Stickers are also good if you don't have a lot of ephemera and think everyday as well. This is something that I picked up from a recent vacation and they put it on my bag. Things like that will work really well. Ribbons, all sorts of stuff. Also make sure you have a bunch of markers and pens and pencils that you like to use for making marks. I have the Liquitex paint markers, some different painters pens, these are awesome. I have some different pencils, pens such a gel extreme and those are in different colors. Martha Stewart makes some great glitter markers and also you wanna make sure you have a bunch of paint brushes in different sizes, a little bucket of water or cup of water to wash your brushes off in between colors. I also have a variety of craft paints that I like to use. If you have Golden's, Liquitex, anything will work but the craft paints are great and versatile. I also have some ink sprays that are really wonderful because they're water soluble. Stickles are always a great thing to have. Finally you wanna have some binder clips in your arsenal so that you can keep your pages down and it's easier to work on them.

Day 1: Smiley Face

- Since this is the very first day of our big art journaling month, we are going to really get down to basics with this prompt. I don't want you to worry about the kind of book you have. If you have a sketchbook, I've got my handmade book here, whatever works for you. But we're gonna get down to basics. I have put on my apron because we're gonna play with paints today. The prompt is a smiley face. It means whatever makes you happy. Really, you can interpret it any way you want but I'm gonna interpret it by showing a background technique of colors that make me happy. You can use your fingers or your brush, whichever works for you. I'm gonna start with some yellow. I just wanna get it down on the page. Now I'm gonna work with a little bit of the Robin's Egg Blue, with

my fingers. Make sure that if you're using paints and you're using your fingers, you will want to put on a barrier cream or use gloves or something if it's a toxic paint. These are non-toxic craft paints. I'm just kind of smearing it. I also like to use a nail to kind of doodle in some little bits and pieces of little things I'm thinking of. I just scrape it right into the paint. I'm gonna add another color. Make sure that you use colors on a spectrum that won't make mud. So if you wanna use green, make sure you kinda use a blue or a cool color with it and vice versa with your warm colors. So now that I've worked with cool colors and I wanna add a hot color, just wanna make sure that my layers have dried so I don't make any mud. So I'm adding my fluorescent pink. Basically what I like to do is just put a little on the tip of my finger, like so, and then I will just kind of rub it over the nail. It kind of accents those little scrapes and little bits that I put in there. So this is really a non-literal way to interpret this prompt. If you wanna just make smiley faces all over your page or something like that, that's totally fine. I'm gonna show you what I have done previously with this prompt. With what I've done here, I basically interpreted the prompt as what makes me happy. So seeing Big Ben in person makes me happy. That's what I wrote about. I put a little picture of the Big Ben clock and just kind of wrote down what makes me happy. Doodled a little bit around it and that's the prompt. It's not about completing a page. It's just about getting into the journal, interpreting the prompt any way you see fit.

Day 2: Spelling Bee

- Today's prompt is spelling bee, and I'm going to work on the page that I worked on yesterday. Spelling bee for me conjures up images of children, and words, so I'm going to use an image that I cut out, I'm going to use my tombo, give it a little glue, and position it in the bottom corner, and I'm going to kind of write around it. Actually writing out a word, that seems like it would be hard to spell. And I'm just kind of writing it on the page in a haphazard way, going back over my letters, with my pen to refine them. And then maybe I'll kind of doodle a little, a couple of little clouds, because I like to doodle clouds. And also, might even take, and kind of, put like a pencil line around this collage piece, so it doesn't look like it's totally sitting on the page, kind of blends in a little bit more. For me that's it, that's the prompt and I can come back to this page any time, or work on other pages for the other prompts.

Day 3: Hitch Your Wagon to a Star

- Today's prompt is a quote by Ralph Waldo Emerson. Hitch your wagon to a star. I don't have to draw anything. I'm just gonna letter this onto my page. And I'm gonna use my Micron 05. If you're not really sure about lettering, you can always print out something and paste it down. Trying to vary the lettering. If you don't like your handwriting, don't worry. If you practice more, you'll begin to like it a lot more. You'll begin to grow into it. And it's all about making your own mark anyway. (paper crackling) If you're hearing a little crackling while I'm writing this, it's basically because I have all the paint on the pages underneath, and it's kind of just pressing together. Don't be alarmed if you hear the same thing while you're working on yours. Lettering quotes on your pages are a nice way to add reminders to your journal.

