

ART 3

VISUAL JOURNAL

@msdowd_artroom

1. Art movement- pop art, cubism, Impressionism
2. Habits
3. What is love
4. Regrets
5. How others see me
6. *Use mod podge to adhere book pages to journal pages. Draw on top*
7. A life lesson I've learned
8. Forbidden
9. *Mirrors- reflections and doubling*
10. **What does your inner critic say? Fill the page**
11. What makes your heart smile? :)
12. Draw a map of wherever you are to where you want to be 
13. *Hope*
14. **PRETEND YOU ARE A GODDESS OR GOD. DRAW HER OR HIM**
15. **Color swatches and then draw on top**
16. *A song from your childhood*
17. **MORNING VIBES**
18. *A historic landmark*
19. *A kind of phobia*
20. *Spa day or self care*



- *Collage
- *BE CREATIVE
- *FILL 2pg spread
- *MIXED MEDIA
- *No Empty Space!