

Eighteen Ideas for your Art Journals

By Leslie Ackman Brave Heart Sisterhood

- *Use your favorite quote on a page
- *Create an inspirational DREAM collage using words & images to inspire you to LIVE YOUR DREAMS
- *Cover a whole page in washi tape to use as a background
- *Write down all your thoughts of the moment & create a page
- *Cover a page in pretty flowers...add ONE WORD that lifts you up
- *Create a Master Dream List
- *Take your journals outside and create a page
- *Use a photo of YOU as a focal point for a page
- *Create a collage using uplifting words & images from magazines
- *List 10 things you love about your life right now
- *Celebrate a favorite song
- *Create a patchwork of patterned paper as a background
- *Use this prompt..."I Need..."
- *Use this prompt..."I Believe..."
- *Use this prompt..."My 3 favorite things are..."
- *Celebrate your favorite childhood memory
- *List 5 ways you can create a positive change in your life today
- *Use ONLY your two favorite colors on a page