Day 4: Furry Friend

- Today's prompt is furry friend. You could add a photo of your dog or your cat, or you could paint something. I'm just going to doodle something, and I'm just gonna doodle this with a Stabilo pencil, and you'll see why I'm using that in a minute. Great thing about the Stabilo is you can use water on

the tip of a brush, and smear it, so that it almost looks like you painted this on, and I think I'm gonna even add a couple words. And that's it. An easy peasy way to add to a page.

Day 5: Ruler

- Today's prompt is a visual one. It's a ruler. With this I'm gonna work on the page that we've been working on. Maybe I'll just draw some numbers. I also have a cloth tape ruler. I think I'm gonna add in, maybe just use it to line the bottom of the page. I'm just gonna use some of my Tombow Mono. You probably should use some matte medium, but for now I'm just gonna put this down with the Tombow Mono. And that's it. The point of the visual prompt is to get you thinking about other things. I thought of numbers immediately when I saw the ruler, but you could even think of size, dimensions, the wood. It's really all where your mind goes.

Day 6: All Those Pretty Lights

- Today's prompt is all those pretty lights and you can interpret this any way you want. Me, I'm just gonna doodle some. I'm actually just doodling little light bulbs. Adding in my clouds. Seem to be on a cloud kick lately. Filling in my clouds with some Signo, Uni-Ball Signo white UM-153 pen. And that's it. Actually this prompt was taken from a song title and I do that a lot. I like to bring stuff in from music that I listen to while I journal.

Day 7: Tell Me Your Secrets, Ask Me Your Questions

- Today's prompt is Tell me your secrets, ask me your questions, and that's taken from a line from a song from Coldplay. And so, this makes me think of this picture I have of one of my ancestors with a fish. And so kind of a joke kind of thing that I thought of. I'm going to collage her down onto the page. Gonna trace her with the Stabilo, so we get that nice little shadowy kind of effect. Plus this also kind of covers up imperfections in your cutting of the image. Smear that in. And then I'm gonna put down one of these little stickers that are quote bubbles. And let's see here, if we can find one that will work to the side of her, yes. We need one for the side. Just kind of above her. And her secret ... She's gonna say, "I caught this fish with my bare hands." It's a little off the wall, but it works for me. You can tell your journal a lot of your secrets and questions.

Day 8: Dream a Little Dream

- Today's prompt is dream a little dream. Sometimes I have a difficult time getting going with a prompt, so I just kind of doodle, so that's what I'm gonna do today. I start out by doodling some favorite icons of mine. I like to doodle stars. Kinda joining them together with some lines. And... When all else fails, you can write it out. I like to add little shadows into my lettering sometimes. I'm just going back over these letters. To refine them. That's the thing, if you don't like your lettering you can always go back over it to make it better. And you can just doodle even in a section of your page, you don't have to doodle the whole page. Sometimes I like to kind of section them off with doodles. So we get some curly lines, squiggly, scratchy. You can even go back in and fill some stuff in with markers. I'll use the gold to fill in the letters. That's it for today. Just goes to show you, sometimes a prompt won't spark completely for you. Won't give you that burst of inspiration. But at least gets you going and gets you on the page and in the journal.

Day 9: Draw What You See

- Today's prompt is an action. It's to scrape some paint on a page and see what you see, and doodle

