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

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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