

# Your Art Journal

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Fri/Sat
Week 1	<p>Session 1 Your Journal</p> <ul style="list-style-type: none"> <li>-Pick book</li> <li>-Prepare book</li> </ul>	<p>Day 2 Prompt</p> <ul style="list-style-type: none"> <li>-Map your day</li> </ul>	<p>Day 3 Prompt</p> <ul style="list-style-type: none"> <li>-Map your surroundings</li> </ul>	<p>Day 4 Prompt</p> <ul style="list-style-type: none"> <li>-Non-dominant Hand</li> </ul>	<p>Day 5 Prompt</p> <ul style="list-style-type: none"> <li>-10 Years from Now</li> </ul>	<p>Day 6/7 Prompt</p> <ul style="list-style-type: none"> <li>-The Perfect Day</li> </ul>
Week 2	<p>Session 2 Your CHOPS</p> <ul style="list-style-type: none"> <li>-Make a personal stamp</li> </ul>	<p>Day 9 Prompt</p> <ul style="list-style-type: none"> <li>-Word Collections</li> </ul>	<p>Day 10 Prompt</p> <ul style="list-style-type: none"> <li>-Mandalas</li> </ul>	<p>Day 11 Prompt</p> <ul style="list-style-type: none"> <li>-Tiny Poems</li> </ul>	<p>Day 12 Prompt</p> <ul style="list-style-type: none"> <li>-Between Me and the Cat (or Dog, or Horse, or Lamp, etc.)</li> </ul>	<p>Day 13/14 Prompt</p> <ul style="list-style-type: none"> <li>-Weekly (or 2 day) Treasure Challenge</li> </ul>
Week 3	<p>Session 3 Dots and Blobs</p> <ul style="list-style-type: none"> <li>-People and Creatures</li> </ul>	<p>Day 16 Prompt</p> <ul style="list-style-type: none"> <li>-Journal with Friends</li> </ul>	<p>Day 17 Prompt</p> <ul style="list-style-type: none"> <li>-Day in a List</li> </ul>	<p>Day 18 Prompt</p> <ul style="list-style-type: none"> <li>-Mind Map</li> </ul>	<p>Day 19 Prompt</p> <ul style="list-style-type: none"> <li>-Stream of Consciousness</li> </ul>	<p>Day 20/21 Prompt</p> <ul style="list-style-type: none"> <li>-The Glitter of New with Pictures or Drawings and Blurbs</li> </ul>
Week 4	<p>Session 4</p> <ul style="list-style-type: none"> <li>-Fragments</li> <li>-Merging cut-outs with art and writing</li> </ul>	<p>Day 23 Prompt</p> <ul style="list-style-type: none"> <li>-Unplanned Art</li> </ul>	<p>Day 24 Prompt</p> <ul style="list-style-type: none"> <li>-Bullet Journal Page</li> </ul>	<p>Day 25 Prompt</p> <ul style="list-style-type: none"> <li>-The Healing Journal Page</li> </ul>	<p>Day 26 Prompt</p> <ul style="list-style-type: none"> <li>-The Cathartic Journal Page</li> </ul>	<p>Day 27/28 Prompt</p> <ul style="list-style-type: none"> <li>-The Unsent Letters Pages</li> </ul>
Week 5	<p>Session 5 Last Day of Formal Class Your Work</p> <ul style="list-style-type: none"> <li>-Taking pictures of your work</li> </ul>	<p>Prompt</p> <ul style="list-style-type: none"> <li>-Micro Zoom in for a close study of something ordinary</li> </ul>	<p>Prompt</p> <ul style="list-style-type: none"> <li>-Color Your Mood Use color to describe the mood and tone of your immediate surroundings</li> </ul>	<p>Prompt</p> <ul style="list-style-type: none"> <li>-Wonder Walk Go on a walk and record all the things you wonder about along the way</li> </ul>	<p>Prompt</p> <ul style="list-style-type: none"> <li>-Look Down Change your place in space for a new perspective</li> </ul>	<p>Prompt</p> <ul style="list-style-type: none"> <li>-Comics Make your own comic strips</li> </ul>
Week 6	<p>Prompt</p> <ul style="list-style-type: none"> <li>-Doorways Create secret doorways in things that don't normally have doors</li> </ul>	<p>Prompt</p> <ul style="list-style-type: none"> <li>-I Am... Make a list all about you</li> </ul>	<p>Prompt</p> <ul style="list-style-type: none"> <li>-20 Different Ways How many ways can you show one thing</li> </ul>	<p>Prompt</p> <ul style="list-style-type: none"> <li>-The Crew Fill a page with one type of creature, person, animal, or personified thing (think potato with arms and legs)</li> </ul>	<p>Prompt</p> <ul style="list-style-type: none"> <li>-Imperfect Paper Quilting Make tiny paper quilts for your journal page</li> </ul>	<p>Prompt</p> <ul style="list-style-type: none"> <li>-Pocketed Create a small pocket and fill it with tiny notes</li> </ul>