FolarraStudio

# Sketchbook Prompts Journal

*look · sketch · grow*

UNDATED · PRINTABLE · PRACTICE, PROJECTS & PROGRESS

# This Journal Belongs To

*for artists and makers at every level*

ARTIST _____

STARTED ON _____

FAVORITE MEDIUM _____

GOAL _____

INSPIRED BY _____

## How to use this journal

- Print the whole planner once, then print extra copies of the pages you use most, such as the Prompts and Ideas pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Pick a prompt, sketch for ten minutes and tick it off.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

## My creative word

## Why I love to make art

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# Sketch Prompts

*tick when sketched*

1. Your shoes
2. A cup of tea
3. Hands
4. A houseplant
5. Your window view
6. A pet
7. Keys
8. A tree
9. Fruit bowl
10. A chair
11. Clouds
12. A self portrait

# Sketch Prompts 2

*tick when sketched*

1 ☐
Something blue

2 ☐
A favorite toy

3 ☐
Kitchen tools

4 ☐
A doorway

5 ☐
Leaves

6 ☐
A bag

7 ☐
A bicycle

8 ☐
Shells

9 ☐
A lamp

10 ☐
A street

11 ☐
Fabric folds

12 ☐
A memory

# Sketch Page

*prompt at the top*

PROMPT _____ DATE _____

## Sketch

# Sketch Streak

*color each day you sketch*

MONTH _____ GOAL _____

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 32 | 33 | 34 | 35 |

# Sketch Notes

*what you learned*

| DATE | PROMPT | LEARNED |
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# Notes



FolarraStudio

# Thank you!

Thank you for choosing FolarraStudio. I hope this journal makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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