



ART JOURNALING TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



ART JOURNALING

▷ What You'll Discover

- What Art (or Visual) journaling is.
- Benefits of Art Journaling
- Ways you can explore art journaling.
- Tools you can use.

▷ What is Art Journaling

Art journaling is journaling in a visual and artistic way incorporating more than your standard handwriting or printing. It is an incredible way to begin expressing yourself creatively. Even if you don't consider yourself creative or artistic you might surprise yourself by what is longing to come out. With an art journal all your work is private and kept in your journal so you don't have to worry about it looking "good". It's all about expressing yourself, and your thoughts and emotions, through your creativity. You might be surprised what's hiding behind your perfectionism.

▷ Benefits of Art Journaling

There are so many benefits to visual journaling. Many of the benefits of art journaling are the same as those of journaling overall. It relieves stress by allowing you to get all the stuff going on in your head out onto paper. It helps you see your thoughts and emotions in a different



and more objective way. The added benefit of art journaling is that it encourages us to use the right side, the creative side, of our brain even more. For many of us this is a side that doesn't get tapped into often or at all. This opens up new insights into what we are journaling on. It helps us see new solutions to problems or new beauty in our pain or struggles.

It helps us unleash our creative side and start to loosen up the flow of our creative juices. We can enjoy the process of creativity without feeling we need to produce some perfected piece of artwork.

It can also help us awaken a side of us, and a talent, we didn't know was there and see where it takes us. Perhaps you will discover a new hobby you are passionate about!

How to do Art Journaling

There are so many ways you can incorporate art into your journaling.

- Incorporate gratitude into your art journaling by creating art about what you are grateful for.
- Create art around your goals and vision boards.
- Create art around inspiring quotes.
- Use art to express your feelings.
- You can create art around a word or phrase.
- You can create collages or vision boards.
- You can simply add artistic flair and doodles to your regular journaling.

There are no rules!

There are so many forms of art so of course your form of art journaling can take any number of forms. Experiment! Find your method. Depending on how involved you want to get in your art journaling you can get a dedicated art journal with paper to support your method of choice.



- You can start your art around a word or phrase.
- Create an affirmation quote.
- Create an artistic background and then journal on it.
- Journal in cartoon or doodle form.
- Create a collage around your goals, struggles, or manifestation desires.
- The possibilities are endless.

Art Journaling Tools

Some of the tools you may want to explore for your art journaling include:

- A notebook with paper suitable for the medium you will be using. Standard paper, sketch paper, paper for watercolor or other forms of paint.
- Pencil crayons
- Markers
- Paints
- Stickers
- Washi Tape
- Glue
- Stencils

A visual component can be added to any of the forms of journaling in this course!





Journal Prompts

- Do you consider yourself artistic? Why or why not?
- Does art journaling sound appealing to you? Does it excite you or scare you? Why?
- What forms of visual journaling do you think you might enjoy? What medium would you use?
- Doodle or draw something that helps you express something you are feeling or thinking about right now.



Notes

A series of horizontal dotted lines for writing notes.

