



THE

ART & SOUL JOURNAL

365 DAYS OF CREATIVE PROMPTS

FIND MOMENTS OF MINDFULNESS AND
TAP INTO YOUR INNER CREATIVITY.

AWAKEN YOUR INNER ARTIST AND LET YOUR IMAGINATION FLOW WITH THE ART & SOUL JOURNAL.



THIS JOURNAL FEATURES 365 CREATIVE AND SOULFUL DRAWING PROMPTS DESIGNED TO HELP YOU RELAX, DE-STRESS, AND EXPRESS YOURSELF. WHETHER YOU'RE A SEASONED ARTIST OR A COMPLETE NOVICE, THE ART & SOUL JOURNAL WILL PROVIDE YOU WITH ENDLESS HOURS OF CREATIVE FUN. WITH ITS BEAUTIFUL DESIGN AND INSPIRING QUOTES, THIS JOURNAL IS THE PERFECT WAY TO NURTURE YOUR CREATIVITY AND CONNECT WITH YOUR INNER ARTIST. SO GRAB A PENCIL AND LET YOUR IMAGINATION RUN WILD!

1.

DRAW SOMETHING THAT REMINDS YOU
OF THE LAST TIME YOU FELT DEEPLY
RELAXED.



2.

DRAW AN ITEM FROM YOUR CHILDHOOD
THAT REMINDS YOU OF YOUR TRUE SELF.



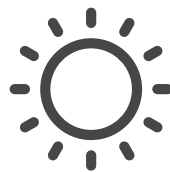
3.

WHAT DOES YOUR SOUL LOOK LIKE?
DRAW A PICTURE OF IT.



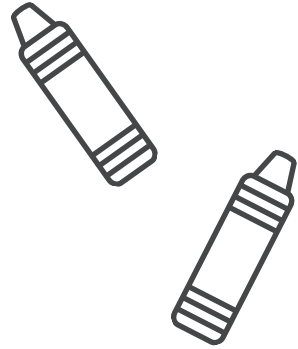
4.

WHAT IS YOUR FAVORITE SEASON?
DRAW A PICTURE THAT REPRESENTS IT.



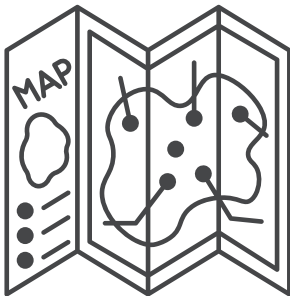
5.

WHAT COLOR ARE YOU FEELING TODAY?
DRAW SOMETHING USING THAT COLOR.



6.

DRAW A PICTURE OF YOUR HAPPY
PLACE.



7.

WHAT MAKES YOU FEEL PEACEFUL?
DRAW A PICTURE OF IT.



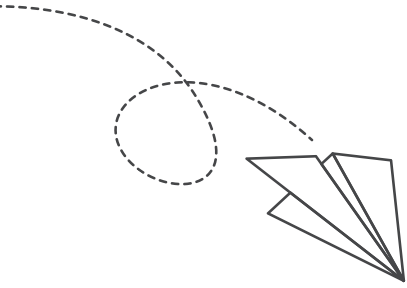
8.

THINK OF SOMEONE WHO ALWAYS
MAKES YOU FEEL LOVED. DRAW A
PICTURE OF THEM.



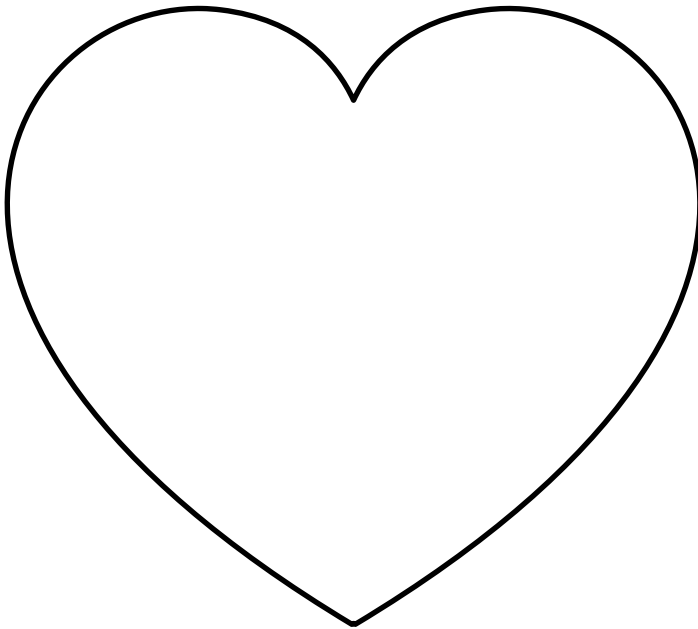
9.

WHAT ARE YOU GRATEFUL FOR TODAY?
DRAW A PICTURE OF IT.



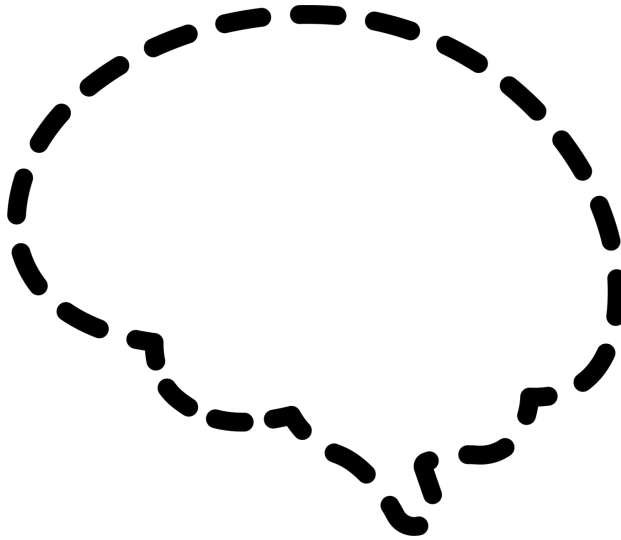
10.

WHAT DOES YOUR HEART WANT YOU TO
KNOW? DRAW A PICTURE OF IT.



11.

CLOSE YOUR EYES AND DRAW THE FIRST
THING THAT COMES TO MIND.



12.

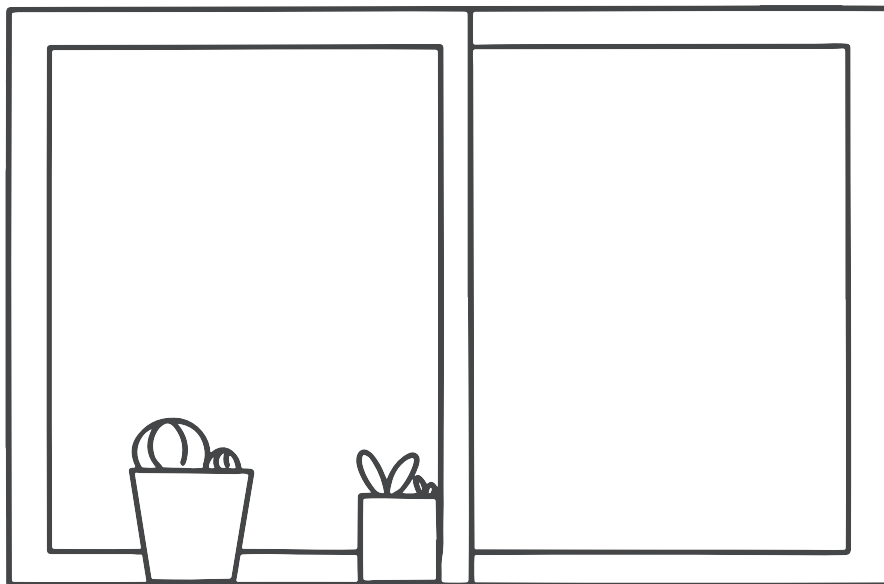
WHAT'S SOMETHING THAT
ROMANTICIZES YOUR EVERYDAY LIFE?
DRAW IT.



13. WHAT IS YOUR FAVORITE TIME OF DAY?
DRAW A PICTURE OF IT.

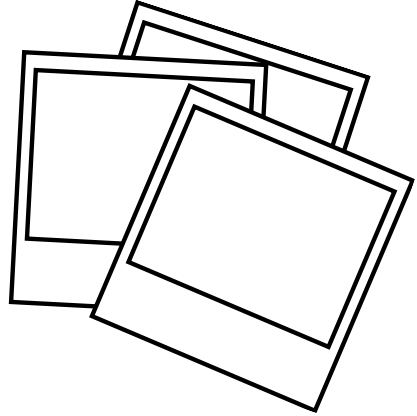


14. SKETCH OUT THE VIEW FROM YOUR
WINDOW.



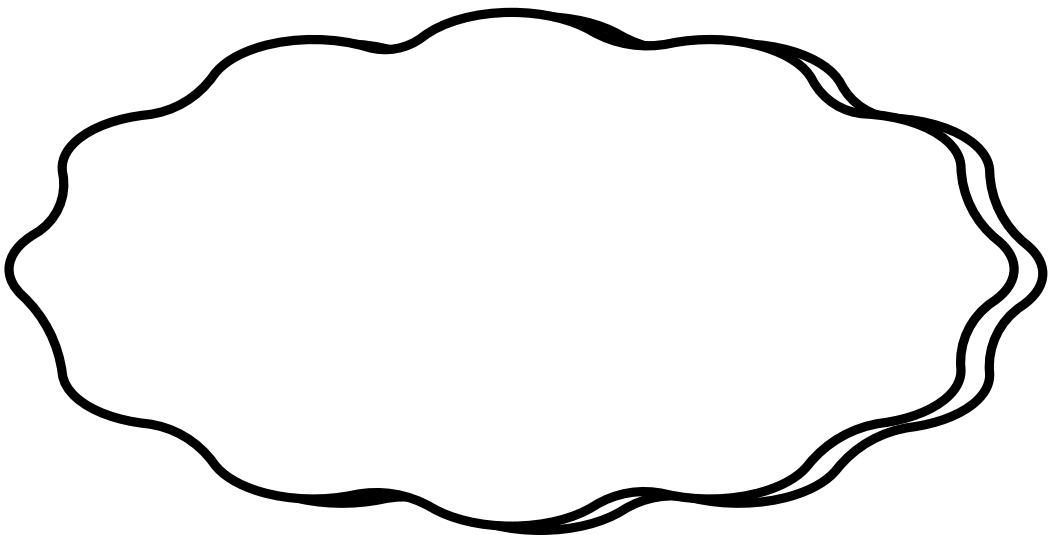
15.

WHAT'S YOUR FAVORITE THING ABOUT YOURSELF? DRAW A PICTURE OF IT.



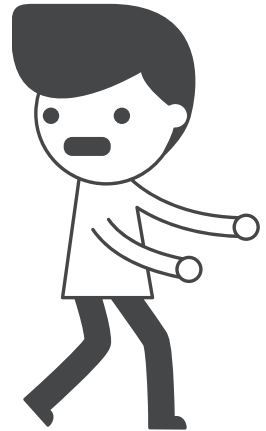
16.

WHAT ARE YOU PASSIONATE ABOUT? DRAW A PICTURE OF IT.



17.

WHAT IS YOUR BIGGEST FEAR? DRAW A PICTURE OF IT.



18.

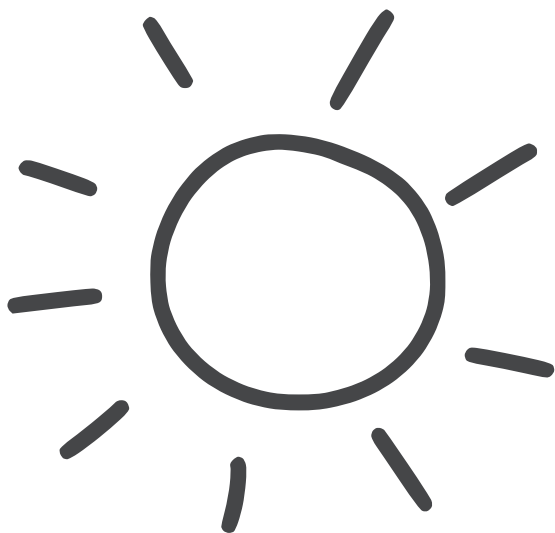
WHAT MAKES YOU FEEL ALIVE? DRAW A PICTURE OF IT.



19. TAKE A DEEP BREATH AND DRAW THE FIRST THING THAT COMES TO MIND.

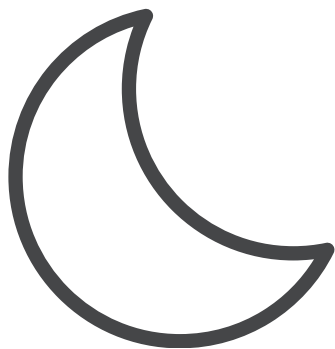
BREATH

20. WHAT'S THE FIRST THING YOU ASSOCIATE THE SUN WITH? DRAW IT.



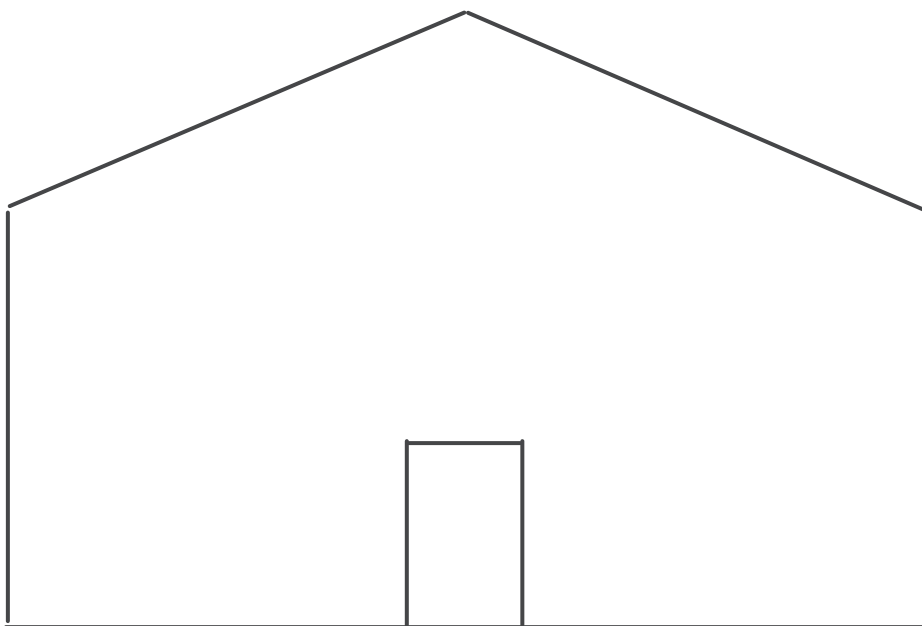
21.

WHAT'S THE FIRST THING YOU
ASSOCIATE THE MOON WITH? DRAW IT.



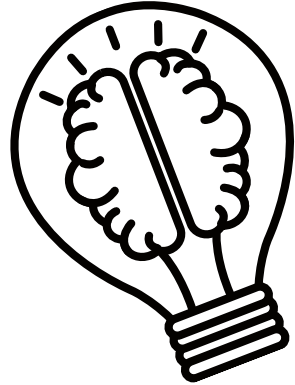
22.

WHAT'S THE FIRST THING YOU THINK OF
WHEN YOU HEAR THE WORD 'HOME'?
DRAW IT.



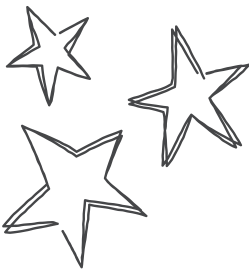
23.

WHAT'S YOUR FAVORITE MEMORY?
DRAW A PICTURE OF IT. OR AN ITEM
THAT IS PART OF YOUR MEMORY.



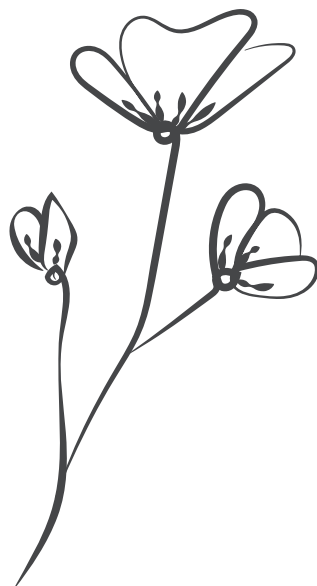
24.

DRAW A PICTURE WITH STARS.



25.

WHAT DOES YOUR FAVORITE FLOWER
LOOK LIKE? DRAW IT.

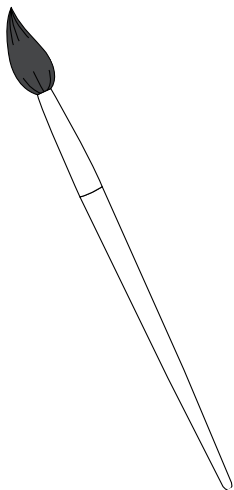


26.

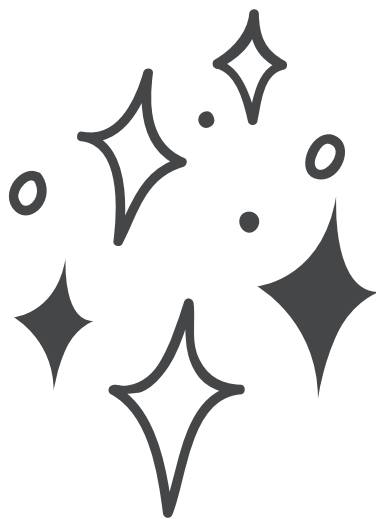
CREATE YOUR OWN FANTASY FLOWER.
DRAW IT FROM DIFFERENT ANGLES.



27. WHO IS YOUR FAVORITE ARTIST? DRAW A PICTURE IN THEIR STYLE.

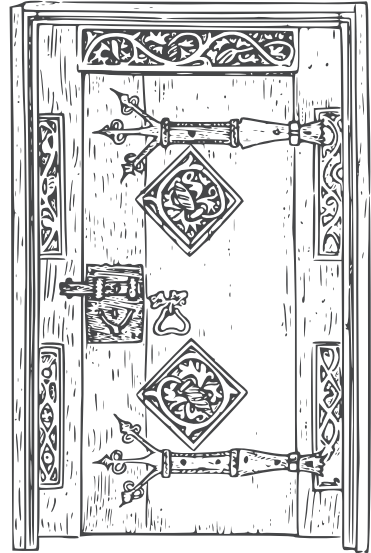


28. IF YOU COULD HAVE ANY SUPERPOWER, WHAT WOULD IT BE? DRAW A PICTURE OF YOU USING YOUR SUPERPOWER.



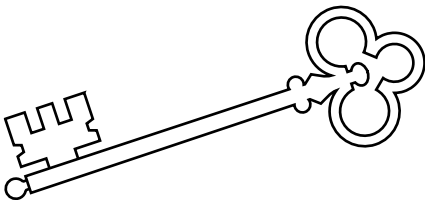
29.