from that. So I'm going to take (cap clicking) my light green and just pour a little on the page, and then I'm gonna scrape it across. Little credit card. (card scraping) And try not to be too perfect about this. Also gonna scrape it on the opposite page. Then I'm also gonna take some of the light blue and I'm gonna scrape that as well. And as you see, I'm doing this on a page that already has some paint on it. (card scraping) And now you're gonna wanna let that dry. Once the paint is dried you can use your Micron to write right on top of it. So I see kind of like a sail, so I'm gonna make a little sailboat. And let's see, maybe this is like a little shark fin in the water. Do some little waves. And it doesn't have to be a complete drawing either. I'm gonna just write something. And really if you feel kind of uncomfortable about your handwriting, you can always add words with rubber stamps or cut-out magazines. Let's add some paint and some collage. Gonna add a little bit of a kind of boat shape out of some collage paper. That's a little bit big. Just gonna cover that. Use some (glue clicking) Tombow to stick that on there. And don't worry about that. If you get extra lines and stuff, don't worry we can cover those up. And I'm gonna take a bit of my paint, and I'm gonna fill in the sail. (brush scraping) And then I'm also going to do a little, do a little finger painting, and I'm gonna kinda try to cover up that line a little bit but. I mean you can take this as far as you want to. It's really up to you. Using my Stabilo, I'm gonna just kinda go around that collage shape that I did. And the great thing about the Stabilo is, it smears with just a little bit of a water on your fingertip or even just your fingertip it'll smear, and it kinda adds like a shadowy kinda look to it. And then I think going to add just a little bit of blue to the shark fin, to the waves. I mean I could go back over this later and do more to it if I want. But it's really all about what you have time for and what you are inspired by. And so I could fill in the lettering. Just kind of loosely doing that. (cap clicking) And then I'm gonna wait for that to dry, and then I'm gonna go back over the letters with the Micron again. Now that it's dried I'm just gonna go trace around these lines again here. And it's not perfect, that's okay. I always just try to focus on the act of doing rather than reaching a perfection of some sort. And some of that's still a little wet so. The Micron doesn't take very well to wet paint, so you wanna make sure that your paint is completely dry before you do this. So just let the paint flow and see where it takes you.

Day 10: Bones

- Today's prompt is bones, which I'm going to doodle in my journal. (cap snaps) And actually, since I've been on a page with a fish, I immediately thought of fish bones. So, I am going to doodle, kind of work into that last prompt. And not having a reference in front of me, this is what I'm coming up with, so. And actually, I might even do that over here. And this one, I think I'll color in. And I always like to write with my doodles. I think letters add a lot to a page. That just kinda ties it in a little bit more with that last prompt, too. The lines. Very simple, very quick.

Day 11: Target

- Today's prompt is a visual. It's a target and it does kind of make me think of circles. So, I'm using Liquid Pearls. And they tend to be kind of a puffy paint on the page. Gonna carefully trace around these because the paint's still wet and this takes some time to dry. I'm also gonna draw like little lines from each of them, almost like they're hanging from strings like little ornaments. The targets made me think of circles and then I started drawing the lines. As you can see, it kind of made me think further ahead. Remember there are no rules to art journaling. Just follow where the prompts take you.

Day 12: Catch A Falling Star

- Today's prompt is Catch a Falling Star. And, I kind of took it literally. I found this little photo of myself, when I was probably about two or three years-old, and I've cut that out, and I'm gonna paste it down. And the reason I'm using it is because it looks like I'm literally reaching up into the sky. And I'm just gonna paste that near the edge of my page. And then I have these confetti stars. So, I'm just gonna take some matte medium, put a little bit on the tip of my finger and I'm gonna smear it just above the photo. And then I'm gonna take some star confetti, and I'm just gonna kinda sprinkle that on. And then, I'm also going to kind of, move the stars around. To kind of try to get them to lay down in the matte medium. Don't worry if some of them fly off. Just make sure that you really press down on them. You could cut out stars. You could draw stars. I think I'm gonna take those really big ones out. Just keep trying to press 'em while the matte medium dries, and you really want the matte medium to really dry for this. Some of these may fall off, and you might be tempted to add more matte medium to the top but they'll lose their shine, so just try to be patient and allow them to dry really well onto your page. Now, let's add some lettering. I'm using a Zebra Sarasa Clip. And I'm just gonna write the prompt in here. Some kind of doodle around it, a little bit, some squiggly lines, to kinda join that together. And then, also, we need to add in my Stabilo. Smear that in a little bit. And we got some stars falling off, but most of 'em will stick. Just remember, if you don't have a big collection of glitter or anything, start collecting little bits and pieces from different things that are around you. Letters, gifts, things that you get from other people. Make sure you hold a little stash off to the side, and you will use those in your journal.

