

# *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