YOU ARE WALKING THROUGH A FOREST
AND YOU SEE A DOOR. WHAT DOES IT
LOOK LIKE? DRAW IT.



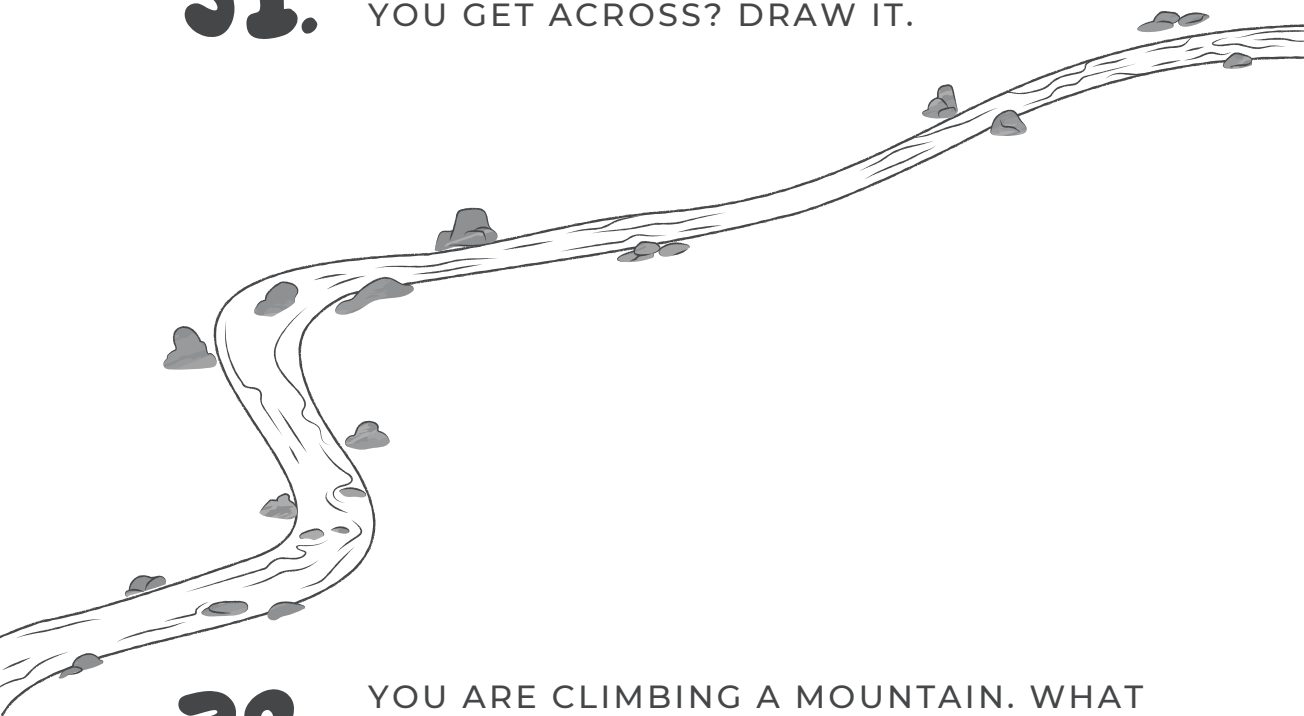
30.

YOU FIND A KEY ON THE GROUND. WHAT
DOES IT LOOK LIKE? DRAW IT.



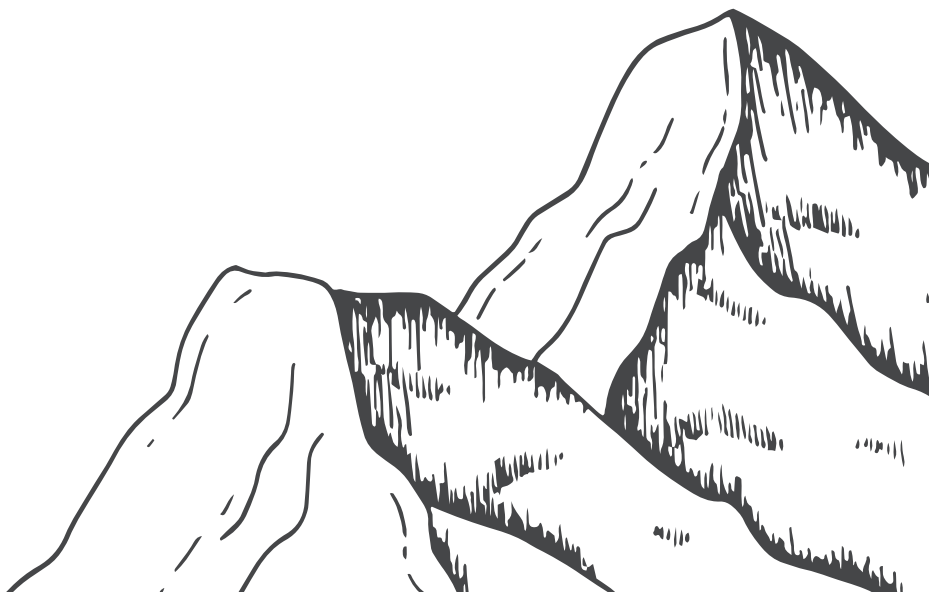
31.

YOU COME ACROSS A RIVER. HOW DO YOU GET ACROSS? DRAW IT.



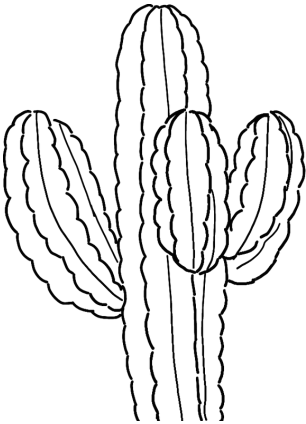
32.

YOU ARE CLIMBING A MOUNTAIN. WHAT DOES THE VIEW LOOK LIKE FROM THE TOP? DRAW IT.



33.

YOU ARE IN A DESERT. WHAT DOES IT
LOOK LIKE? DRAW IT.



34.

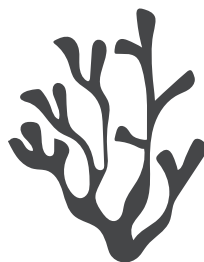
YOU ARE IN A CITY. WHAT DOES IT
LOOK LIKE? DRAW IT.



35. YOU ARE IN SPACE. WHAT DOES IT LOOK LIKE? DRAW IT.



36. YOU ARE UNDERWATER. WHAT DOES IT LOOK LIKE? DRAW IT.



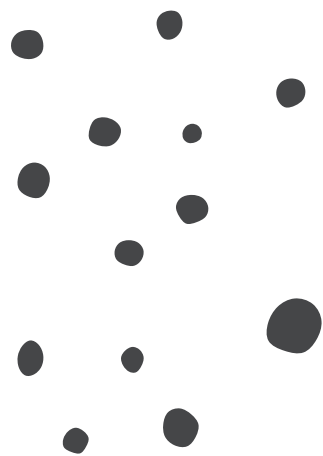
37.

DRAW SOMETHING WITH STRIPES.



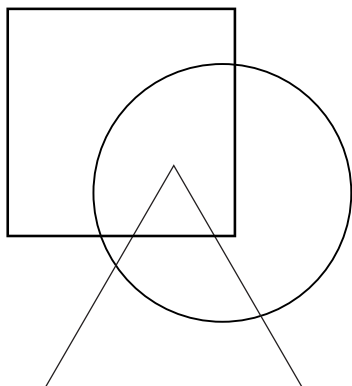
38.

DRAW SOMETHING WITH POLKA DOTS.



39.

DRAW SOMETHING THAT IS YOUR
FAVORITE SHAPE.



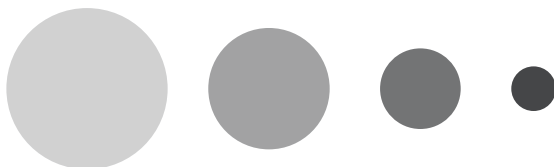
40.

DRAW SOMETHING USING YOUR THREE
FAVORITE COLORS.



41.

DRAW SOMETHING MONOCHROMATIC
USING YOUR LEAST FAVORITE COLOR.

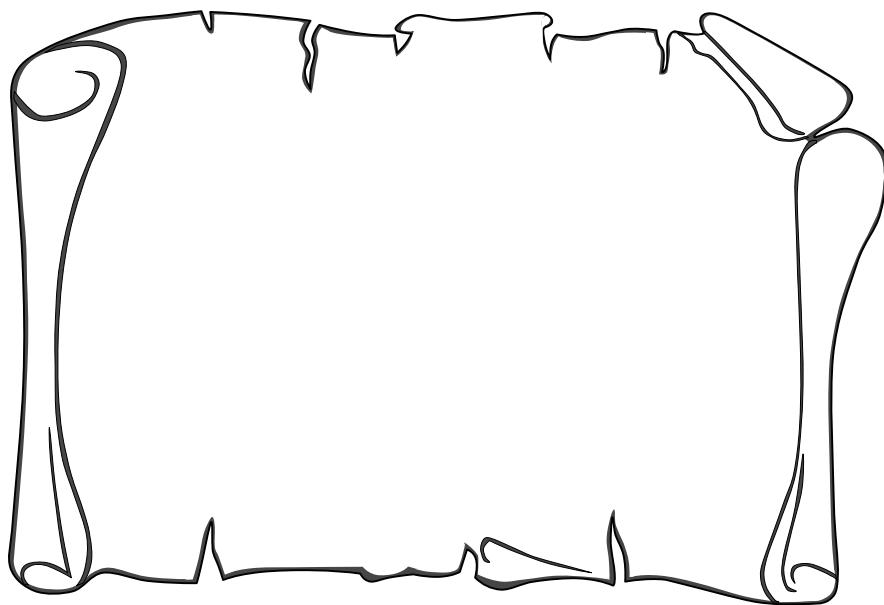


42.

ADD DETAILS TO AN EXISTING DRAWING
TO MAKE IT YOUR OWN.

43. COMBINE TWO OF YOUR FAVORITE
DRAWINGS TO CREATE A NEW ONE.

44. TAKE AN OLD DRAWING AND CHANGE
THE COLOR.



45.

DRAW CLOUDS.



46.

DRAW RAINBOWS IN DIFFERENT STYLES.





DRAW THE SUN IN DIFFERENT STYLES.

48.

DRAW THE MOON IN DIFFERENT STYLES.



49.

DRAW SOMETHING INSPIRED BY YOUR
FAVORITE SONG.



50.

DRAW SOMETHING INSPIRED BY YOUR
FAVORITE BOOK.



51.

DRAW SOMETHING INSPIRED BY YOUR
FAVORITE MOVIE.



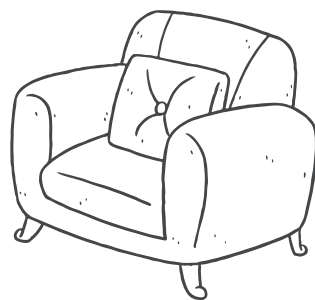
52.

DRAW SOMETHING INSPIRED BY
NATURE.



53.

WALK AROUND IN YOUR HOME. FIND BEAUTY IN SOMETHING YOU HAVEN'T LOOKED AT IN A WHILE. DRAW IT.



54.

LOOK OUTSIDE. FIND BEAUTY IN SOMETHING YOU NORMALLY WOULDN'T NOTICE. DRAW IT.



55.

CLOSE YOUR EYES AND DRAW THE FIRST THING THAT COMES TO MIND.

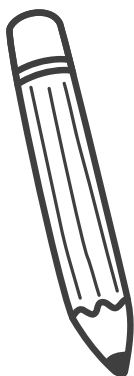


56.

PICK A RANDOM WORD AND GOOGLE 'X STYLE'. DRAW SOMETHING IN THAT STYLE.
(FOR EXAMPLE, IF YOU PICK THE WORD 'APPLE', YOU COULD GOOGLE 'FRUIT PAINTING')

57.

GO BACK AND LOOK AT YOUR DRAWINGS SO FAR. PICK SOMETHING TO REDRAW TODAY.



58.

DRAW A STILL LIFE WITH THREE OF YOUR FAVORITE THINGS.



59.

TAKE A PICTURE OF SOMETHING AND
USE IT AS INSPIRATION FOR A DRAWING.



60.

FIND A WORD IN THE DICTIONARY AND
USE IT AS INSPIRATION FOR A DRAWING.



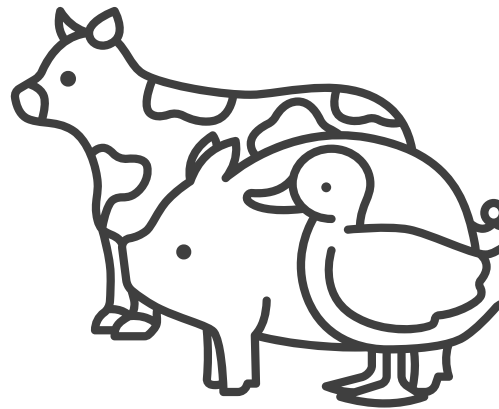
61.

GO OUTSIDE AND TAKE A NATURE WALK.
DRAW SOMETHING YOU FIND ON YOUR
WALK.



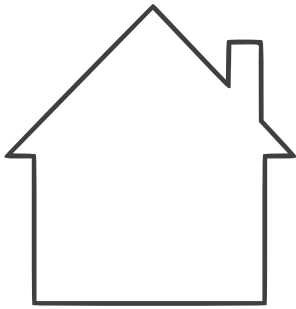
62.

LOOK AT PICTURES OF ANIMALS AND
DRAW YOUR FAVORITE.



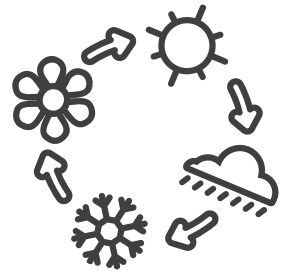
63.

PICK A COLOR. FIND THINGS AROUND
YOUR HOUSE THAT ARE THAT COLOR
AND DRAW THEM.



64.

DRAW SOMETHING INSPIRED BY YOUR
FAVORITE SEASON.



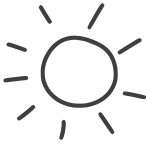
65.

WHAT'S YOUR FAVORITE HOLIDAY?
DRAW SOMETHING ASSOCIATED WITH IT.

* Happy
* holidays *

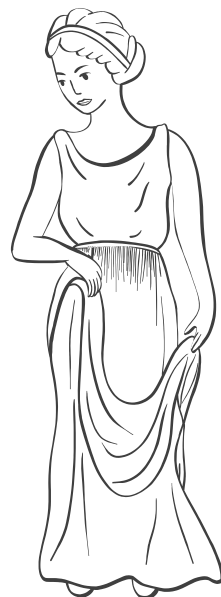
66.

IT'S A CLOUDY DAY. DRAW THE CLOUDS.
IT'S A SUNNY DAY. DRAW THE SUN.



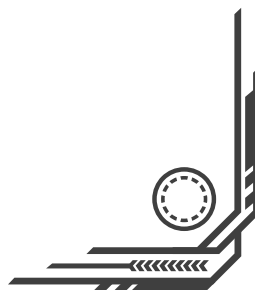
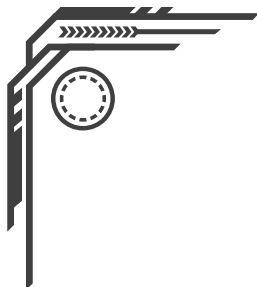
67.

DRAW SOMETHING THAT REMINDS YOU
OF ANCIENT GREECE.



68.

DRAW SOMETHING THAT REMINDS YOU
OF THE FUTURE.



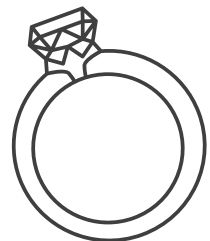
69.

YOU ARE IN A MEADOW. DRAW THE
FLOWERS.



70.

YOU FOUND A PIECE OF JEWELRY ON
THE GROUND.



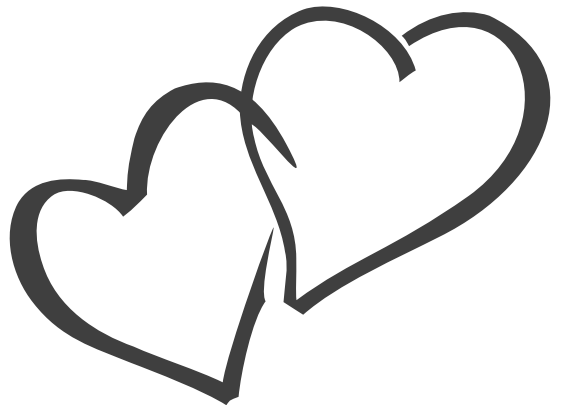
71.

YOU ARE IN A SNOWSTORM. DRAW THE
SNOWFLAKES.



72.

WHAT DOES LOVE LOOK LIKE TO YOU?
DRAW IT.



73.

WHAT DOES HAPPINESS LOOK LIKE TO YOU? DRAW IT.



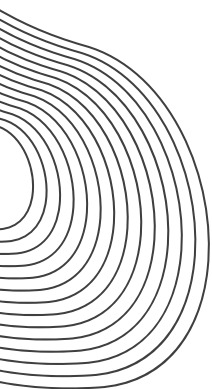
74.

WHAT DOES SADNESS LOOK LIKE TO YOU? DRAW IT.



75.

DRAW SOME RANDOM LINES AND TURN
THEM INTO A DRAWING.



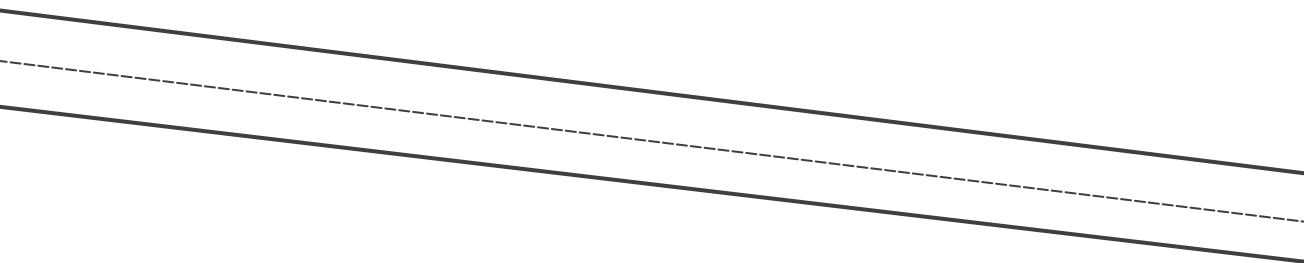
76.

START WITH A DOT. DRAW SOMETHING
INSPIRED BY IT.



