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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tap a title in the digital planner to jump to it

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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

Notes



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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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- Colors may look slightly different on screen and on paper.
- Questions or ideas? Write to me through folarrastudio.com, I am happy to help.

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