

Table of Contents

Introduction
11

Secrets to Successful Artistic Journaling
12

1 Assemble Your Supplies for Creativity 14

- ✧ Sketchbook Portfolio ✧ Demonstration: Make a Sketchbook Portfolio ✧ Drawing Tool Kit
- ✧ Collage Tool Kit ✧ Watercolor Tool Kit ✧ Demonstration: Make Your Own Tool Kits ✧

2 Have Fun and Keep It Simple 22

- ✧ One Minute Drawings ✧ Open Page Format
- ✧ Don't Bother With Erasing—Who's Got Time? ✧
- ✧ Turn One Minute Drawings Into Paintings ✧
- ✧ Look What Just Three Colors Can Do! ✧ First Paint, Then Draw ✧ Prismatic Painting
- ✧ Demonstration: Create a Prismatic Painting ✧
- ✧ Paint Past the Photo ✧ Demonstration: Paint Past the Photo ✧

3 Opportunities for Everyday Creative Moments 40

- ✧ Creative Doodling ✧ The Creative Matrix
- ✧ Make a Creative Matrix This Weekend ✧
- Matrix Categories to Get You Started ✧ Windowpane Painting ✧ Demonstration: Don't Just Shop for Dinner
- ✧ Room With a View ✧ Demonstration: Capture Simplicity and Sophistication ✧ Travel Art Tips
- ✧ Observation Icons ✧ Demonstration: Create an Observation Icon ✧