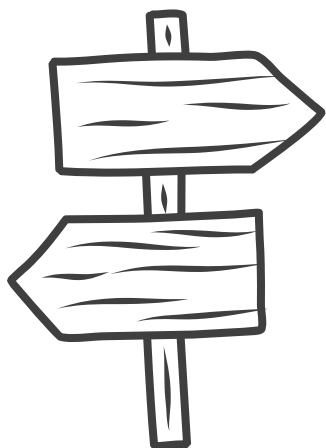
77.

YOU ARE WALKING ON A PATH. WHAT DOES THE PATH LOOK LIKE? DRAW IT.



78.

YOU SEE A SIGN UP AHEAD. WHAT DOES IT SAY? DRAW IT.



79.

YOUR SOUL WANTS YOU TO SEE
SOMETHING. WHAT IS IT? DRAW IT.



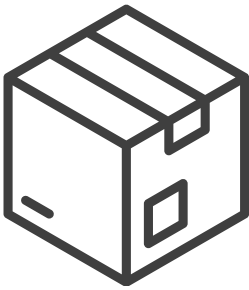
80.

SOMEONE IS REACHING FOR YOUR
HAND. WHO IS IT? DRAW IT.



81.

YOU RECEIVED A PARCEL. WHAT'S
INSIDE? DRAW IT.



82.

YOU ARE AT A CROSSROADS. WHICH
PATH DO YOU TAKE? DRAW IT.



83.

THERE IS A STORM BREWING. WHAT DOES IT LOOK LIKE? DRAW IT.



84.

LIST 3 THINGS YOU ARE GRATEFUL FOR TODAY AND DRAW THEM.

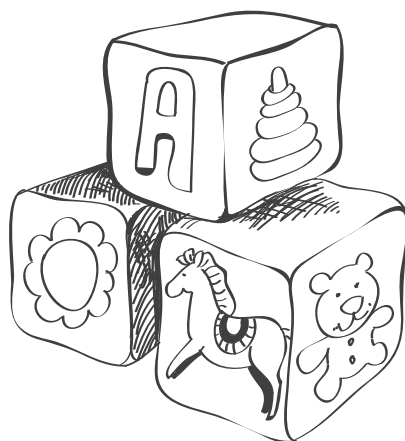
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



WHAT'S YOUR SPIRIT ANIMAL? DRAW IT.

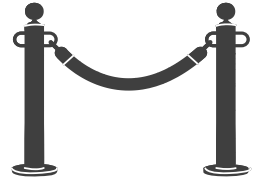
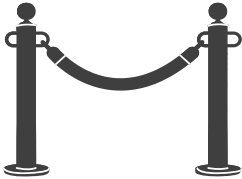
86.

DRAW A TOY YOU LOVED AS A CHILD.



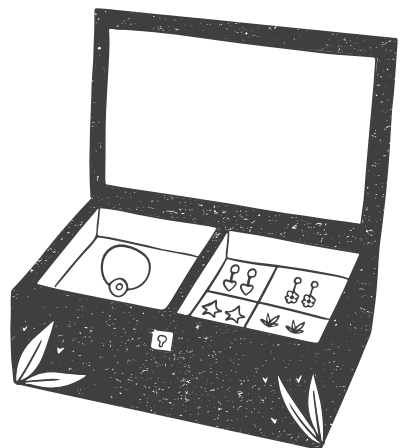
87.

YOU ARE IN A MUSEUM. WHAT PAINTING DO YOU STOP IN FRONT OF? DRAW IT.



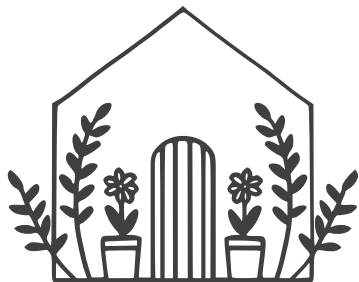
88.

DRAW A PIECE OF JEWELRY YOU WEAR EVERY DAY.



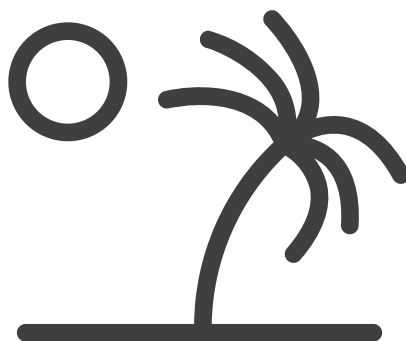
89.

YOU ARE IN A GARDEN. WHAT DO YOU SEE? DRAW IT.



90.

DRAW AN ITEM THAT REMINDS YOU OF YOUR LAST WONDERFUL VACATION.



91.

DRAW AN ITEM THAT REMINDS YOU OF
YOUR HOMETOWN.



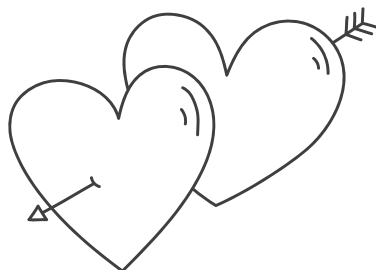
92.

DRAW SOMETHING THAT REMINDS YOU
OF THE SITUATION WHEN YOU GOT YOUR
FIRST KISS.



93.

DRAW SOMETHING THAT REMINDS YOU
OF THE FIRST TIME YOU FELL IN LOVE.



94.

DRAW BIRDS THAT REMIND YOU OF
FREEDOM.



95. DRAW A STRAWBERRY IN 3 DIFFERENT STYLES.

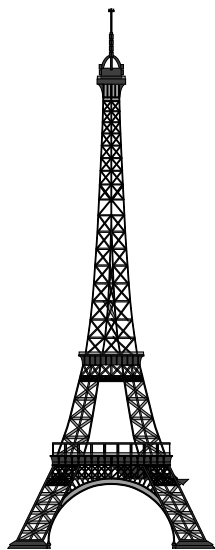


96. DRAW A FLOWER IN 3 DIFFERENT STYLES.



97.

YOU ARE IN A CAFE IN PARIS. WHAT DO YOU SEE? DRAW IT.



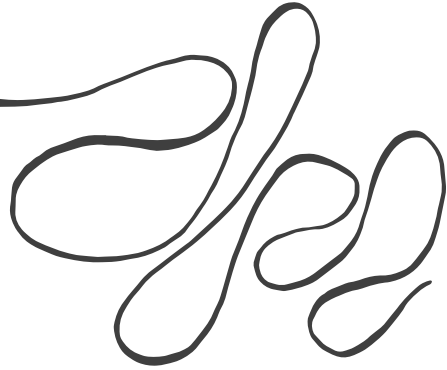
98.

MAKE A DRAWING USING ONLY STRAIGHT LINES.



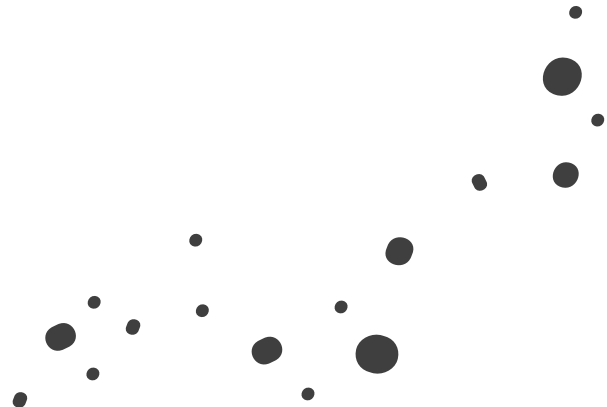
99.

MAKE A DRAWING USING ONLY CURVED LINES.



100.

USE DOTS TO MAKE A DRAWING.



101. YOU FOUND A COIN ON THE GROUND.
WHAT COUNTRY IS IT FROM? DRAW IT.

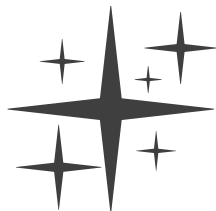


102. YOU HAVE BEEN INVITED TO A PARTY.
DRAW SOMETHING YOU'LL SEE THERE.



103.

IF THE WORD INSPIRATION WAS A
COLOR, WHAT COLOR WOULD IT BE?
DRAW SOMETHING INSPIRED BY THAT
COLOR.



104.

DRAW SOMETHING YOU ASSOCIATE WITH
THE WORD ABUNDANCE.



105. DRAW SOMETHING YOU ASSOCIATE WITH
THE WORD JOY.



106. DRAW SOMETHING YOU ASSOCIATE WITH
THE WORD LOVE.



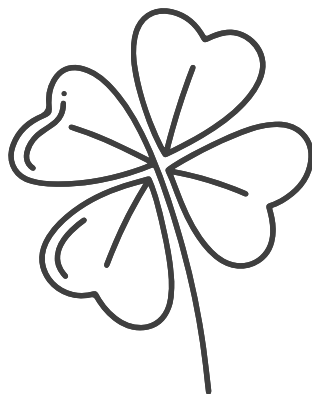
107. DRAW SOMETHING YOU ASSOCIATE WITH THE WORD PEACE.



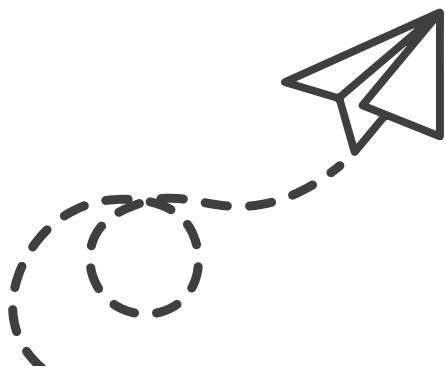
108. WHAT DOES YOUR FAVORITE EMOJI LOOK LIKE? DRAW IT.



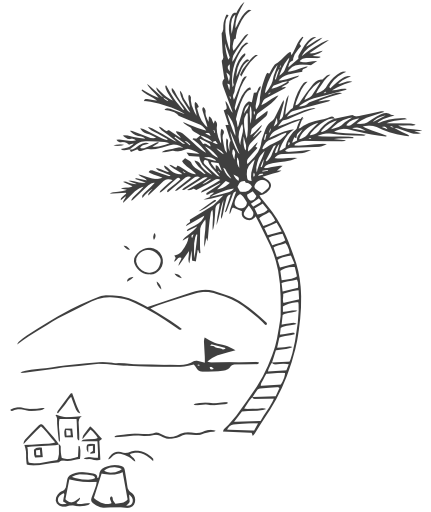
109. YOU FOUND A FOUR-LEAF CLOVER.
DRAW IT.



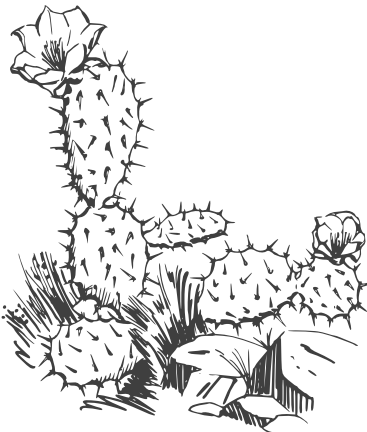
110. DRAW AN AIRPLANE AND THINK ABOUT
YOUR NEXT VACATION DESTINATION.



111. DRAW 3 ITEMS THAT REMIND YOU OF THE BEACH.

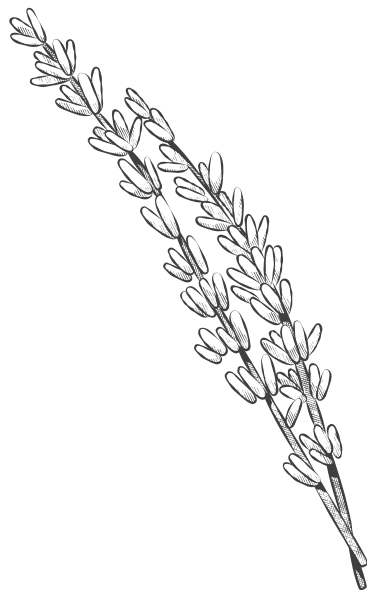


112. DRAW A CACTUS AND THINK ABOUT THE LAST TIME YOU FELT REALLY PROUD OF YOURSELF FOR SETTING A BOUNDARY.



113.

DRAW A LAVENDER AND THINK ABOUT
THE LAST TIME YOU DID SOMETHING OUT
OF YOUR COMFORT ZONE.



114.

DRAW A UNICORN AND THINK ABOUT
WHAT MAKES YOU UNIQUE.



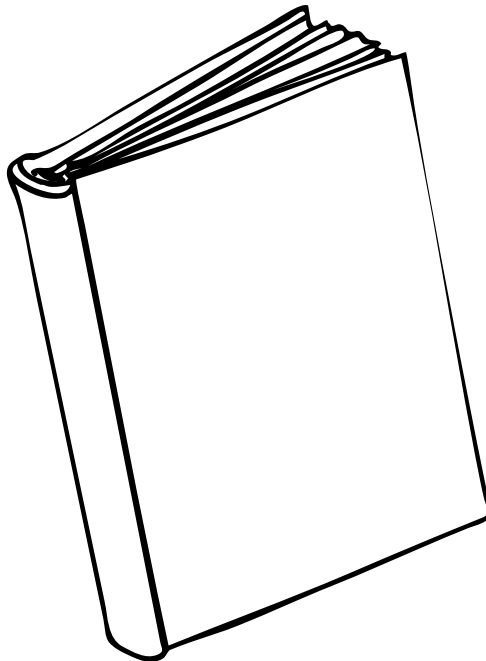
115.

YOU ARE IN A BOAT FLOATING DOWN A RIVER. WHAT DO YOU SEE? DRAW IT.



116.

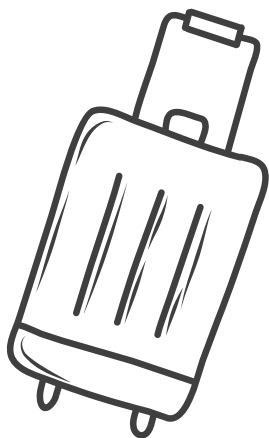
WHAT DOES YOUR FAVORITE BOOK LOOK LIKE? DRAW IT.



117. YOU ARE AT A PARTY AND SOMEBODY HANDS YOU A DRINK. WHAT IS IT? DRAW IT.



118. YOU ARE PACKING YOUR SUITCASE FOR A TRIP. WHAT 3 ITEMS DO YOU PACK? DRAW THEM.



119. TRY DRAWING HAIR TODAY. EXPLORE DIFFERENT TEXTURES AND STYLES.



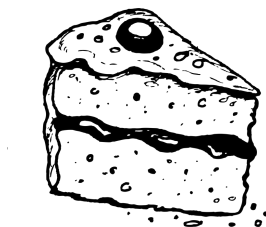
120. TRY DRAWING YOUR HAND IN AS MANY DIFFERENT POSITIONS AS YOU CAN.



121. DRAW A PORTRAIT OF SOMEBODY YOU LOVE.



122. DRAW A DELICIOUS CAKE.



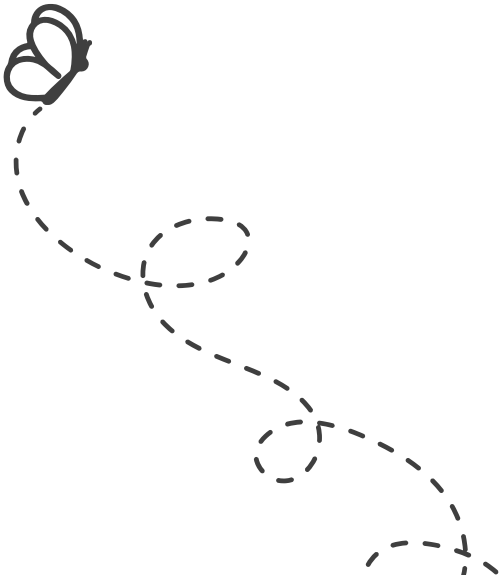
123.

DRAW A CATERPILLAR AND THE BUTTERFLY IT TURNS INTO.



124.

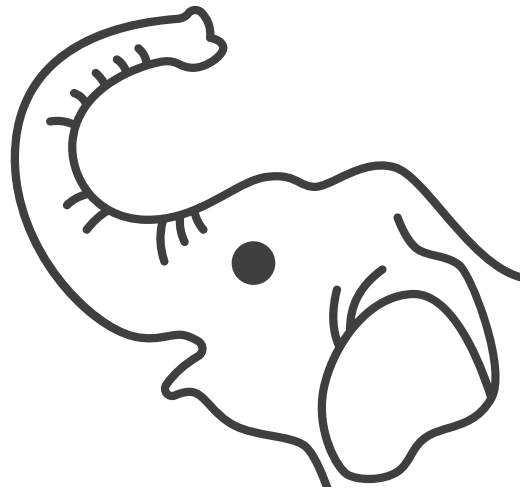
DRAW THE BUTTERFLY YOU DREW THE OTHER DAY FROM 3 DIFFERENT ANGLES.



125. YOU ARE AT A CIRCUS. WHAT DO YOU SEE? DRAW IT.

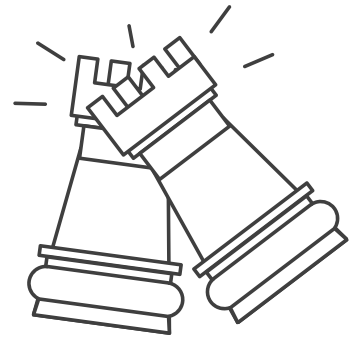


126. DRAW AN ELEPHANT. THINK ABOUT ANY ELEPHANTS IN THE ROOM THAT NEED TO BE ADDRESSED.



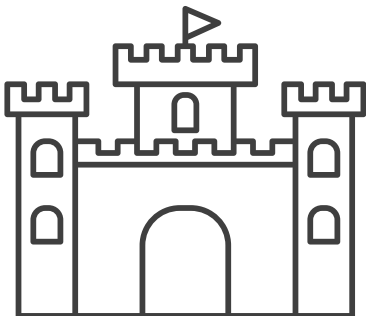
127.

DRAW CHESS PIECES AND THINK ABOUT
POWER STRUGGLES IN YOUR LIFE.



128.

DRAW A CASTLE AND THINK ABOUT
WHAT FEELS LIKE HOME TO YOU.



129.

DRAW A MERMAID AND THINK ABOUT WHAT IT WOULD FEEL LIKE TO HAVE THE WEIGHT OF THE WORLD LIFTED OFF YOUR SHOULDERS.



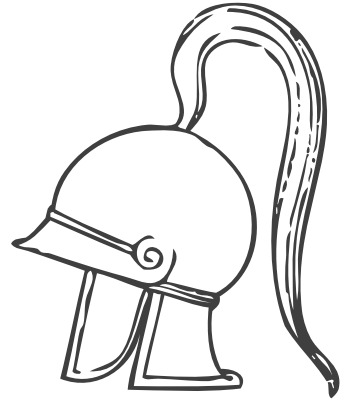
130.

IF YOU COULD BE ANY ANIMAL IN THE WORLD FOR 1 WEEK, WHAT WOULD YOU BE? DRAW IT.



