

75 ART JOURNAL PROMPTS

1. Write a haiku.
2. Write a letter to your future self.
3. Create a page for a loved family member, friend, pet, or your partner.
4. Illustrate your favorite foods.
5. Paint and collage your goals and aspirations.
6. Fill a page with positive affirmations
7. Create a page about your ideal future life.
8. Make a page for your favorite season or the season you're in.
9. Use watercolors to make an ombre page.
10. Make a page about your favorite city.
11. Create a page with your favorite words.
12. Journal about what you're grateful for.
13. Make some DIY stamps and use them on a page.
14. Create a page with a color palette you love.
15. Illustrate funny jokes or random thoughts.
16. Draw a cartoon strip.
17. Create a self-portrait.
18. Practice hand lettering with some special quotes.
19. Paint a landscape scene.
20. Create a page that uses India ink.
21. Create a collage from magazine clippings.
22. Illustrate a favorite memory.
23. Use twigs to draw and leaves or flowers to make pressings.
24. Make a page for your favorite animal.
25. Cut out magazine words to make a quote or express your thoughts.
26. Design a page with abstract shapes and colors.
27. Sketch a place you'd love to visit.
28. Create a page inspired by your favorite song.
29. Draw a mandala and color it in.
30. Make a page about your favorite hobbies.
31. Illustrate a dream you've had.
32. Use ribbon or thread on your page.
33. Create a comic strip.
34. Use a ruler, create geometric designs, then add color.
35. Paint or draw your favorite flower.
36. Design a page about your favorite holiday.
37. Create a timeline of a special day in your life.

38. Sketch out a new invention or idea.
39. Make a list of things that make you happy and illustrate them.
40. Draw or paint the view from your window.
41. Make a nighttime image.
42. Draw a zentangle.
43. Use watercolor to create a nature or flower scene.
44. Draw your favorite doodle in a bunch of different ways.
45. Create a page based on an emotion.
46. Illustrate a magical or fantasy scene.
47. Create a page based on a still-life arrangement you set up.
48. Create a page that incorporates fabric.
49. Draw a scene from your happiest memory.
50. Create a collage using lace and old love letters.
51. Illustrate a current event using paint markers and newspaper.
52. Use packaging from beauty products or food boxes on your page.
53. Make a page for your favorite family recipe, illustrating each step.
54. Write a song and create a page around it.
55. Design a page inspired by the 1960s, 1970s, or favorite decade of choice.
56. Make sketches of your favorite plants.
57. Make a surreal, dreamy landscape.
58. Create a page about what you did today.
59. Make a page about something mysterious.
60. Draw a map of an imaginary land.
61. Paint a picture of an ordinary everyday object, then write about it dramatically.
62. Design a tattoo.
63. Write and doodle about a funny moment from your week.
64. Collage images of clouds.
65. Design a page about love.
66. Illustrate or paint a sunrise or sunset.
67. Illustrate some old symbols.
68. Collage old photographs.
69. Sketch a series of faces expressing different emotions.
70. Create an abstract painting inspired by a song.
71. Illustrate a peaceful moment.
72. Create a monotone colored page.
73. Create a celestial page.
74. Create a spiritual page.
75. Use ripped pieces of paper to create a landscape or portrait.