Day 13: A Day in the Life...

- Today's prompt is A Day in a Life, and since I have this little elephant kind of image coming in on the side of my page, I'm gonna write about the day in a life of that elephant. And I'm gonna basically make a bullet list. Have fun with your lettering while you're doing this. 'Cause you can always go back over it later if you don't like it, and refine it. You can get really creative with this. And is just kind of a goofy, little list of what this elephant might do during his day. You might even want to make the prompt about you. Add your photo to the page and just write your list about your day in your life around it.

Day 14: So Emotional

- Today's prompt is "so emotional." And I was thinking of the song Sweet Emotion by Aerosmith. For some reason, it just popped into my head. I'm just gonna go with that. I'm gonna turn my journal around so that it's easier for me to make the lettering. And I'm gonna start with a painters pen. And I'm gonna make my letters thick. And fill that in. I'm gonna kind of refine the outline. And I keep having to turn my page. Make sure you turn your page because you want to be able to work the lettering easier without smearing it. Your ink may take a while to dry. So now I'm just outlining these letters with another black pen that is a lot thinner. And if you're not really sure how to make your letters, look for a word in a magazine or something and then try to draw that. So you're drawing the letters. And it's really, also, too, about drawing a basic letter and then just working over it until you're happy with the final product. Gonna add some color, hopefully this is dry enough. And I mean, you could even do these letters first in the color and then outline with the black. But I'm just gonna color 'em in. And make sure your lettering is dry before you do this. Having to dab my pen every once in a while just because some of the black ink is still wet and it's kind of muddying up the red, so trying to keep that off of my, the tip of my pen. I'm gonna let that kind of dry. I think what

I'm gonna do with this is I'm gonna outline it with the red. Using the black marker, I'm gonna go back and clean up the emotion word. Don't be afraid to write right up to the edge of your page. You might even kind of write off of it, but don't worry about it. It's all good. Your own handwriting is really your mark on your pages and that's what makes it special.

Day 15: Room for Squares

- Day 15, we're halfway through the month. And don't worry if you're just joining us. There's always room for you. By now, your journal's filling up so we're gonna make room for squares which is our prompt today. Collage down some squares. You can paint squares, you can draw squares. If you wanna doodle squares... Anything you want. And I am going to just... I cut out some interesting squares and I'm just going to paste them down with my Tombow Mono. And these are from different catalogs, different mailings that I've collected. Have interesting images and patterns. They're not perfect squares, either. That's okay. And now, I think I'm going to doodle around them. Maybe outline them with a black painter's pen. Try to even those lines up a little bit. I'm just going to keep drawing squares. Almost like a periodic table. And... Maybe, you'll doodle something else in the squares. Like an eye. In this squares, I'm just going to do kind of rounded squares. Kind of like a little pattern. Kind of coloring every other one. And I'm going to fill in the black around those little squares. And then, this one, I'm just going to do a little doodly... They're kind of scallops or little half-circles. Do lines of those. With something as simple as a square, you can add collage, doodles, images, anything, and you'll never know where it will take you.

Day 16: Fortune Cookie

- Day 16. I hope things are going well for you and your journal. Today's prompt is gonna be a fortune cookie. What would I want my fortune to be? I'm gonna doodle a little bit too. I'm gonna frame it. Just kind of get the pen down on the page. It's important if you don't know where to start, you just start to doodle cause it just gets your hand moving and it'll get you mind moving as well. Don't worry if you doodle the same things over and over. We all have our symbols that we like, our go-to icons. That's okay. I'm gonna go back over some of my lettering. If you want, look at your lettering as doodling. It's kind of a repetitive process. In that way, it's meditative too. Okay. I wanna add some color to my page as well. I'm just using a Gel Xtreme pen and it's like a lavender kind of color. It's got a little glimmer to it. Using a photo is just another way to add imagery in your journal.

