



ART JOURNALING WORKSHEET



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



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.

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.

Enjoy!

Christa Potter





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Notes

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