

# THE BOOK OF MINDFUL art journal prompts

How to make unique & meaningful art journal pages without the burden of them being pretty but actually making it the self-care you deserve.



# THE BOOK OF MINDFUL art journal prompts

These prompts are great if you're looking for inspiration for your art journal pages with the touch of mindfulness and self-reflection.

We often expect our art to be perfect and beautiful, but there's much more joy in making art that's mindful, that's an expression of our inner selves.

Use the prompts for self-reflection, to bring positivity and joy into your art-making, and what's more important, create unique pages that reflect your own feelings, goals, moods, etc.

## Hi there

Art journaling has been a savior for me. I used to be confused and scared to paint on a canvas. When I discovered art journaling, it blew my mind.

Soon I realized I can be more free in expressing myself artistically, and even bring some mindfulness into my art.

Today, I enjoy sharing my process and ideas with beginners who desperately need some inspiration for their art.

Much love,

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# negatives into positives

Words are extremely powerful. Positive affirmations are sentences with positive tone and words. You create them carefully for the desired situation.

But, it's easier to believe the negative words we hear. However, if negative words can influence us, then imagine what the positive ones can do!

- 1** paint two pages in different colors
- 2** draw a human shape on each side (or any other shape)
- 3** paint the human shapes
- 4** write negative thoughts and feelings in the left shape
- 5** transform them into positive words and write them in the right shape
- 6** decorate your pages however you want, add doodles, or something visual that represents the transformation



# gratitude art journal page

Gratitude is important. Being aware of the blessings in your life sets a positive mood. Also, showing gratitude makes us appreciate even the little things. However trivial they seem at first.

When you show gratitude, you also change your mindset. It makes you become more aware of your life. You figure out what has value for you and what is just meaningless horse crap.

- 1** paint a background with your favorite colors
- 2** add an image or a drawing of yourself
- 3** think about the things you're grateful for
- 4** think about the past, the present, and even the future
- 5** write all of those in the present tense around your image
- 6** decorate your pages however you want, add doodles, or something visual that represents the gratitude you feel

[Need more ideas for gratitude art? Hop over here for inspiration.](#)



# letting go

If you think about the fall and the falling leaves, you can see that the trees let go of leaves so they can prepare for new and fresh things.

People can do this, too. However, sometimes we forget how some things hold us down and we refuse or can't let them go.

- 1** paint a background with your favorite colors
- 2** draw a tree on the left or right
- 3** draw some leaves on the tree and some flying off the tree (you can also cut the paper into leaf shapes and glue them down)
- 4** what feels heavy around your neck? Do you want to change something about yourself? What fears do you have and want to let go of?
- 5** write those feelings on the flying leaves

[Check out the full tutorial here](#)



# mini vision board

Making a vision board art journal is a powerful way of influencing your mind and creating your own reality. Isn't it wonderful when you can set your imagination free and daydream about what you want?

But the cool part is that, by making a vision board art journal, you will have so much fun! It's not going to feel like a task.

- 1** focus on what your immediate goals are, what you want to accomplish, feel, how you want things to be in certain areas of your life
- 2** collect images from magazines or print them. Use images that visually describe all these things you want
- 3** paint the background to make it more interesting. Choose whichever color you want and feel is right
- 4** glue down the images and some scrap papers, add washi tape, journaling, and doodles
- 5** enjoy your mini vision board by visiting it weekly, or daily. Or even better, make more of them for specific goals you have





# celebrate yourself

Mindful art journaling is a practice that can be a life-changer. Yes, I can boldly say this! Because it's helped me discover myself. It has made me think about my inner needs, wishes, and dreams.

Above all, it's helped me understand myself better. But, it can become addictive. Oh, yes! But, wow, putting yourself first should be an addiction.

- 1** What do you want to celebrate about yourself? What can you do to honor and love yourself more? Can you make art as self-care?
- 2** paint the background in a messy way. Just splash that paint and don't overthink it. Choose whichever color you want and feel is right
- 3** draw yourself in a simple shape (or go wild and make a full portrait), or glue your photo, or just a magazine image
- 4** draw heart or shapes around the image/drawing
- 5** journal about the questions from above in the shapes
- 6** add more visuals by doodling or drawing, or even stickers





# **THE BOOK OF** **MINDFUL** art journal prompts

**Loving these prompts?**

**Then you're going to absolutely adore the  
soul-searching prompts.**

The soul-searching prompts will help you start your pages that are unique to you, without comparing them to other people's pages. And you'll create deep, special, personal art without expecting it to be perfect.

**Yes, I want to check  
this out!**