Day 17: Let There Be Cake

- Let there be cake. You can go many ways with this. I wanna collage a cake so I'm gonna do that on one of my pages that I've worked on before, but I just wanna make sure that you know that it's really okay if you want to do something over one of your previous prompts, you totally can. Even if you don't totally cover it, it's actually good because it kinda adds depth and layers to your journal pages. So I'm gonna start by cutting out pieces for collage. I like this mailer because it has a lot of different images in it. I'm actually just gonna size it so that it sits right on top of that ruler, that cloth taped thing that we used. I'm using my Tombow Mono, and I want it be kind of a funky cake so I'm just gonna kind of angle some of these pieces a little bit. I've gotten lot of bits over the years from previous trips. Then I'm gonna use some pattern tissue. Tape it over that way so we don't go over our little dog right there. I'm just gonna put a drop of the matte medium down. That's all you really need. I like the way the background shows through the tissue. I think one more for the topper, kinda mimicking the grid piece that we used earlier. Seems kinda big though still so I think I'm gonna cut

that in half. Tombow onto the back of that. Maybe you want to decorate your cake, you can do that with different things like pearl paints, stickles, and various makers. You can write around it if you want, do some doodling, maybe add some candles, maybe a little 'Happy Birthday to Me'. It's up to you, but have fun with it.

Day 18: Start Where You Are

- Today's prompt is a quote by Arthur Ashe. "Start where you are. Use what you have. Do what you can." So I'm just gonna use some paints and my fingers, and just have fun on the page. I'm gonna put it on all four of my fingertips. It's not the typical way that I finger paint, but it might create some interesting visuals. Then I'm gonna dip each finger into my yellow, and I'm gonna do the same thing. I'm not worried about mixing these two because they're warm paints on the spectrum. And then I'm gonna take some of the green. Light green. Just oh so little on my fingertips. I'm gonna wander over onto the facing page. I really wanna get some of the paint off my fingertips so I'm just gonna smudge it here and there. And then I'm gonna use a little bit of the light blue. And then I'm gonna go in with the blue and just kind of smear it over some parts. Just to kinda mix things up. You could doodle over this. Collage over it. It's up to you. You could work on this page later. And I'm gonna go back with the yellow, and kinda just lightly tap that around, and I'm gonna do the same again with the green 'cause I'm starting to see something in here. A little bit of a garden at the bottom. Like flowers. And I could, you know, doodle over it later or go back over it later with something else, but you just wanna kinda tap that down a little bit. I'm gonna take my little nail, and just scratch into those areas. Like little flowers. Doing this really provides some depth to your page. Once it's dry, I'm gonna go back over it with a little bit of the fluorescent pink paint. Dip my fingertip lightly in the bottle, the top. I use my fingertips just for the effect that it gives. It's different than a brush. With a brush you have the bristles kind of making little streaks and stuff, and I just like the smoothness. I feel more in tune with what I'm doing when I'm working with my fingers rather than the brush. This page could be something that I doodle over later or use as a background on its own.

Day 19: Tape It Up

- We're gonna use a material today that we haven't used yet, because the prompt is tape it up. We're using washi tape. I have several different kinds of tape here. And I'm just gonna start to place them on my page. It's almost like you're decorating the page, but you're doing it with tape. Lay them down every which way. And even if you have to fold some over the edge of your page, that's cool. I'm just gonna continue tearing up tapes and laying them down all over the page. (upbeat music) I'm gonna leave a little bit of the background showing so I can doodle on this page later.

Day 20: Splatter

- Today we're gonna splatter ink all over our page and I wanna do this with some Dylusions Ink Sprays and some Bombay black ink. I also have a water bottle because the way I'm going to use the Dylusions is not typical. I'm actually drawing with it and doodling with it with the stick end instead of spraying it. Then I'm going to take my water bottle and spritz it. It gives you a little more control. Then I'm going to let it flow. Here again, it's going over a previous prompt, that's totally okay. Now, I'm going to take some of my black India ink, Using the dropper, which I'm going to hold high above the page, and I'm gonna just let it splatter. You wanna make sure that this dries really well before you do anything more on it. You can dry your page naturally or you can use a heat gun to dry the ink but just remember that it may run around on your page and give you some different effects.

