



## SUMMARY: Art Journaling



# 10 TIPS TO START YOUR ART JOURNAL

## **CREATE AN ART JOURNAL PAGE**

Below are 10 tips to starting your art journal page:

1. Gather your supplies
2. Spend some time reflecting on any ideas that might come to mind. You might want to art journal intuitively based on whatever thoughts are appearing. Alternatively, you may want to pick a theme or topic to art journal about.
3. Color palette - do you want your page to be dark and moody, or bright. Many websites can provide color palette inspiration. <https://colorpalettes.net/>
4. Composition - do you want to build a background and add elements on top or do you want to start with a central image and build around it?
5. Texture and patterns – think about adding texture and patterns to your page to add visual interest
6. Blank page-it is - if you're stuck on starting with a blank page, grab your favorite color and just scribble a mark or splat some ink on the page to get moving. That initial mark will tell your brain that you've started.
7. Collage – if you collage items on your page, move the items around to test out composition ideas before you adhere the items to your page. Don't spend too much time overthinking placement. Try a few positions and then just commit. You can use washi tape if you don't want to permanently commit with adhesive.
8. Add personality – add something personal to your page such as a photo or favorite lyric or poem. Make your art journal page something unique that reflects you.
9. Embrace imperfection – remember your art journal page is about the process of creating and not the end result.
10. Set a time limit – set yourself a time limit to complete a page or to work on a page. When the time is up, accept you've done your best and can move on regardless of the outcome you may have envisaged. A great exercise for letting go of outcomes.

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Art Journaling and Reiki <https://www.reikitherapyresources.com/art-journaling>