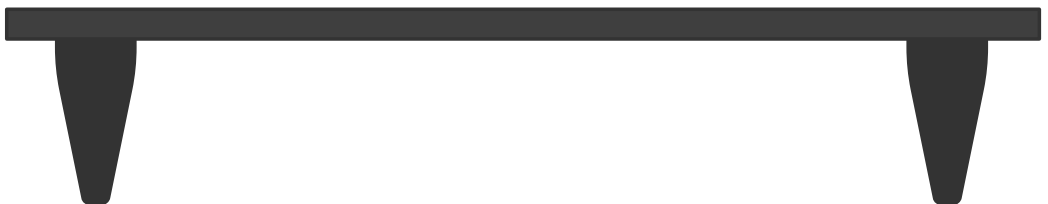
131.

IF YOU WERE A WARRIOR, WHAT WOULD YOUR ARMOR LOOK LIKE? DRAW IT.

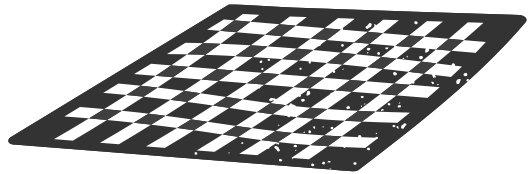


132.

YOU ARE IN A LIBRARY. WHAT BOOK DO YOU PULL OFF THE SHELF? DRAW IT.



133. YOU ARE AT A PICNIC. WHAT FOOD DO YOU BRING? DRAW IT.



134. YOU HAVE BEEN GIVEN A GIFT. WHAT IS IT? DRAW IT.



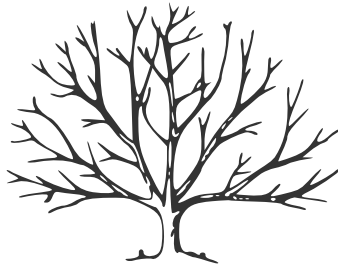
135.

DRAW WAVES AND THINK ABOUT THE
EBB AND FLOW OF LIFE.

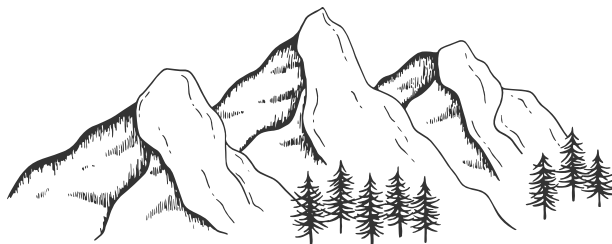


136.

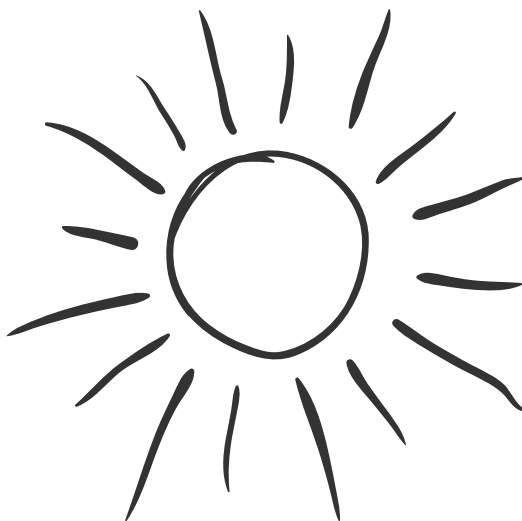
DRAW A TREE AND THINK ABOUT YOUR
ROOTS.



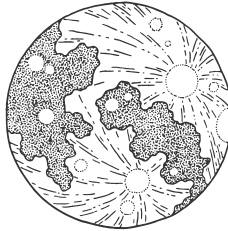
137. DRAW MOUNTAINS AND THINK ABOUT THE OBSTACLES YOU HAVE OVERCOME.



138. DRAW THE SUN AND THINK ABOUT WHAT IT SYMBOLIZES FOR YOU.



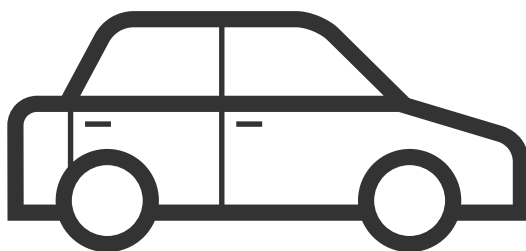
139. DRAW THE MOON IN DIFFERENT PHASES.



140. DRAW A BABY AND THINK ABOUT NEW BEGINNINGS.



141. YOU ARE GOING ON A ROAD TRIP. WHAT DO YOU SEE OUT THE WINDOW? DRAW IT.



142. DRAW A SEED AND THINK ABOUT THE POTENTIAL WITHIN YOU.



143. DRAW A TREE WITH BRIGHT FALL LEAVES AND THINK ABOUT CHANGE.



144. YOU ARE AT A BONFIRE. WHAT DO YOU SEE? DRAW IT. YOU ARE IN A SNOW GLOBE.



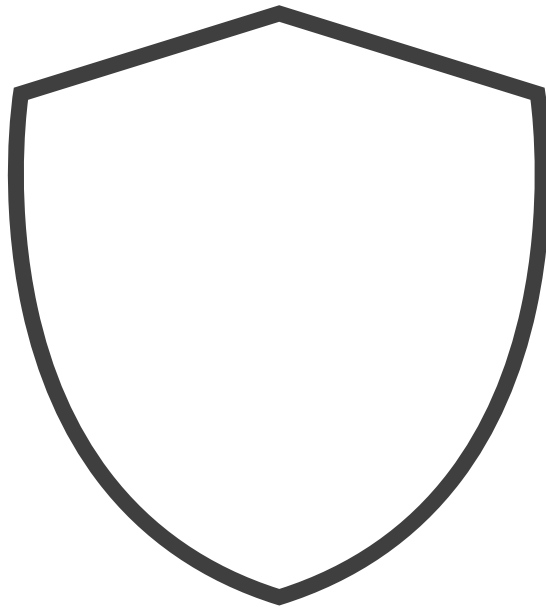
145.

IT'S RAINING OUTSIDE. DRAW WHAT YOU SEE THROUGH THE WINDOW. YOU.

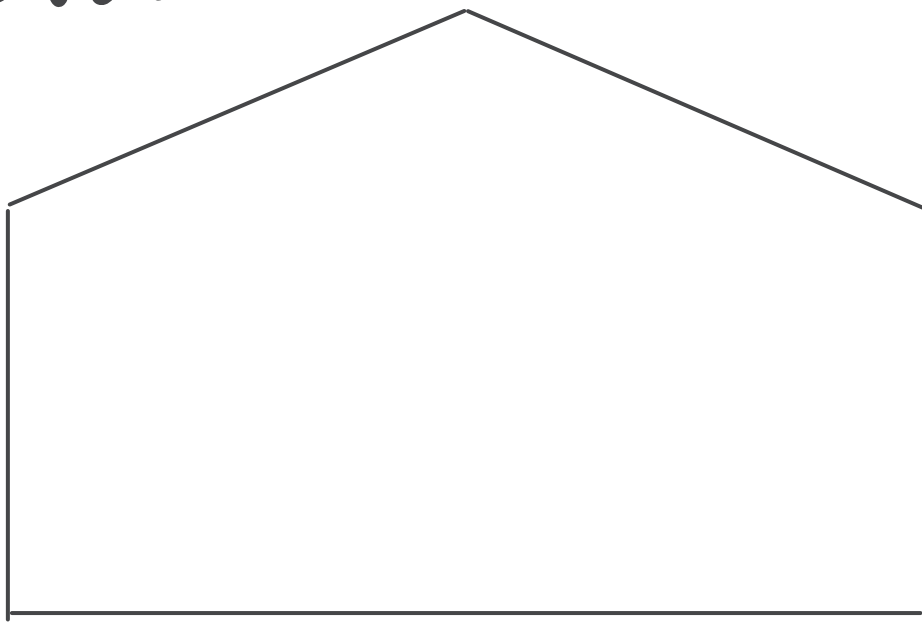


146.

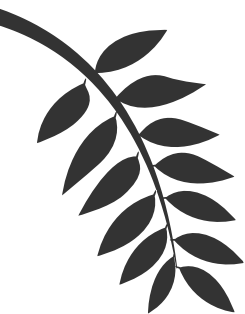
DRAW A SHIELD THAT PROTECTS YOU FROM YOUR BIGGEST FEAR.



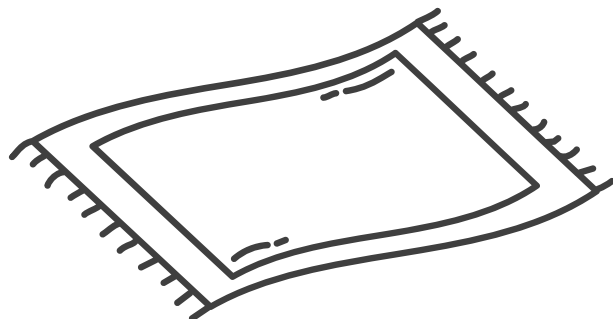
147. DRAW A SECRET GARDEN THAT ONLY YOU CAN SEE.



148. YOU ARE WALKING THROUGH A JUNGLE. WHAT DO YOU SEE? DRAW IT.



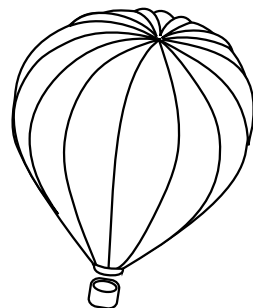
149. DRAW A MAGIC CARPET AND THINK ABOUT WHERE YOU'D LIKE IT TO TAKE YOU.



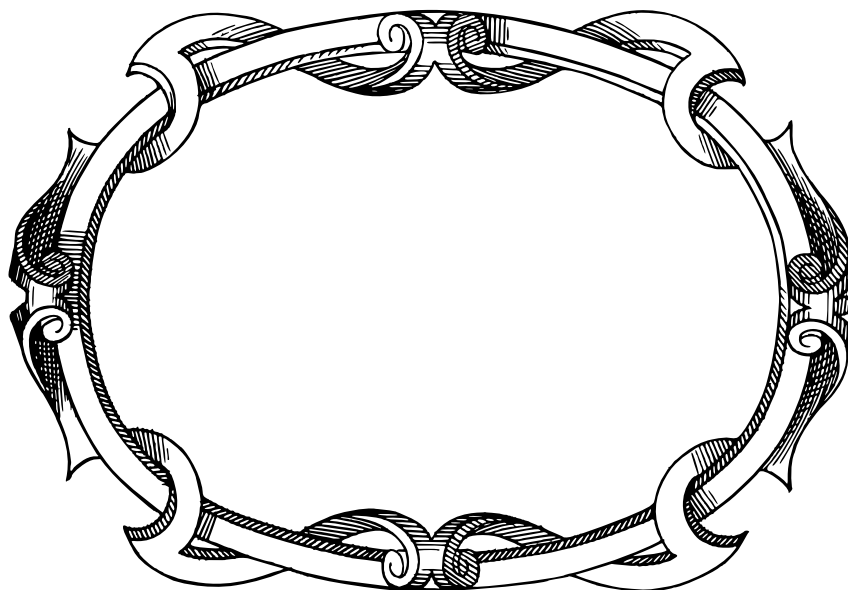
150. DRAW THE BOTTLE OF A LOVE POTION.



151. LOOK AT THE SKY - IT'S FULL OF HOT AIR
BALLOONS. DRAW THEM.

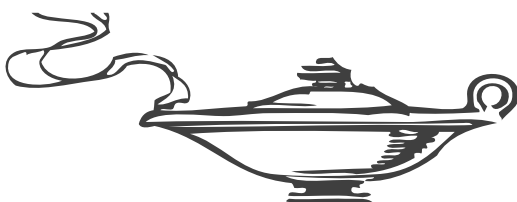


152. YOU LOOK INTO A MAGIC MIRROR AND
SEE YOUR TRUE SELF. DRAW THE
MIRROR WHILE THINKING ABOUT WHAT
YOU SAW.



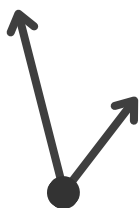
153.

YOU STUMBLE ACROSS A GENIE'S LAMP. WHILE YOU DRAW IT, THINK ABOUT THE 3 WISHES YOU'D MAKE.

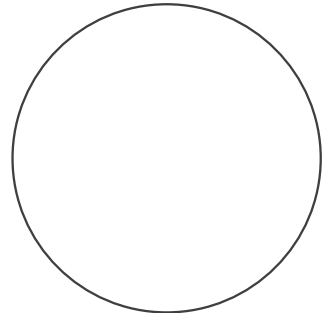
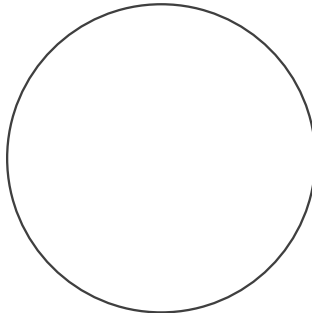
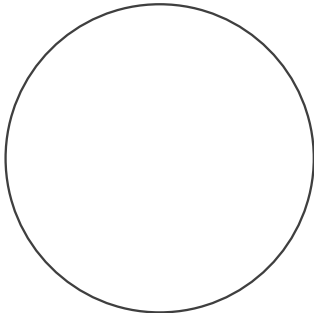


154.

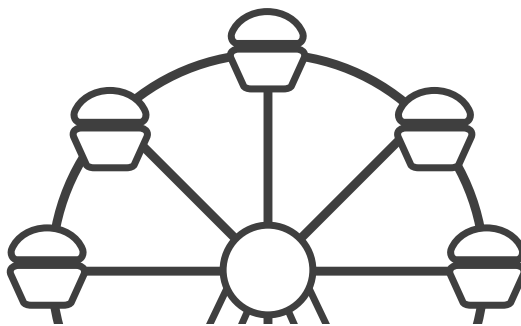
DRAW A CLOCK WITH NO HANDS AND THINK ABOUT WHAT TIME MEANS TO YOU.



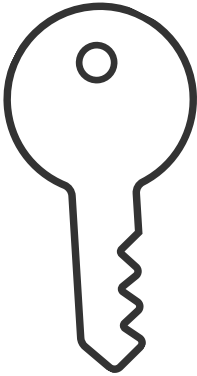
155. DRAW 3 CLOCKS FROM DIFFERENT TIMES.



156. YOU ARE ON TOP OF A FERRIS WHEEL. DRAW THE FERRIS WHEEL OR YOUR VIEW.



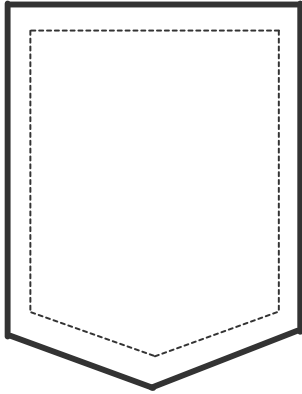
157. YOU'VE BEEN GIVEN A KEY. WHAT DOES IT UNLOCK? DRAW IT.



158. LOLLIPOPS, DAISIES, AND RAINBOWS - OH MY! DRAW SOMETHING THAT MAKES YOU HAPPY.



159. YOU PUT YOUR HAND IN YOUR POCKET
AND TO YOUR SURPRISE, YOU FIND A
GOLD COIN. DRAW IT.



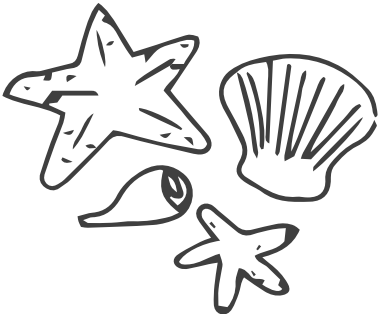
160. YOU JUST FOUND A TREASURE MAP!
DRAW IT OR THE TREASURE IT LEADS
YOU TO.



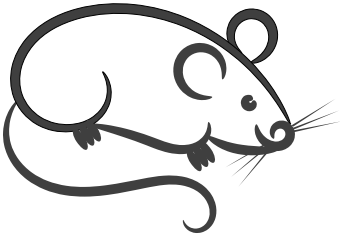
161. DRAW A TROPICAL ISLAND PARADISE.



162. SEASTARS, FISHES, AND CORAL - OH MY!
DRAW SOMETHING FROM UNDER THE
SEA.



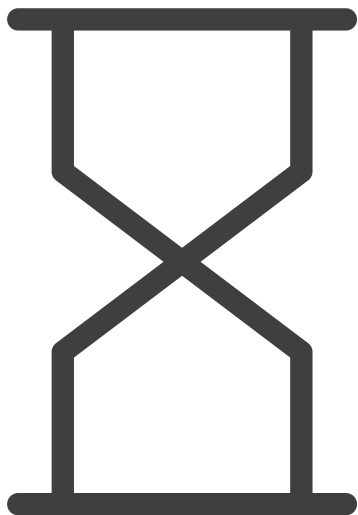
163. YOU ARE A MOUSE IN THE LABORATORY OF A MAD SCIENTIST. WHAT DOES HE HAVE IN STORE FOR YOU? DRAW IT.



164. YOU ARE AN ANT ON A PICNIC BLANKET. WHAT DO YOU SEE? DRAW IT.



165. DRAW AN HOURGLASS WHILE THINKING OF THE TIME THAT HAS PASSED AND THE TIME THAT IS YET TO COME.



166. THE SKY IS FULL OF FIREWORKS. DRAW THEM.



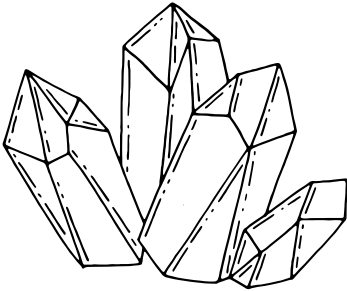
167. YOU'VE BEEN INVITED TO A MASQUERADE BALL. WHAT DOES YOUR MASK LOOK LIKE? DRAW IT.



168. YOU ARE A CAT IN THE HOME OF A POWERFUL WITCH. WHAT DO YOU SEE IN HER CAULDRON AND ON HER SHELF? DRAW IT.



169. YOU FOUND A RARE GEMSTONE AND
TURNED IT INTO A NECKLACE. DRAW THE
STONE AND THE SETTING.



170. YOU ARE A BIRD IN A GILDED CAGE.
WHAT DOES YOUR CAGE LOOK LIKE?
DRAW IT.



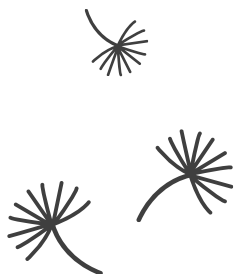
171.

YOU ARE IN A MAGICAL FOREST. WHAT DOES THE PATH LOOK LIKE? DRAW IT.

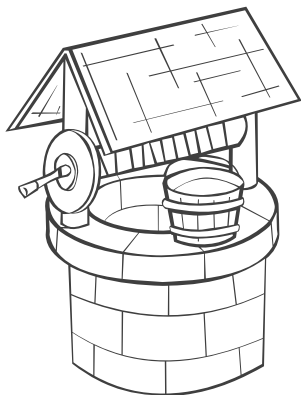


172.

