

22 Ways to Help YOU
Step Out of Your Art Journaling Comfort Zone
By Leslie Ackman

"The comfort zone is the great enemy to creativity; moving beyond it necessitates intuition, which in turn configured new perspectives and conquers fears." -Dan Stevens

**Rules-choose one of the prompts below to create a journal page. You may add other items on your page as inspired...(paint pens, watercolors, gesso, etc.).

1. One magazine girl, favorite quote, washi tape & 2 colors of paint
2. Use ONLY colors you rarely use in your work
3. Nature background & poem
4. Use an image/images you normally wouldn't on your page
5. Create a background using ONLY Flowers
6. Use MOSTLY text on your page
7. Birds, speech bubbles and 2 colors
8. Use ONLY paint as a background
9. Two magazine girls, speech bubbles, hearts
10. Create Art Marks all over page
11. Like circles? Use squares or triangles. Make Marks that are NOT your norm
12. Use NO words on a page
13. Journal on your page then cover up
14. Use an entire magazine image as your background, write DIRECTLY on the image
15. Seek out new techniques for your journals and try one on a page
16. Journal on your page then paint in large letters one word or phrase ON the journaling
17. Photo of YOU
18. Choose a theme for your page that something you normally wouldn't do
19. Wings, favorite quote and 2 colors
20. Use arrows all over your page
21. Use a magazine background then create a shape/shapes directly on with paint
22. ONE word all over page, one magazine girl, shapes

