

THE PROMPTS

Do them in order or pick and choose:

- A hot beverage you enjoyed.
- Inspiring song lyrics or quote.
- A word to inspire your month.
- A habit you want to work on.
- An outdoor activity.
- A colour to inspire your month.
- Someone you visited in-person/zoom.
- A new goal.
- Something that made you laugh.
- Something you ate: loved/hated.
- Something new to try this month.
- A Change you want to make.
- Something you celebrated.
- A business you always support.
- Something outside your comfort zone.
- Movie/TV review.
- 2021 memory.
- Note to self.
- Something that's been tough.
- New food to try.
- Someone you appreciate.
- Take off your plate/delegate this month.
- Home or work project. Details, progress...
- Someone I miss.
- Take credit of an accomplishment.
- New skill you want to learn.
- Your go-to meal this month.
- Something you're hopeful for.
- Something that made you happy.
- Takeout you enjoyed this month.
- Selfcare idea I want to start.

THE SUPPLIES

Plain white paper or sketchbook
(the thicker the better)
Fineliner: Gel pen, rollerball...
Black Sharpie Pen or Crayola SuperTips
Highlighters
Gluestick
Small Paintbrush with water

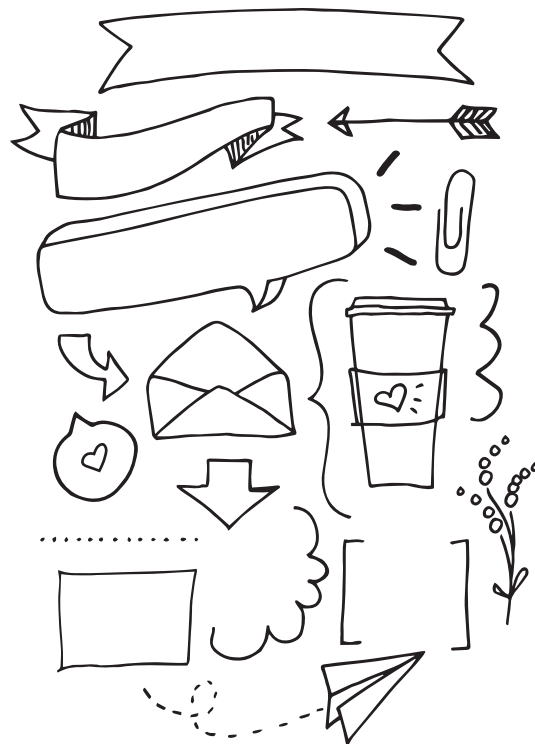
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TECHNIQUE IDEAS

Highlighter dropshadows
Torn paper background glued down.
Faux watercolour effect using water
to blend fresh ink lines.
Draw inside of a shape.
Mix your use of printing and cursive
and the size of text blocks. (Contrast
is a design element!)
Mix your use of thick pen and thin
pen writing. Again... contrast.

*Include bits of paper memories to
use with your doodles:*

*Receipts from your fave restaurant,
sticker that came with your last gift,
stickers you purchased, coffee sleeve,
map, piece of brochure, sticker from
your new favourite coffee bag, busi-
ness cards, postcards, packaging...*



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