DRAW A DANDELION AND MAKE A WISH!



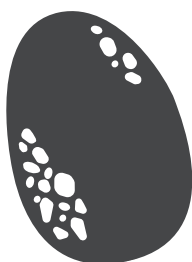
173. YOU COME ACROSS A WISHING WELL.
MAKE A WISH AND THROW IN A COIN.
DRAW IT.



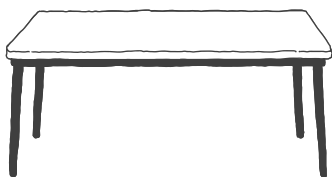
174. YOU ARE AT THE TOP OF A ROLLER
COASTER. DRAW THE ROLLERCOASTER
OR YOUR VIEW.



175. DRAW YOUR FAVORITE DINOSAUR.

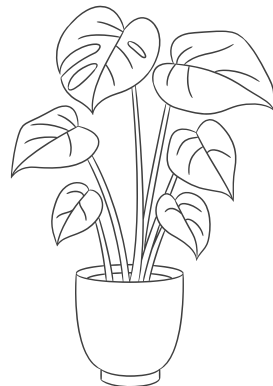


176. DRAW YOUR DREAM HOME OFFICE.



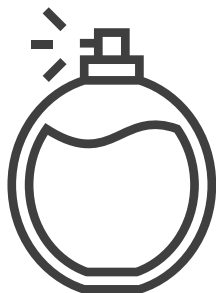
177.

DRAW YOUR FAVORITE PLANT IN YOUR
DREAM HOME OFFICE.



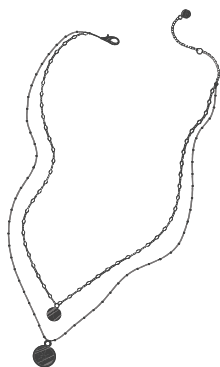
178.

YOU FOUND THIS LITTLE PERFUME
STORE ON A SIDE STREET IN VENICE AND
BOUGHT THEIR SIGNATURE SCENT.
DRAW THE STORE OR THE PERFUME
BOTTLE.



179.

YOU ARE ASKED TO DESIGN A PIECE OF JEWELRY FOR A RENOWNED BRAND AND IT WILL BE SOLD IN HIGH-END STORES ALL OVER THE WORLD. WHAT DO YOU DESIGN? DRAW IT.



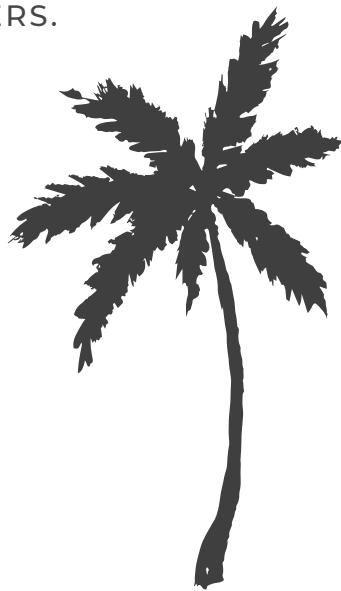
180.

YOU COME ACROSS AN ABANDONED MANSION. DRAW THE MANSION OR SOMETHING YOU FIND INSIDE.



181.

THINK OF A PALM TREE AND DRAW THE FIRST THING THAT YOUR MIND ASSOCIATES WITH IT. YOU ARE AT A MUSEUM AND SEE A PAINTING OF A WOMAN WEARING A WHITE DRESS WITH BLUE FLOWERS.



182.

DRAW A ROSE IN 3 DIFFERENT STYLES.



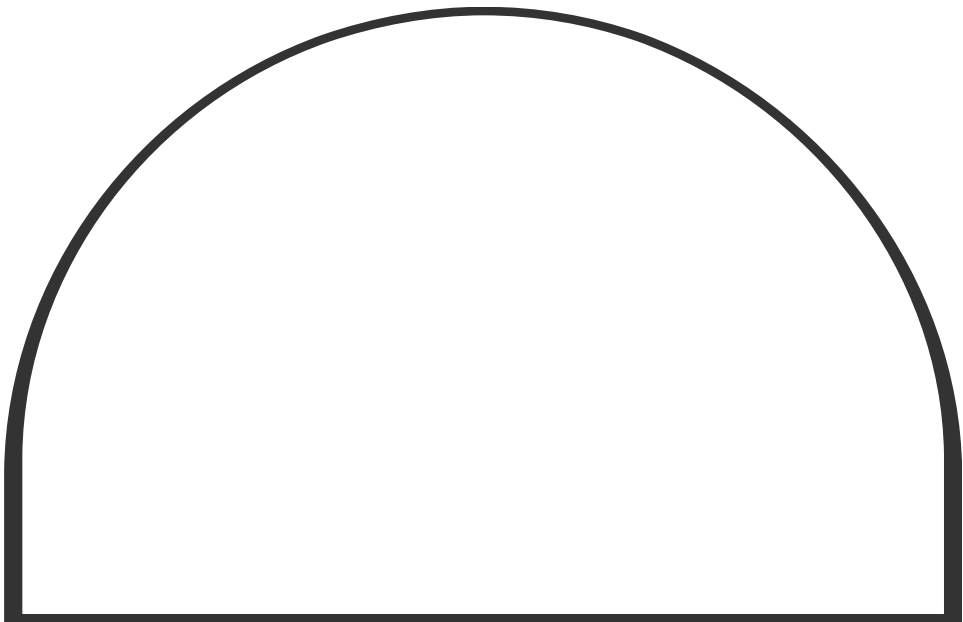
183.

DRAW THE WINDOW THAT COMES TO
YOUR MIND WHEN YOU HEAR THE
WORDS "*WINDOW PAIN.*"



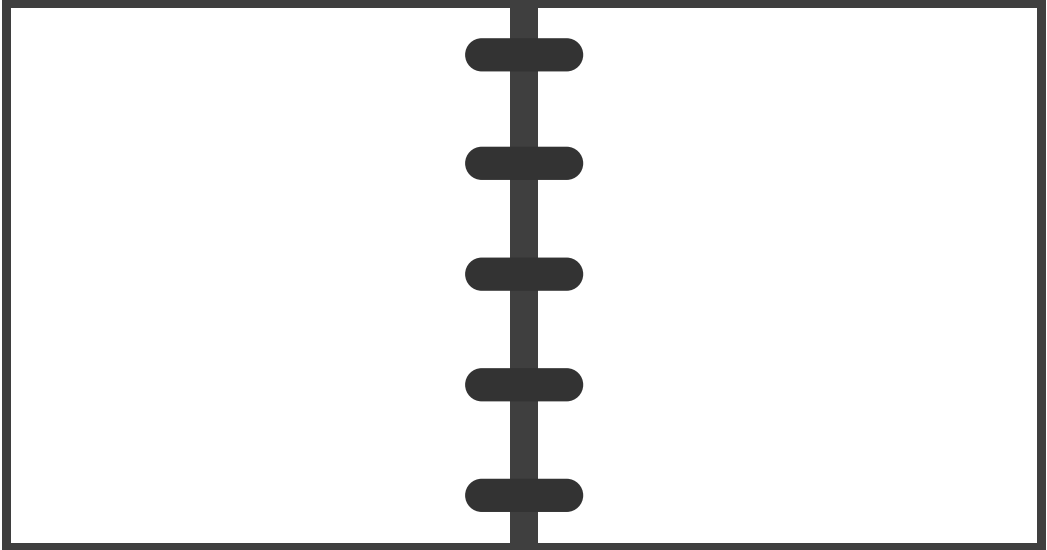
184.

YOU ARE IN A GREENHOUSE. DRAW THE
PLANTS OR YOUR VIEW.



185.

YOU COME ACROSS AN OLD PHOTO ALBUM IN A DUSTY ATTIC. DRAW ONE OF THE PHOTOS.



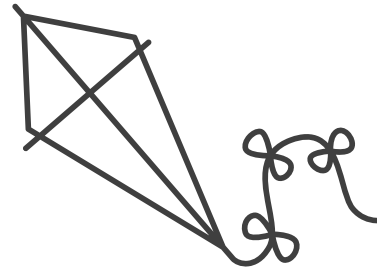
186.

THE PERSON IN FRONT OF YOU ON THE BUS IS WEARING A REALLY LOUD HAWAIIAN SHIRT. DRAW IT.



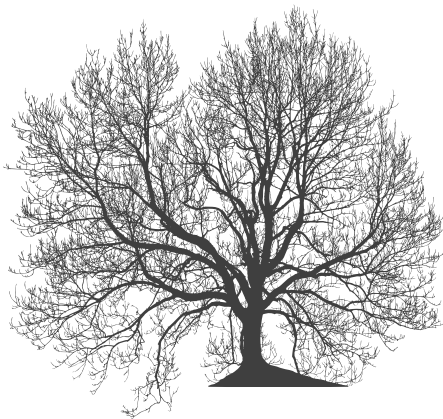
187.

YOU WALK BY A STORE AND SEE A DISPLAY OF COLORFUL KITES IN THE WINDOW. DRAW ONE OF THE KITES OR THE VIEW FROM INSIDE THE STORE.



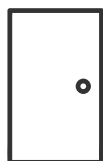
188.

A WILLOW TREE STANDS IN A FIELD OF TALL GRASS. DRAW IT.



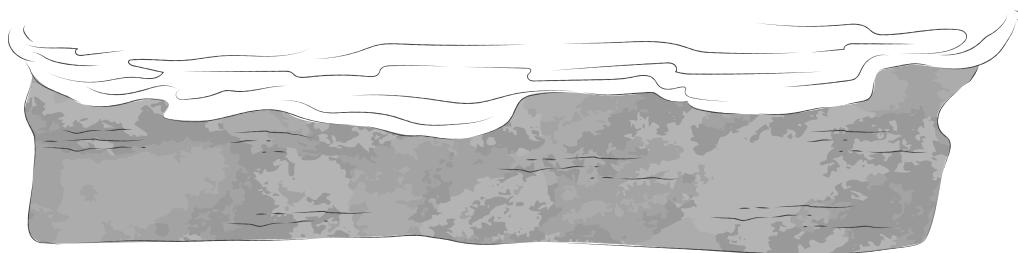
189.

YOU FIND A SMALL DOOR IN A BIG OAK
TREE. WHAT IS ON THE OTHER SIDE?
DRAW IT.

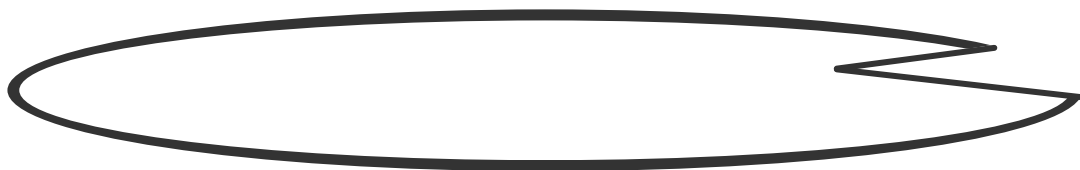


190.

YOU ARE ON A BEACH AND SEE A
MERMAID SWIMMING IN THE WAVES.
DRAW HER OR THE VIEW FROM THE
SHORE.



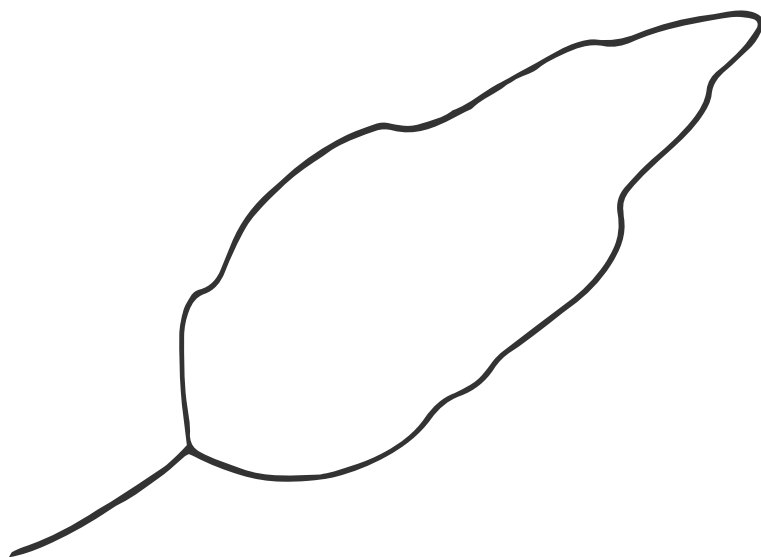
191. YOU COME ACROSS A FROG SITTING ON A LILY PAD. DRAW THE FROG OR THE LILY PAD.



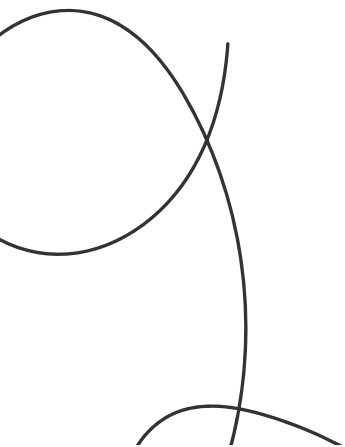
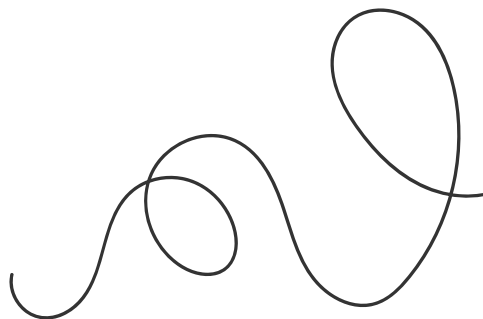
192. A DRAGONFLY IS RESTING ON A FLOWER. DRAW THE DRAGONFLY.



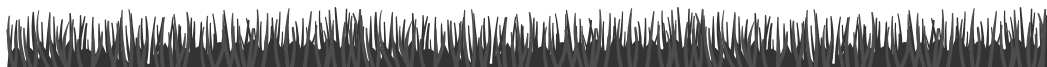
193. YOU COME ACROSS A LADYBUG
CRAWLING ON A LEAF. DRAW THE
LADYBUG OR THE LEAF.



194. YOU SEE A BUTTERFLY FLUTTERING IN
THE BREEZE. DRAW THE BUTTERFLY.



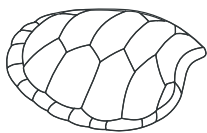
195. A SNAIL IS CRAWLING ON A BLADE OF GRASS. DRAW THE SNAIL OR THE BLADE OF GRASS.



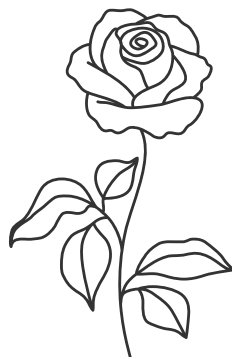
196. YOU ARE IN A FIELD OF WILDFLOWERS. DRAW THE FLOWERS OR YOUR VIEW.



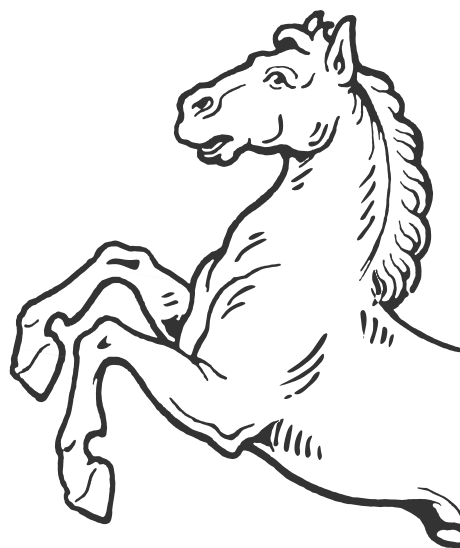
197. DRAW A TURTLE SWIMMING IN THE OCEAN.



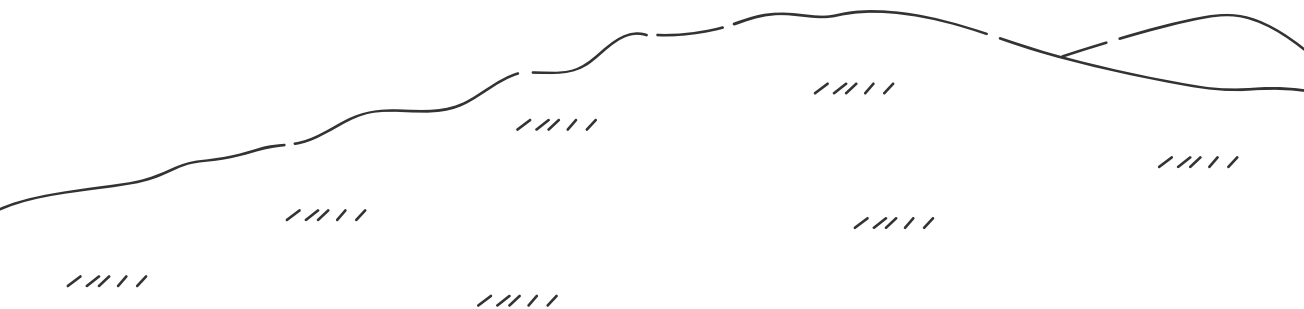
198. YOU ARE IN A GARDEN FULL OF ROSES.
DRAW THE ROSES OR YOUR VIEW.



199. YOU FIND A HORSESHOE IN THE GRASS.
DRAW IT.



200. DRAW A HORSE GALLOPING EITHER
THROUGH A FIELD OF WILDFLOWERS OR
ALONGSIDE THE BEACH.



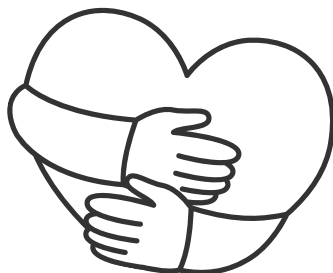
201.



YOU ARE A QUEEN. DRAW YOUR CROWN.

202.

DRAW THE FIRST THING THAT COMES TO MIND WHEN YOU THINK OF "SELF-LOVE"



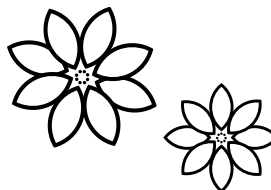
203. IF MY SOUL WAS A COLOR, IT WOULD BE
_____. DRAW SOMETHING IN THAT
COLOR.

204. DRAW A SLEEPING DRAGON AND THINK
ABOUT WHAT IT REPRESENTS TO YOU.



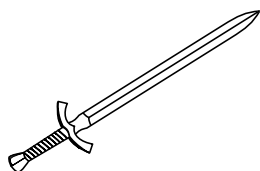
205.

WHAT IS NEEDED IN YOUR LIFE RIGHT NOW? DRAW IT.



206.