Once it's dry we can add some doodles, we might even add some more ink before this is all done. I'm just going back over the prompt that I had before. Add a few little clouds. I'm gonna fill in those clouds a little bit. I really like clouds on my pages lately. I don't know why but don't worry about doing the same things over and over. It's just what makes your pages you. See how that white Signo has picked up some of that pink ink underneath and made that cloud pink. That's the beauty of the water soluble inks, the water based inks, they tend to pull up through the paints and stuff that you're using on top of them. So even that's going pink. Go back in and using some white... Of course you could keep going with your doodles on this page or leave it as is for now, even going back to it later and doodling some more.

Day 21: On a Tear

- I hope that you're starting to see a lot of your pages getting built up by now at this point of the month where we're, we're starting to take a lot of the prompts, working on a lot of the pages all at the same time, kind of jumping around in your journal. But you're also, you're starting to fill up those pages with paint and collage and doodling and really making them your own. Today our prompt is tear it up. And we are going to do something that we haven't done yet. We're taking a black and white photocopy and we're going to tear it out, paste it down, and then put some watered down paint over it, kind of blend it into that background. So you can use really any, any images that you have. But make sure that they have been printed out on a black and white copier, kind of on a cheaper paper. It doesn't have to be really heavy paper. And also, you can also print it out on a laser printer too, but just make sure it's black and white. So I'm going to use a photo of my grandmother holding my mom when she was a baby. And I'm just gonna tear out them from the actual photo itself. And you want to tear it because it blends the, the edges into the background, makes it look more natural, as if it's part of the background, not just sitting on the page. Gonna use a little bit of my matte medium and I'm just gonna put like a drop down on the page. Spread it around with a brush or your finger. Put a little bit on the back of your image. Place it down where you want it and then just make sure it's on there. Once that gel medium has dried, we're gonna apply our paint. And actually, I want to make this, really wanna water this down. So I'm gonna, think I'm gonna take my water bottle and spritz some of that onto my palette and work that in so it's kinda, it's gotta be pretty runny. It's just on my fingertip. And you can use a brush if you want. Because that, some of that background is that blue color, I'm gonna take some not watered down paint and just I'm just gonna kinda rub it around there so it looks a little bit more like it's part of that. Now you have another way to add an image to your page but integrate it more into the background.

Day 22: I Am What I Am

- Today's prompt is I Am What I Am and you can interpret it anyway you want. But what I've decided to do is take a photo of myself when I was a little girl, and I'm gonna adhere that to my page. I'm gonna go around that with my Stabilo. Just to give it that shadowy kind of depth. Smear it in. Because this is a photo of me as a little kid, I'm gonna write about the child that I was. And since I have a shark reference on this page, I'm going to point out how at the time, I was obsessed with the movie Jaws. And really all things, all things with sharks. They really scared me. Going to write about how I loved Little House on the Prairie. And the Wicked Witch of the West. The Wizard of Oz scared the bejesus out of me. I'm gonna go back over some of my lettering. I'm gonna also tie this writing in with the image by doodling around it. Just make sure you don't smear your ink. If you do, you can go back over it. Just really doodling like a little border. (whispering) I'm gonna try to make these

letters look a little bit better. I can always go back over them later. (paper crunching) You can hear the crunchiness of the paint and the other pages. Okay. This prompt allows you to reflect a little bit more on you. And really, that's what journaling is all about. Putting little bits of you onto your pages, filling out your journal with your mark, your preferences of color, your taste, your style. It's all about you. So I think this prompt fits in really wonderfully to our month.

Day 23: Face It

- Today's prompt is Face It. You can do people faces, dogs, cats, anything that you want. You could collage, doodle, paint, however you want. I'm just gonna doodle some cat faces on my page. Very simple. You can even kind of overlap them, so it looks like they're kind of layering. With these doodles, I'm just drawing from my imagination. They're just doodles, nothing more. I think I'm gonna add a little bit of color to them. And I'm just gonna use one of my Gel Xtreme markers. Adding little stripes and circles, not just scribbling in color. Trying to make the cats look a little bit different from each other. I think it's really good to try to practice things that maybe you think you can't quite draw very well. Just doodling them, the repetition, over and over again, really helps you to practice, and helps you to find your own style.

