

# 50 Art Journal Prompts to Spark Your Visual Creativity

## Low-Pressure Doodles: Doodle Journal Prompts

Use these doodle journal prompts when you want to create without the stress of "drawing" a specific object.

1. Fill an entire page with circles of different sizes. Decorate each circle with a different pattern.
2. Close your eyes and scribble for 30 seconds. Open your eyes and try to find three "hidden" shapes or creatures in the lines.
3. Draw a series of continuous lines without lifting your pen from the paper for five minutes.
4. Create a "Mood Map" using only colors and squiggly lines—no words or recognizable shapes.
5. Doodle your favorite song. What do the lyrics look like as shapes and patterns?
6. Draw 20 tiny squares and fill each one with a different texture (dots, cross-hatching, waves).
7. Doodle a "garden" where the flowers are made of geometric shapes like triangles and squares.
8. Draw a border around your page using only repeated symbols (arrows, hearts, or stars).
9. Create a "Zen-Doodle" by dividing your page into four sections and filling each with a different repetitive pattern.
10. Use your non-dominant hand to draw a self-portrait. Don't worry about the "accuracy."

## Observational Sketching: Sketch Journal Prompts

Hone your "seeing" skills with these sketch journal prompts and drawing prompts journal ideas.

11. Sketch the contents of your junk drawer exactly as they are.
12. Draw the view from your favorite window at three different times of day to capture the changing light.
13. Sketch your morning coffee or tea setup, focusing on the steam and reflections on the mug.
14. Draw your hand in five different positions.
15. Sketch a single piece of fruit, then cut it in half and sketch the inside.
16. Find a leaf outside and draw it, magnifying the tiny veins and imperfections.
17. Sketch your most-worn pair of shoes. What stories do the scuffs tell?

18. Draw the keys on your keychain and imagine what each one opens.
19. Sketch a corner of your room that usually feels "messy" or "boring."
20. Draw your reflection in a spoon or a curved surface.

## Abstract & Expressive: Visual Journal Prompts

These visual journal prompts help you map your internal landscape using color and form.

21. What does "anxiety" look like as a color and a shape? Draw it, then paint over it with a color that represents "peace."
22. Create a "Gratitude Collage" using images from magazines and your own drawings.
23. Paint a background using colors that represent your childhood home.
24. Draw a "Safe Space" that exists only in your mind.
25. If your heart was a house, what would the architecture look like?
26. Trace your hand and fill the inside with words and images of things you are currently holding onto.
27. Create a visual representation of a dream you had recently.
28. Draw a "timeline" of your life using a single, winding line with symbols for major events.
29. What does the word "resilience" look like? Use bold lines and contrasting colors.
30. Paint your "internal weather" today. Is it a thunderstorm, a misty morning, or a heatwave?

## Mixed Media & Narrative: Art Journaling Prompts

Use these art journaling prompts to tell a story using multiple layers and textures.

31. Glue a receipt from a meaningful day into your journal and draw what you remember around it.
32. Paint a page a solid color, then "scratch" a drawing into the wet paint using a toothpick.
33. Use a piece of junk mail as your canvas. Draw over the text so only certain words remain visible.
34. Create a "Map of Your Day" using icons for where you went and how you felt.
35. Glue in a photo of yourself and draw "wings" or "armor" onto the photo.
36. Draw a character from a book you are reading and place them in your current living room.
37. Use tea or coffee to "stain" your page, then draw over the dried stains with a white gel pen.
38. Create a "pocket" on your page out of an envelope and hide a secret drawing inside.
39. Draw your "Inner Critic" as a ridiculous monster to take away its power.
40. Use washi tape or strips of colored paper to create a "weaving" pattern on your page.

## Creative "Spark" Prompts

41. Draw a "City in the Clouds."
42. Create a postage stamp for a country that doesn't exist.
43. Sketch a "portrait" of your pet if they were a human.
44. Draw the same object three times: once in 10 seconds, once in 1 minute, and once in 10 minutes.
45. Design a new cover for your favorite childhood book.
46. Draw "Sound"—what do the noises in your street look like?
47. Sketch a "Jar of Memories" and fill it with sketches of small objects from your past.
48. Draw a tree where the leaves are actually eyes or ears.
49. Create a "Mood Board" for your future self.
50. Finish this page using only your fingers (no brushes or pens allowed).