YOU ARE A WARRIOR. PEACEFUL AND POWERFUL. WHAT DOES YOUR SWORD LOOK LIKE? DRAW IT.



207.

CHEERS TO CELEBRATING SMALL WINS.
DRAW A BOTTLE OF CHAMPAGNE AND
THINK ABOUT ALL THE LITTLE WINS
YOU'VE HAD RECENTLY.



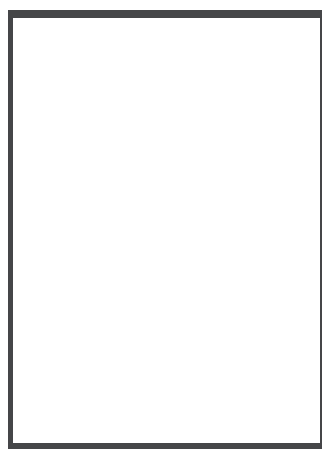
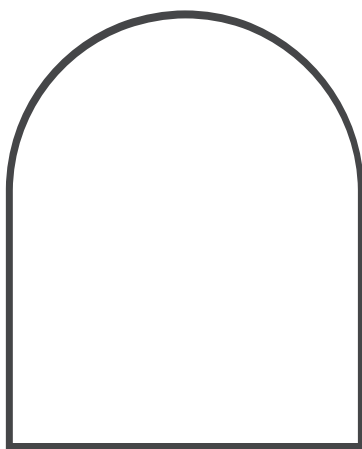
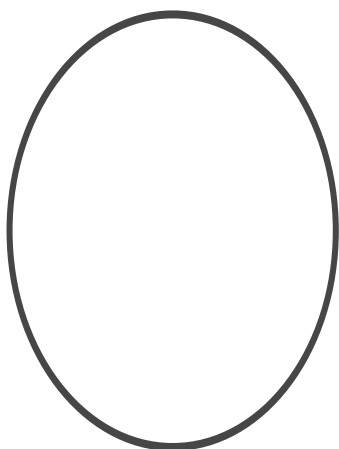
208.

IF GRATEFULNESS WAS AN ITEM OR
SYMBOL, WHAT WOULD IT LOOK LIKE TO
YOU?



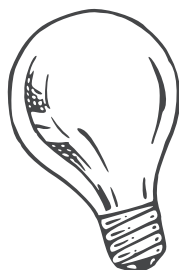
209.

DRAW IT. YOU ARE IN A ROOM FULL OF MIRRORS. ALL AROUND YOU, REFLECTIONS OF YOURSELF. WHAT CATCHES YOUR ATTENTION? DRAW IT.



210.

NEED IDEAS? DRAW A VARIETY OF UNIQUE LIGHT BULBS.



211.

YOU ARE LOOKING AT YOUR REFLECTION
IN A LAKE. DRAW THE LAKE OR YOUR
REFLECTION.

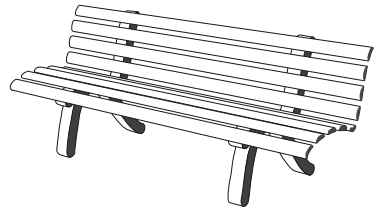


212.

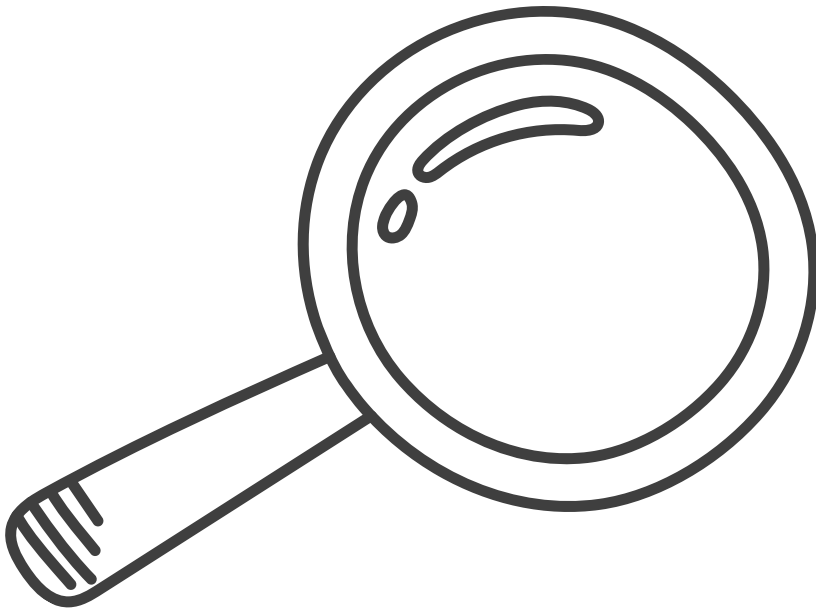
YOU ARE IN A ROOM WITH A FIREPLACE.
DRAW THE FIREPLACE OR SOMETHING IN
THE ROOM.



213. YOU ARE SITTING ON A PARK BENCH.
DRAW THE BENCH OR YOUR VIEW.



214. DRAW A MAGNIFYING GLASS AND THINK
ABOUT WHAT YOU WANT TO TAKE A
CLOSER LOOK AT IN YOUR LIFE.



215. A PEACOCK STRUTS THROUGH THE GARDEN. DRAW IT.



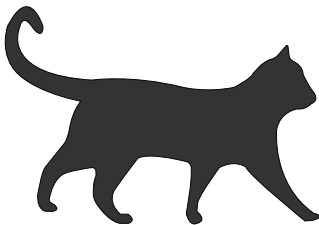
216. YOU ARE IN A ROOM WITH A CRYSTAL BALL. DRAW THE CRYSTAL BALL OR YOUR VIEW OF THE ROOM.



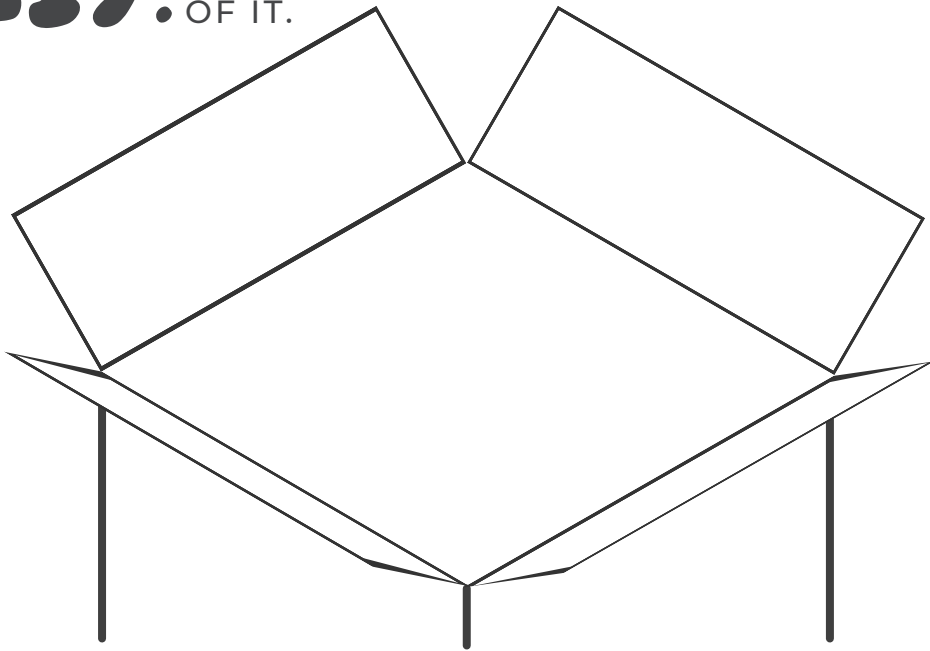
217. YOU SEE A SHOOTING STAR. MAKE A WISH AND DRAW IT.



218. A CAT RUBS AGAINST YOUR LEG. DRAW THE CAT OR YOUR VIEW.



219. YOU FIND AN OLD BOX IN THE ATTIC.
DRAW THE BOX OR SOMETHING INSIDE
OF IT.

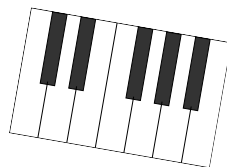


220. YOU COME ACROSS A TREE WITH A
SWING. DRAW THE TREE OR THE SWING.



221.

YOU ARE IN A ROOM WITH A PIANO.
DRAW THE PIANO OR SOMETHING IN THE
ROOM.

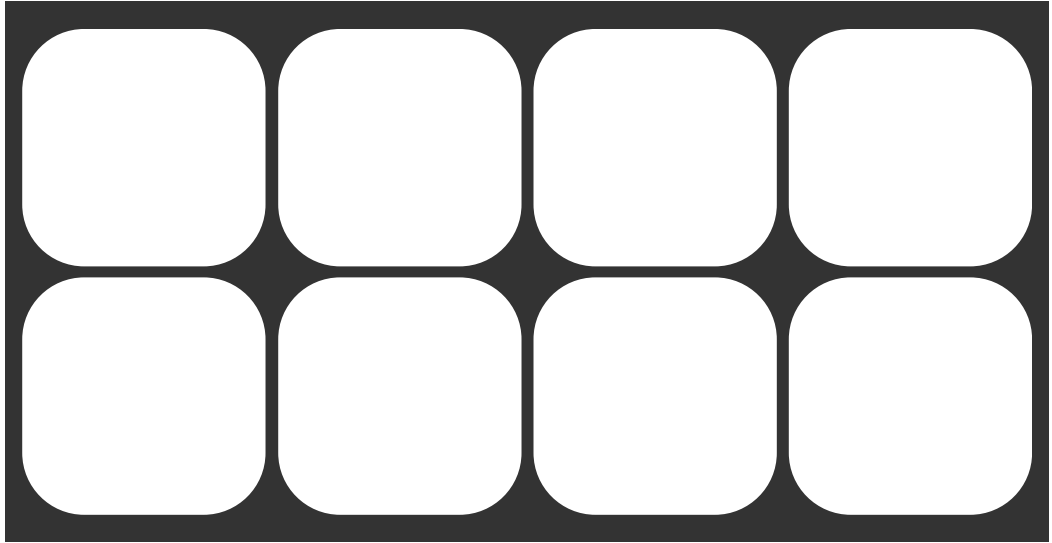


222.

YOU ARE IN A ROOM WITH A CACTUS.
DRAW THE CACTUS OR SOMETHING IN
THE ROOM.



223. YOU GOT A BOX OF CHOCOLATES. EACH CHOCOLATE HAS A DIFFERENT FLAVOR. DRAW THE FLAVORS YOU GOT.

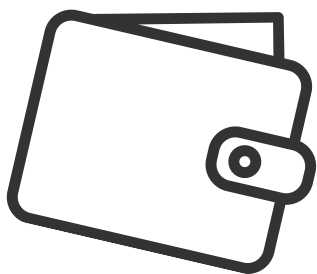


224. YOU FIND THE MOST GORGEOUS FEATHER YOU'VE EVER SEEN. IT MUST COME FROM A VERY SPECIAL BIRD. DRAW THAT BIRD OR THE FEATHER.



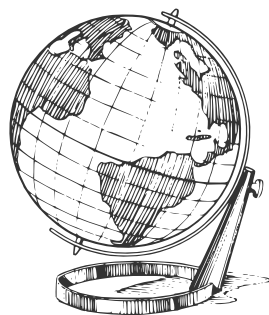
225.

YOU STUMBLE UPON A LOST WALLET. THERE IS A 100-DOLLAR BILL IN IT. DRAW THE WALLET AND BILL OR WHAT YOU WOULD DO WITH THE MONEY.



226.

YOU HAVE THE CHANCE TO VISIT ANY COUNTRY IN THE WORLD. DRAW WHERE YOU WOULD GO.



227.

YOU ARE AT A MUSEUM. IN FRONT OF YOU IS A PAINTING THAT CATCHES YOUR EYE. DRAW THE PAINTING OR HOW IT MAKES YOU FEEL.



228.

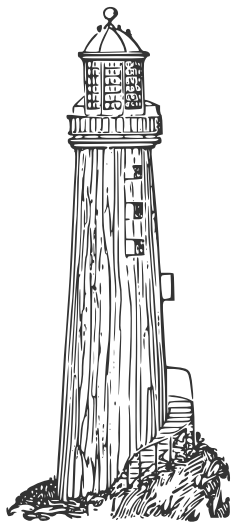
YOU ARE WALKING ON THE BEACH AND FIND A BOTTLE WITH A MESSAGE INSIDE. DRAW THE MESSAGE OR THE BOTTLE.



229. DRAW A SHIP IN A BOTTLE AND THINK ABOUT THE JOURNEY IT'S BEEN ON.

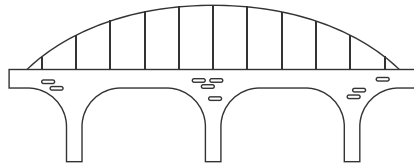


230. THERE IS AN OLD TOWER BY THE SEA THAT YOU'VE ALWAYS WANTED TO EXPLORE. DRAW THE TOWER OR WHAT'S INSIDE IT.



231.

THERE IS A BRIDGE IN THE FOREST THAT NO ONE KNOWS ABOUT. DRAW THE BRIDGE OR WHAT'S ON THE OTHER SIDE.

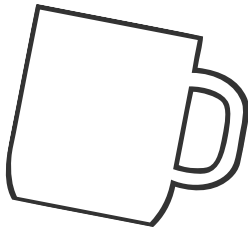


232.

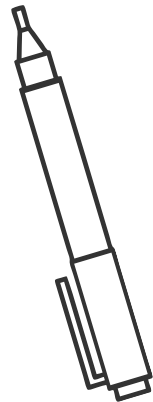
DRAW A SAILING BOAT AND THINK ABOUT THE WIND TAKING YOU AWAY.



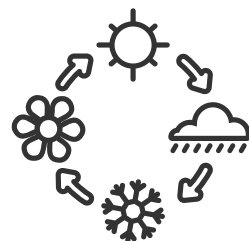
233. DRAW YOUR FAVORITE MUG FROM DIFFERENT ANGLES AND THINK ABOUT HOW MUCH JOY LITTLE THINGS LIKE THIS CAN BRING.



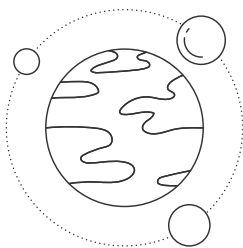
234. DRAW THE PENCIL OR PEN YOU'RE DRAWING WITH AND THINK ABOUT ALL THE STORIES IT COULD TELL.



235. THINK OF THE 4 SEASONS. DRAW ONE ITEM THAT REPRESENTS EACH SEASON.

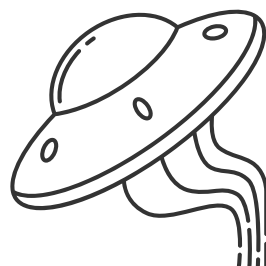


236. BIG NEWS! THEY DISCOVERED A SOLAR SYSTEM WITH A HABITABLE PLANET. DRAW WHAT YOU THINK THIS NEW WORLD WOULD LOOK LIKE.



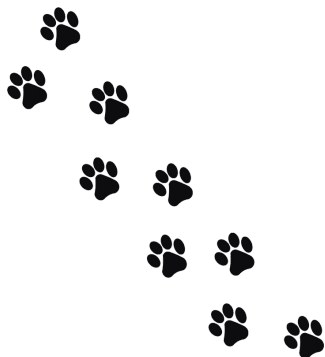
237.

IF ALIENS WEREN'T GREEN, WHAT COLOR WOULD THEY BE? DRAW YOUR IDEA OF WHAT AN ALIEN WOULD LOOK LIKE.

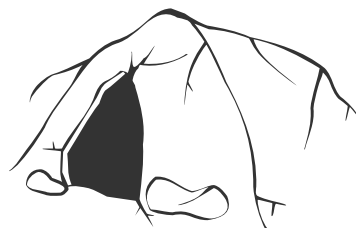


238.

YOU'VE BEEN ASKED TO DESIGN A NEW ANIMAL FOR THE ZOO. DRAW YOUR CREATION.



239. YOU ARE WALKING IN THE PARK AND FIND A CAVE. DRAW WHAT'S INSIDE THE CAVE OR HOW YOU FEEL EXPLORING IT.



240. YOU ARE INVITED TO A BLACK-TIE EVENT. DRAW WHAT YOU WOULD WEAR.



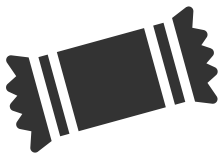
241.

YOU HAVE THE POWER TO TURN ANY OBJECT INTO A MUSICAL INSTRUMENT. DRAW THE OBJECT AND THINK ABOUT HOW IT WOULD SOUND.



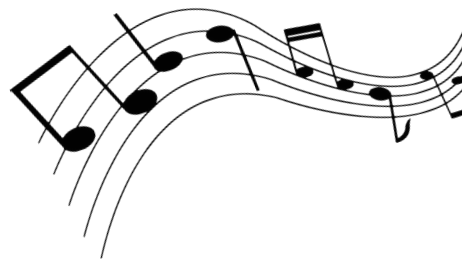
242.

YOU'VE BEEN ASKED TO CREATE A NEW CANDY BAR AND NOW YOU'RE DESIGNING THE WRAPPER. DRAW YOUR CREATION.



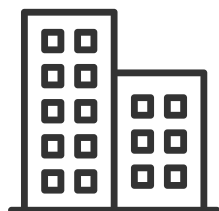
243.

YOU ARE A MUSICIAN AND HAVE BEEN ASKED TO WRITE A SONG FOR A NEW MOVIE. DRAW WHAT INSPIRES YOU OR THE SONG LYRICS.

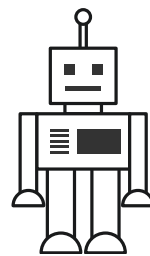


244.

YOU'VE BEEN ASKED TO DESIGN A NEW BUILDING FOR YOUR CITY. DRAW YOUR CREATION. YOU'VE JUST WON THE LOTTERY.



245. YOU'VE INVENTED A REVOLUTIONARY
ROBOT. DRAW YOUR ROBOT AND HOW IT
WORKS.



246. DRAW AN ANCHOR AND THINK ABOUT
ALL THE THINGS THAT GIVE YOU HOPE.



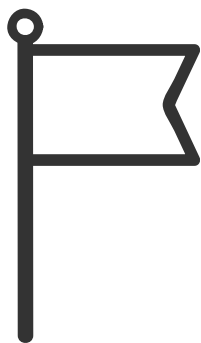
247. YOU'VE BEEN ASKED TO CREATE A NEW FLAVOR OF ICE CREAM. DRAW YOUR CREATION.



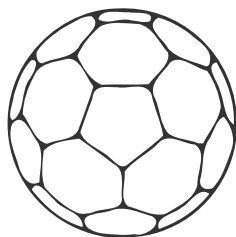
248. YOU ARE ON A DESERTED ISLAND AND CAN ONLY BRING 3 THINGS WITH YOU. DRAW THE 3 THINGS YOU WOULD CHOOSE.