Day 24: Rainbow

- Rainbows are something that are elusive and hard to capture. But it's gonna be something we're going to try to capture on our page today. I'm going to be using some different colored paints to get that, kind of rainbow effect, but I'm also not gonna be doing the typical traditional rainbow, on the page. I'm gonna actually be painting little, kind of, lines. And I'm just going to do this, with a very fine, small brush. The yellow seems to have dried a little bit. And it doesn't have to be a true, rainbow blend either, but just to kind of, do something different. And this would make a great background too, To write over or doodle over later. Yeah, see I should have gone yellow, I should have started with yellow first and then gone to orange and then red, but that's okay. I'm adding a darker blue to my palette. This is just one way to interpret this prompt, but it's also a great way to fill up the background of the page, and give it more depth.

Day 25: Fish Bowl

- Today's prompt is fish bowl and I wanna loosely interpret it. I'm gonna start by painting very simple fish on this page. I've already got a blueish kind of background so it kind of gives the impression of water. I'm just gonna do some different colors. These almost look like goldfish crackers so they're very simple, that's okay, you can get as intricate as you want. I'm also gonna doodle, or paint, some little kind of plants. I'm gonna keep painting the fish. I might add some different colors to them. Maybe make their tails a little bit more elaborate. I think it's always best to start with the basic shapes and kind of add flourishes and stuff after that. It's kind of like doodling, except you're doing it with paint. I'm also gonna doodle a little bit of lettering on top, and maybe add some doodles of black pen to the fish. I'm gonna use my micron pen and I'm just gonna add little eyes. Maybe little fins. I'm also going to add some words. It's okay if you write over your fish, they won't mind. I'm gonna go back in and clean up the one word, with a different pen. I'm gonna fill it in. As with any prompt, you can dissect it to work for you. And in this case I didn't even focus on the fishbowl itself, I just focused on the fish.

Day 26: Hocus Pocus

- The prompt we're focusing on today is hocus pocus. I'm just going to doodle a rabbit coming out of a hat. So, I'm just gonna kinda scribble the beginnings of the hat on here. And not all pens work on all surfaces. Gonna try a painter's pen, which should do the trick. (pen scribbles) I'm just gonna grab a white pen, and doodle in some rabbit ears. Can just see him. I'm still having issues, so I'm gonna try the Liquitex, even though it's broader tip, at least it'll fill in some of that white. (pen scribbles) Gonna outline it with the white pen to kind of bring it all together. Take advantage of this pen working a little bit better. And then (cap snaps) going to write next to it. This is a Fude ball pen. I really like how it writes over certain paints. Maybe we can kinda fill in that hat a little bit better. Can give it a little bit more color black there. Even if you're not really sure about where to go with a prompt, just go in, make a mark, and see where it takes you.

Day 27: What a Pair

- Today's prompt is "What a Pair". And immediately when I think of pairs or what a pair, what a great pair, I think of my parents. I've got this picture of them when they were really young and this was before they got married. And the way my dad's kind of, it's almost like my dad's trying to pose my mom for the picture and she doesn't want to have her picture taken. It's just kind of funny, so I thought I would paste that in. Kind of next to our little garden that we created a few days ago. Just going to use my Stabilo to make an edge around them, do that kind of smeary shadow thing. The great thing about this is, too, if you do this on all of your cutout image throughout your journal, it will create a consistency. And I'm gonna take my Fude Ball pen and I'm just gonna write something about them. Well, I think I'm just going to write "What a Pair." Once in a while, a prompt will just come down to something as easy as this, a photo and just a couple of words.