249. YOU'VE BEEN ASKED TO DESIGN A NEW FLAG FOR YOUR COUNTRY. DRAW YOUR CREATION.



250. YOU HAVE THE POWER TO TURN ANY OBJECT INTO A TRANSPORTATION DEVICE. DRAW THE OBJECT AND WHERE IT WOULD TAKE YOU.



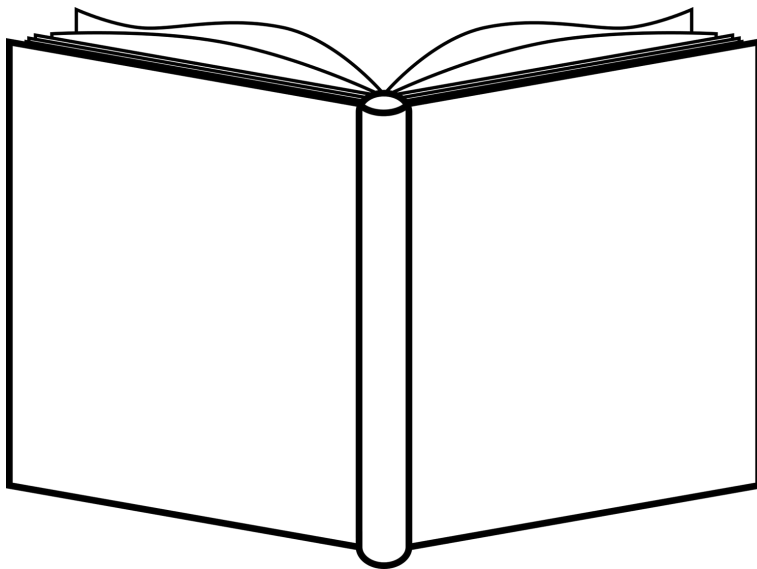
251.

YOU ARE AN ARTIST AND HAVE BEEN ASKED TO CREATE A MURAL FOR THE LOCAL LIBRARY. DRAW YOUR INSPIRATION OR THE MURAL ITSELF.

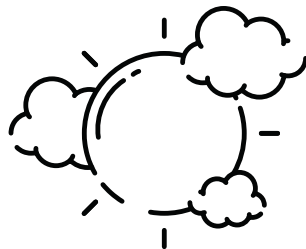


252.

YOU ARE AN AUTHOR AND JUST FINISHED YOUR FIRST BOOK. DRAW THE BOOK COVER OR HOW IT MAKES YOU FEEL.



253. DRAW SOMETHING THAT REPRESENTS
YOUR FAVORITE TIME OF DAY.

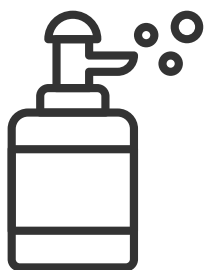


254. YOU ARE A BAKER AND HAVE BEEN
ASKED TO MAKE A CAKE FOR A SPECIAL
EVENT. DRAW YOUR INSPIRATION OR
THE CAKE ITSELF.



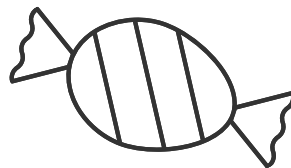
255.

YOU'RE IN A SOAP STORE AND FIND A NEW SCENT YOU LOVE. DRAW THE STORE, THE SCENT, OR HOW IT MAKES YOU FEEL.

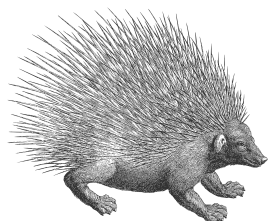


256.

YOU ARE IN A CANDY STORE AND CAN'T DECIDE WHAT TO GET. EVERYTHING IS SO COLORFUL AND LOOKS SO DELICIOUS. DRAW THE STORE OR YOUR FAVORITE CANDY.



257. DRAW A HEDGEHOG AND THINK ABOUT
YOUR OWN PRICKLY MOMENTS.



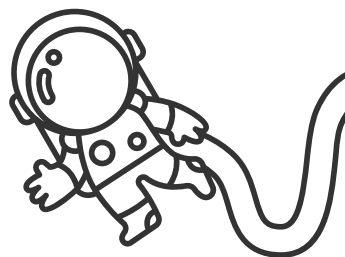
258. DRAW SOMETHING THAT MAKES YOU
HAPPY AND STARTS WITH A.



259. MIX TWO ANIMALS TOGETHER TO CREATE A NEW ONE. DRAW YOUR CREATION.

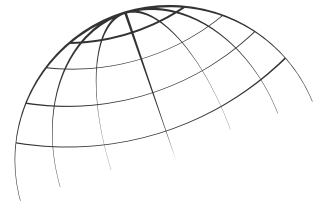


260. YOU ARE AN ASTRONAUT AND HAVE JUST LANDED ON A NEW PLANET. DRAW AN ASTRONAUT OR WHAT THE NEW PLANET LOOKS LIKE.



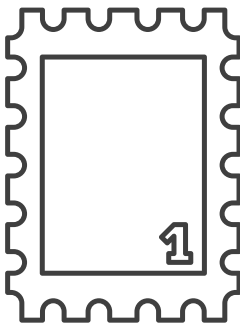
261.

YOU LANDED ON A NEW PLANET AND ARE IN WHAT LOOKS LIKE A JUNGLE. THERE ARE HUGE BEAUTIFUL AND EXOTIC FLOWERS ALL AROUND YOU. DRAW THEM.



262.

YOU ARE A FAMOUS ARTIST AND THEY WANT TO PRINT YOUR BEST DRAWINGS ON POSTCARDS. WHICH OF YOUR PAST DRAWINGS WOULD YOU LIKE TO REDO FOR THIS PROJECT? DRAW ONE OF THEM.



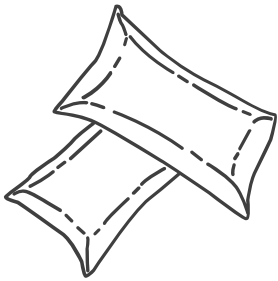
263. YOU ARE IN THE MIDST OF A
THUNDERSTORM. DRAW THE STORM,
CLOUDS, OR A FLASH OF LIGHTNING.



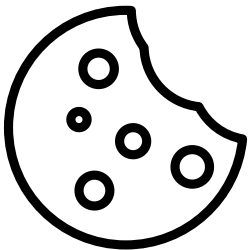
264. DRAW A SPACESHIP AND THINK ABOUT
THE POSSIBILITIES OF WHAT'S OUT
THERE.



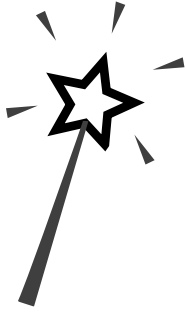
265. THINK OF CUDDLING IN BED WHILE LISTENING TO THE SOUND OF RAIN. DRAW SOMETHING THAT REMINDS YOU.



266. DRAW A FORTUNE COOKIE AND THINK ABOUT THE MESSAGE YOU WOULD WANT TO FIND INSIDE.



267. YOU FOUND A MAGIC WAND. WHILE YOU DRAW IT THINK ABOUT WHAT YOU'D USE IT FOR.



268. YOU JUST WON A PRIZE IN A CONTEST. DRAW THE PRIZE OR HOW IT WOULD MAKE YOU FEEL.



269.

YOU'VE BEEN ASKED TO CREATE A NEW FLAVOR OF SODA. DRAW YOUR CREATION.



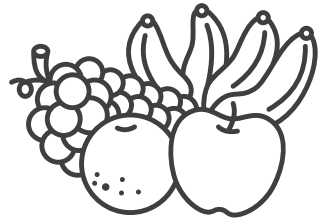
270.

YOU'VE BEEN ASKED TO CREATE A NEW COCKTAIL. DRAW IT AND THINK ABOUT HOW IT WOULD TASTE.



271.

INVENT A NEW FRUIT OR VEGETABLE.
DRAW IT AND THINK ABOUT WHAT IT
WOULD TASTE LIKE.



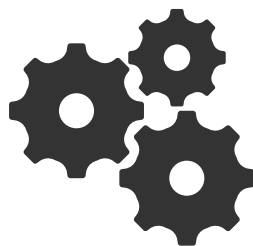
272.

DRAW A FEATHER FROM DIFFERENT
ANGLES. THINK ABOUT WHAT FREEDOM
MEANS TO YOU.



273.

YOU'VE INVENTED THE TIME MACHINE.
DRAW YOUR MACHINE OR WHERE IT
WOULD TAKE YOU.



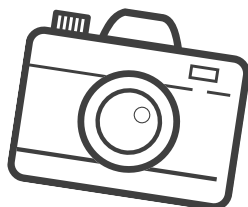
274.

YOU'VE INVENTED THE TIME MACHINE
AND TAKEN IT TO TRAVEL BACK IN TIME.
WHAT SOUVENIRS DO YOU BRING BACK
WITH YOU? DRAW THEM.



275.

YOU ARE A PHOTOGRAPHER AND HAVE BEEN ASKED TO TAKE PICTURES OF THE NIGHT SKY. USE DIFFERENT COLORS TO REPRESENT THE STARS, PLANETS, AND GALAXIES.



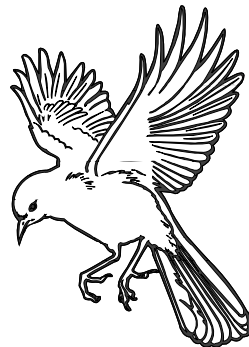
276.

IMAGINE YOU COULD FLY. WHAT WOULD YOUR WINGS LOOK LIKE? DRAW THEM.



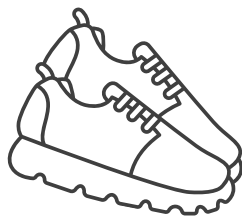
277.

YOU ARE A BIRD AND HAVE BEEN ASKED
TO BUILD A NEST. DRAW YOUR NEST OR
WHAT IT WOULD FEEL LIKE TO FLY.



278.

YOU'VE BEEN ASKED TO DESIGN A NEW PAIR
OF SHOES. DRAW YOUR INSPIRATION OR
THE SHOES THEMSELVES.



279.

DRAW THE STATUE OF AN ANCIENT
GODDESS THAT OVERSEES YOUR
CREATIVITY. WHAT OFFER WOULD YOU
GIVE TO THE GODDESS? DRAW IT.



280.

WHAT ARE YOU MANIFESTING IN YOUR
LIFE RIGHT NOW? DRAW IT.

MANIFEST

281.

CREATE A MANDALA THAT REPRESENTS
YOUR CURRENT STATE OF MIND.



282.

DRAW A PICTURE OF YOUR SPIRITUAL
GUIDE OR GUARDIAN ANGEL.



283. PICK TWO OBJECTS THAT ARE IN YOUR SIGHT RIGHT NOW AND COMBINE THEM INTO ONE NEW CREATION.



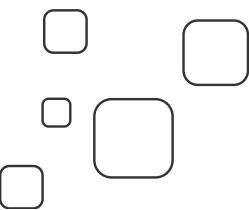
284. DRAW LIPS THAT ARE WHISPERING A SECRET.



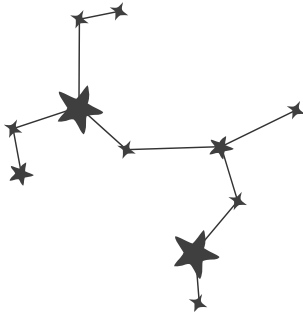
285. WHAT DOES YOUR INTUITION LOOK LIKE? DRAW A PICTURE OF IT.



286. CREATE A MIXED-MEDIA PIECE WITH NATURAL ELEMENTS AND GEOMETRIC SHAPES.



287. INCORPORATE THE SYMBOL OF YOUR ZODIAC SIGN INTO A DRAWING.



288. DRAW AN OBJECT THAT HAS BEEN PASSED DOWN IN YOUR FAMILY FOR GENERATIONS.



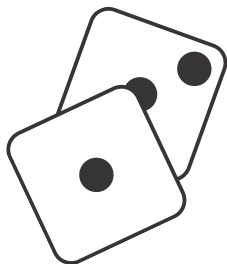
289.

DRAW A PICTURE WITH PLAYING CARDS.

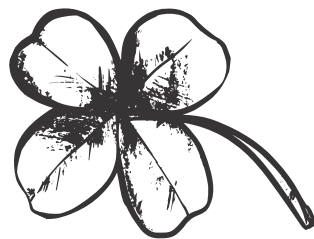


290.

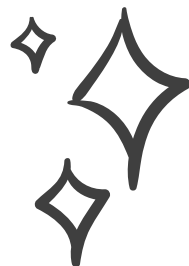
DRAW A PICTURE OF ROLLING DICE.



291. WHAT DOES LUCK MEAN TO YOU? DRAW
A PICTURE OF IT.



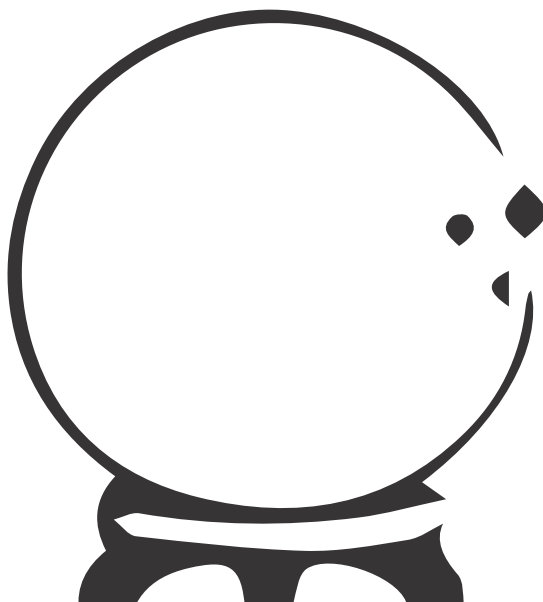
292. DRAW A PICTURE OF AN OBJECT THAT IS
VERY SPECIAL TO YOU.



293. WHAT DOES MAGIC LOOK LIKE TO YOU?
DRAW IT.

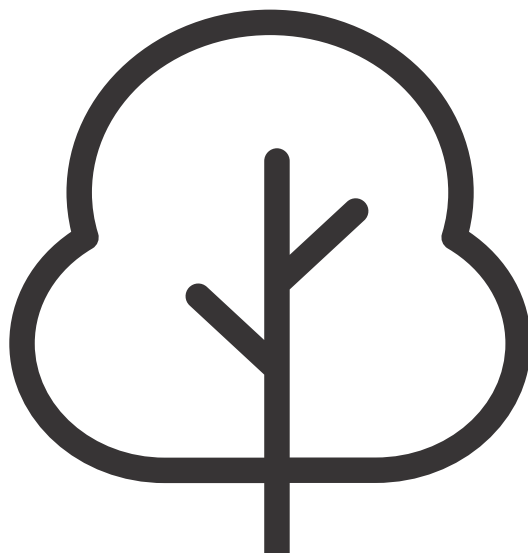


294. PRETEND YOU ARE LOOKING IN A
CRYSTAL BALL. WHAT DO YOU SEE?
DRAW IT.



295.

FROM AFAR, IT LOOKED LIKE AN APPLE TREE BUT NOW THAT YOU'RE GETTING CLOSER, IT'S A FRUIT YOU'VE NEVER SEEN BEFORE. DRAW IT.



296.

WHEN WAS THE LAST TIME YOU FELT TRULY FREE? DRAW THAT MOMENT.



297.

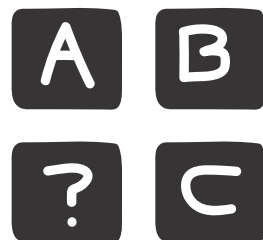
WHAT IS YOUR FAVORITE QUOTE?
CREATE AN ILLUSTRATION FOR IT.

”

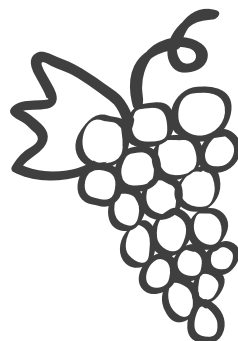
“

298.

WRITE DOWN A LIST OF RANDOM
WORDS AND THEN USE THOSE WORDS
TO CREATE A DRAWING.



299. DRAW GRAPES FROM DIFFERENT ANGLES
AND THINK ABOUT WHAT YOU
• ASSOCIATE THEM WITH.

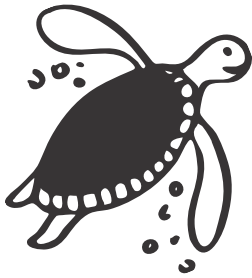


300. DRAW ONE THING YOU REMEMBER FROM
YOUR LAST DREAM.



301.

THEY FOUND A NEW CREATURE AT THE
BOTTOM OF THE OCEAN AND IT WAS
PRETTIER THAN EVERYONE THOUGHT.
DRAW IT.



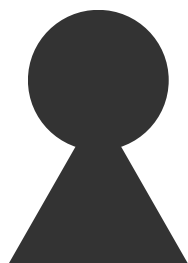
302.

YOU ARE STUCK IN QUICKSAND AND
SLOWLY SINKING. WHAT DO YOU SEE
AROUND YOU? DRAW IT.



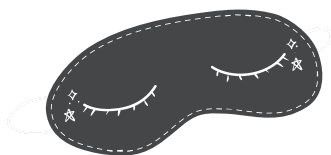
303.

THERE ARE 5 DIFFERENT KEYS IN FRONT OF YOU, EACH LOOKS UNIQUE. PICK ONE AND TRY TO OPEN THE DOOR IT LEADS TO. DRAW THE KEYS OR WHAT'S INSIDE.



304.

DRAW AN EYE THAT SEES EVERYTHING BUT IS STILL BLINDED BY WHAT'S IN FRONT OF IT.



305.

DRAW EYES FROM DIFFERENT ANGLES.
WHAT DOES IT MEAN TO BE SEEN? DRAW
IT.



306.

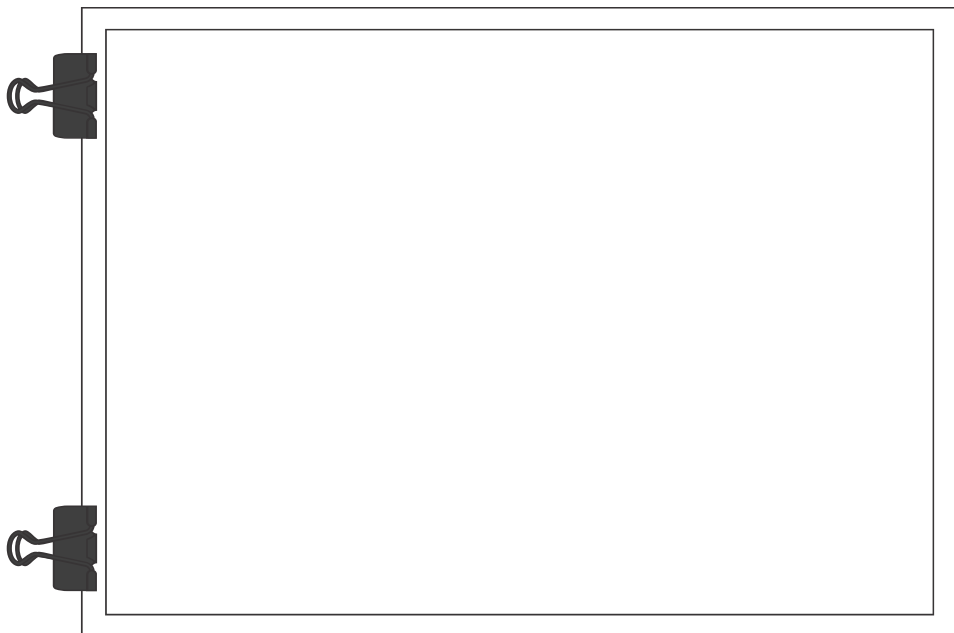
WHAT DOES IT FEEL LIKE WHEN YOUR
HEART IS HEAVY? DRAW IT.



307. YOUR FAVORITE COLOR IS NOW A BEING THAT'S GUIDING YOU THROUGH LIFE. WHAT DOES THIS CREATURE LOOK LIKE?



308. IF YOU COULD ONLY DRAW ONE THING FOR THE REST OF YOUR LIFE, WHAT WOULD IT BE?



309.

YOU ARE IN A DARK ROOM AND THERE IS A LIGHT SHINING FROM UNDER THE DOOR. DRAW WHAT'S INSIDE.



310.

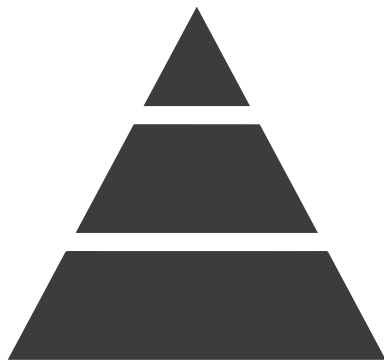
DRAW ITEMS THAT ARE A MUST IN YOUR MORNING ROUTINE.



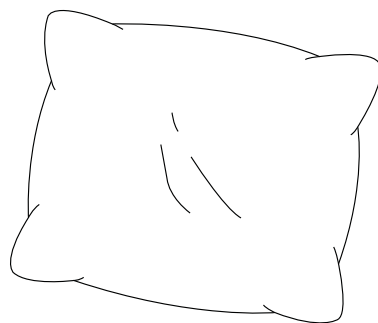
311. DRAW WHAT'S INSIDE YOUR PURSE OR POCKETS.



312. THERE ARE PYRAMIDS BUT THEY LOOK VERY MODERN AND YOU'D ACTUALLY LOVE TO LIVE IN ONE. DRAW IT.



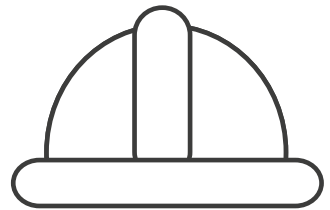
313. YOU'VE BEEN HIRED TO DESIGN
PILLOWCASES. DRAW SOME IDEAS.



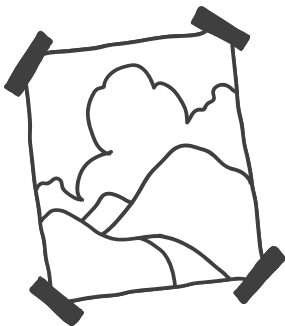
314. YOU'VE BEEN HIRED TO ILLUSTRATE A
CHILDREN'S BOOK AND CAN DECIDE
WHAT ANIMAL WILL BE THE
PROTAGONIST. WHAT DO YOU CHOOSE?



315. YOU ARE AN ARCHITECT AND HAVE BEEN ASKED TO DESIGN A HOUSE FOR A FAMILY OF 5. DRAW IT.



316. YOU'VE BEEN HIRED BY A TRAVEL COMPANY TO DESIGN A NEW POSTER FOR THEIR LATEST DESTINATION. DRAW IT.



317. YOU JUST RECEIVED THE MOST BEAUTIFUL BOUQUET OF FLOWERS. DRAW IT.

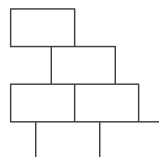
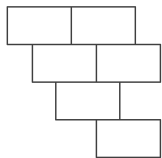


318. YOU ARE ASKED TO DESIGN A TATTOO FOR SOMEONE. WHAT DO THEY WANT? DRAW IT.



319.

SOMEONE HIRED AN ARTIST TO PAINT A MURAL BUT THEY HATE THE FINAL PRODUCT. THEY WANT YOU TO PAINT OVER IT BUT WITH YOUR OWN TWIST. DRAW THE NEW MURAL.



320.

YOU FIND A STAR THAT FELL FROM THE SKY. DRAW WHAT IT LOOKS LIKE UP CLOSE.



321.

THERE'S A NEW PRODUCT ON THE MARKET THAT EVERYONE IS TALKING ABOUT. DRAW IT.

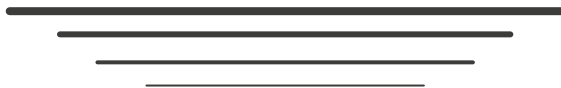


322.

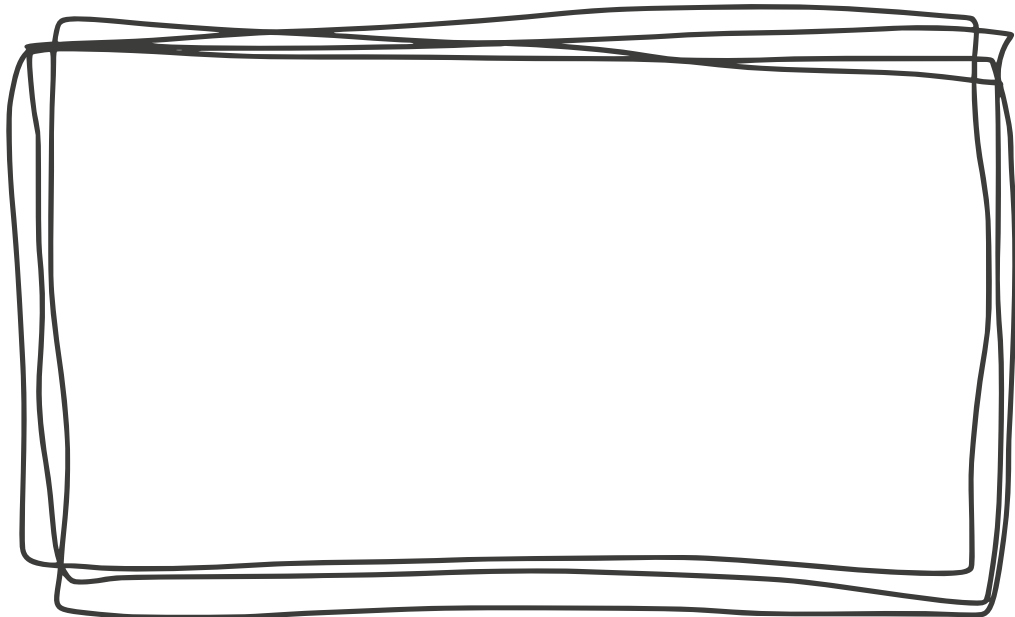
YOU'VE BEEN ASKED TO DESIGN A LOGO FOR A NEW COMPANY. WHAT IS THE COMPANY AND WHAT DOES THE LOGO LOOK LIKE?



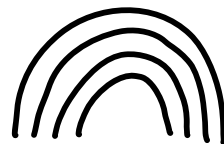
323. DRAW A SUNSET OVER THE OCEAN.



324. CREATE A PORTRAIT OF YOUR BEST FRIEND.



325. DOODLE A PATTERN INSPIRED BY NATURE.



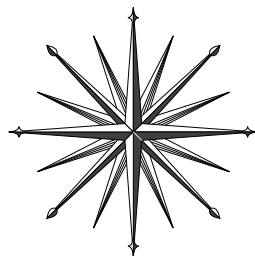
326. FIND A QUOTE ABOUT ARE YOU LOVE.
DRAW AN IMAGE TO GO ALONG WITH IT.



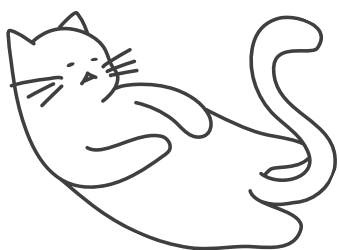
327. IF CREATIVITY WAS A FLOWER IT WOULD
LOOK LIKE... DRAW IT!



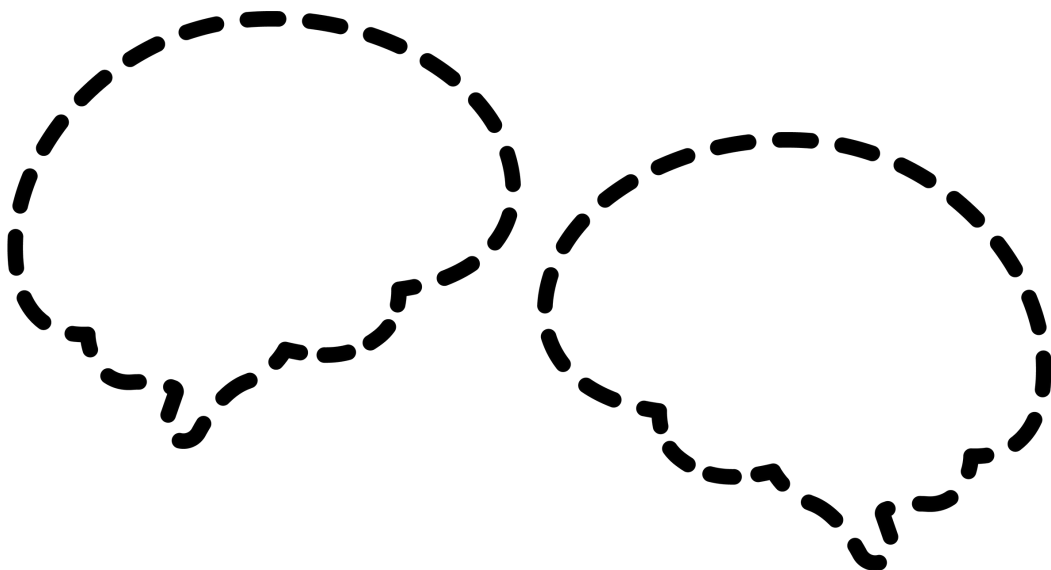
328. WHAT JOURNEY IS YOUR SOUL ON AND
HOW HAS IT CHANGED OVER TIME?
DRAW A BEFORE AND AFTER.



329. WHAT IS YOUR FAVORITE THING TO DO
ON A LAZY SUNDAY AFTERNOON? DRAW
IT!

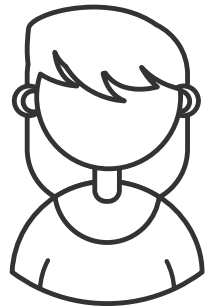


330. DRAW THE CREATIVE VS. THE LOGICAL
SIDE OF YOUR BRAIN.



331.

WHAT DOES YOUR MUSE LOOK LIKE?
DRAW HER.



332.

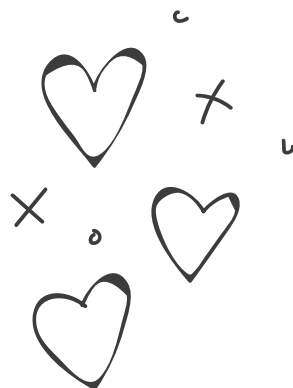
DRAW ALL THE ITEMS YOU ASSOCIATE
WITH ART.



333. DRAW ALL THE THINGS YOU'D BRING TO A DESERTED ISLAND.



334. WHAT DOES YOUR HEART LOOK LIKE? DRAW IT.



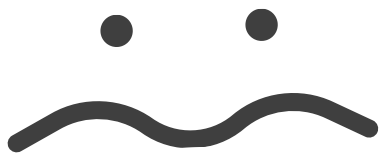
335. WHAT DOES ANGER LOOK LIKE? DRAW IT.



336. WHAT DOES HAPPINESS LOOK LIKE? DRAW IT.



337. WHAT DOES ANXIETY LOOK LIKE? DRAW IT.



338. DRAW SOMETHING THAT REMINDS YOU OF A TIME WHEN YOU WERE VERY HAPPY AND CAREFREE.



339. PRACTICE DRAWING YOUR FAVORITE ANIMAL PRINT TODAY.



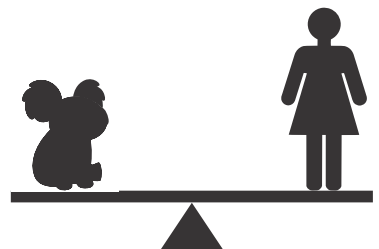
340. DRAW A CROCODILE FROM DIFFERENT ANGLES AND THINK ABOUT WHERE THE EXPRESSION "CROCODILE TEARS" MIGHT BE COMING FROM.



341. DRAW A SMART FOX AND THINK OF
TIMES YOU WERE SMART LIKE A FOX.

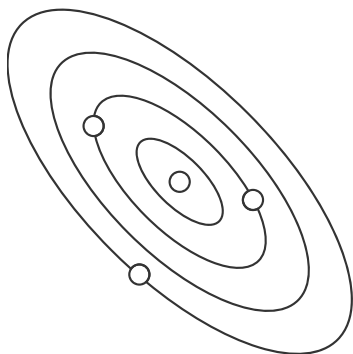


342. DRAW AN ANIMAL THAT YOU FEEL YOU
HAVE A LOT IN COMMON WITH.



343.

DRAW OUR SOLAR SYSTEM AND THINK ABOUT HOW TINY THE CHANCES OF YOU BEING HERE READING THIS AND DRAWING THE SOLAR SYSTEM ARE.



344.

DRAW SOMETHING YOU WANT TO LET GO OF.



345. WHAT DOES FORGIVENESS LOOK LIKE? DRAW IT.



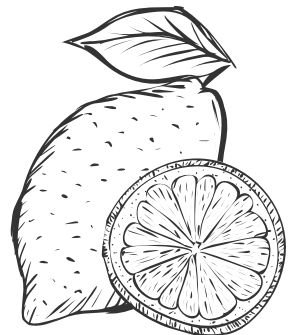
346. WHAT DOES REGRET LOOK LIKE? DRAW IT.



347. WHAT DOES "STARTING OVER" LOOK LIKE? DRAW IT.

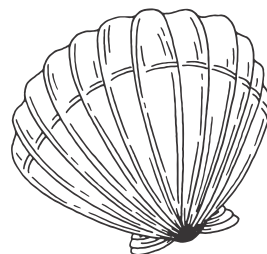
**START
OVER**

348. WHEN LIFE GIVES YOU LEMONS... DRAW THEM!



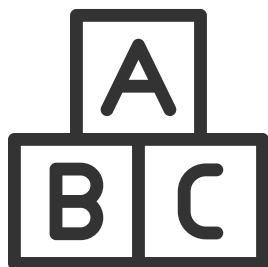
349.

DRAW A PEARL IN A CLAM SHELL AND
THINK ABOUT THE TREASURES INSIDE OF
YOU.



350.

WRITE DOWN THE FIRST LETTER OF
YOUR NAME AND DOODLE AROUND IT.



351.

HEY ARTIST - WHAT'S YOUR SECRET SAUCE? DRAW IT.



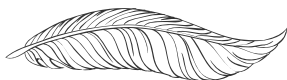
352.

WRITE DOWN THE FIRST INSPIRING WORD THAT COMES TO YOUR MIND AND DOODLE AROUND IT.



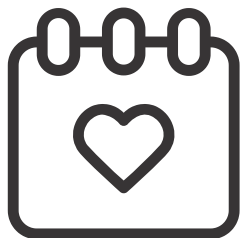
353.

DRAW A HAT WITH A FEATHER AND THINK ABOUT WHAT IT WOULD BE LIKE TO BE A FREE SPIRIT AND NOT CARE ABOUT PEOPLE LOOKING AT YOU WEARING IT.



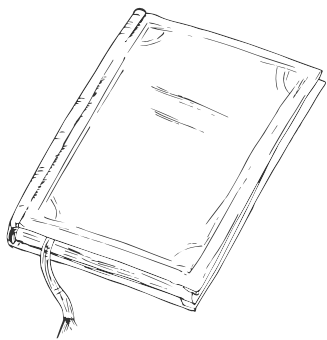
354.

WHAT DOES YOUR IDEAL DAY LOOK LIKE? DRAW IT.



355.

WHAT WAS YOUR FAVORITE BOOK AS A CHILD? DRAW SOMETHING RELATED TO IT.

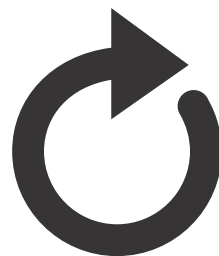


356.

WHILE YOU DRAW A TREE THINK ABOUT ALL THE PEOPLE WHO READ THIS PROMPT AND ALSO DRAW A TREE AND HOW EVERY TREE WILL LOOK UNIQUE.



357. GO BACK AND REDO YOUR FAVORITE
DRAWING SO FAR.

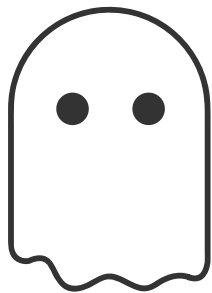


358. GO BACK AND REDO YOUR WORST
DRAWING SO FAR.



359. GO BACK AND REDO A PROMPT THAT YOU'D NOW LIKE TO ANSWER WITH A COMPLETELY DIFFERENT DRAWING.

360. WHAT DOES YOUR SOUL WANT YOU TO SEE? DRAW IT.

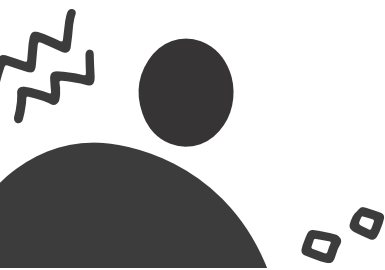


361.

GO BACK AND REDRAW YOUR 3
FAVORITE ELEMENTS FROM ALL YOUR
DRAWINGS.

362.

DO YOU FEEL LIKE YOU MADE PROGRESS
AND GREW AS AN ARTIST BY WORKING
THROUGH THIS JOURNAL? IF SO, DRAW
SOMETHING THAT WILL REALLY SHOW
YOUR PROGRESS.



363. WHAT DOES PROGRESS LOOK LIKE?
DRAW IT.

364. DRAW SOMEONE THAT LIGHTS UP YOUR
LIFE.



365.

LOOKING BACK AT YOUR WORK - DRAW
3 THINGS THAT NEED TO BE ON THE
COVER OF YOUR PERSONAL ART & SOUL
JOURNAL.