Day 28: Do Something Wonderful

- We have a quote for today. "Do something wonderful, people may imitate it," Albert Schweitzer. What I'd like to do is just write the quote, but I'm gonna put some paint down on the page first. And I'm just gonna do that with some craft paints and my fingers. This page already has some color down, but I want to add a little bit more. (frictional scratching) I'm just trying to get a little bit of paint kind of overlapping these two pages so that they kind of join together a little bit better. Once your paint is dry, we're gonna work on the lettering. The key thing about doing a long quote like this is to vary up sizes and styles of your words. So, for instance, I have made the word do somewhat large, and it's in just a, kind of a block letter. So, I've written that, the word something, in script. Going back over it. And then, the word wonderful. And sometimes you might run out of room, like this. So, I'm actually gonna just scrunch my letters. It happens. Don't worry about it. And then I'm gonna do the word imitate in larger, open letters. And with this looping down, I'm just gonna kinda scrunch that e underneath there. And then you can kinda doodle around it. Maybe add little kinds of doodles here and there. Don't be too concerned about making it perfect. As you can see, some of my lettering will slant up to the right, and it happens. If you're really worried about it, you can practice on some ledger or lined paper. But all in all, it's a journal, and there are no rules. It's just whatever you want it to be.

Day 29: All You Need Is Love

- All you need is love, that's today's prompt, and it just makes me think of hearts, so I'm just gonna doodle hearts all over my page. And I'm also gonna use a red paint marker to do this. Now I'm gonna kind of join these two pages together with this row of hearts. Gonna make them bigger. I'm

gonna do a bunch of small ones too. Gonna make it, try to make it look like they're kind of going off the page. With this prompt it kind of brought a lot of this page together, and the prompts don't all really, they weren't meant to go together but they do. We have the love and we have the parents and kind of the garden of roses. And it all just kind of works together and flows.

Day 30: Leaving on a Jet Plane

- Let's find a page for today's prompt, Leaving on a Jet Plane. And, there's a lot of pages in this book that are, they're gettin' full, which is great. But, I feel like, I don't know, I need to see something first that maybe might pop out. And actually, this background pops out for me. Because, I can kind of see the jet plane in the brush work already, of the paint, and I can see buildings and a sky. So, I think I'm gonna use that as a basis for doodling. Gonna go to my Fude Ball because it writes over everything. And you wanna start tracing the outlines of these buildings that I see. Just doodling in some very loose, sketchy, kind of, buildings with windows. Just mimicking what I'm seeing in the paint. And it's kind of an abstract. And the plane. It's a little boxy, but it's okay. I'm not real happy with that one line, so I think I'm going to try to just paint it out, just a little bit. Just gonna blot some paint over it. It's a great thing about working on a painted background, can't use an eraser, but you can definitely use paint to, kind of, erase little things that you don't like. And a little splotch. I've really been enjoying this process lately, of just putting down some paint with different brushes, and then doodling what I see. It's a great way to work and play on your pages without having a plan.

Day 31: Elvis Has Left the Building

- The last day means that this prompt is bittersweet. Of course, I hope that you've really gained a lot through this journaling challenge, and have been able to fill up your journal in ways that you never thought of before. Today's prompt though is, "Elvis has left the building." And it's kinda of an exit, kind of an ending kind of prompt. And what I first thought of when I thought of this prompt was Elvis and the girls who loved Elvis who cried over Elvis when they watched him perform. And I found a couple of like black and white photos from a yearbook of girls that I think would have cried over Elvis, and I'm gonna paste them onto a page and do some quotes from them. So I'm gonna use my matte medium. And I'm just gonna wipe it around with my finger and then also onto the strip so I know that it's really on there. And since this has gel medium on it from a previous attempt at something. I had cut it out for something and put gel medium on top of it. It's kinda curling up so we really wanna make sure that it's pressed down and dry before we do anything more. We can even use our credit card to kinda burnish it. Once dry, I'm going to do my little, kinda like this little quote bubble. What would they say about Elvis? How 'bout, "Oh, Elvis, please don't go!" We can kinda rework our letters a little bit. And if you're working on thinner paper like this is, you'll notice that if you have paint on the page underneath or anything underneath, it might kinda create a rough surface for you to work over, so don't worry too much about how things end up. 'Cause you're kinda hitting some bumps and ridges there from the paint below. And then she's probably gonna say, "I just want to be your teddy bear!" And draw a quote bubble around that. Kinda up onto the photo a little bit. And so we could do little, you know, like "Oh, they love Elvis." Art journaling for me is just a daily practice. You just gotta get in there and do it. Goodbyes are never easy, so with that I'm outta the building. Just kidding, I hope you enjoyed it.