

# JOURNAL YOUR YEAR

**JAN**

## **Clarity**

Set your intentions for the year ahead. What are your goals and hopes? What colours and images convey those goals. You may want to set a word for the year and include that on your page.

**FEB**

## **Self care**

What do you need to hear today? Journal about your strengths. Use colours and images that you associate with your best qualities. Most of all, be kind to yourself!

**MAR**

## **Growth**

Personal growth can mean change and letting go of old habits. Moving out of our comfort zone is healthy but not always easy! Explore this on your page by trying a new technique – pay attention to how it feels.

**APR**

## **Play**

Lets use our journal page as a playground! Let go of the outcome and try some activities that you can't control eg drawing with your non dominant hand, using a spray, watercolours etc. How does it feel to approach your page with a playful mindset?

**MAY**

## **Light**

Light up your pages this month! Journal about your passion – what lights you up? Combine your words with light related imagery; the sun, moon, stars, fire, lamp etc

**JUN**

## **Adventure**

What does adventure mean to you? Is it travel, reading, new experiences? Journal about an adventure you have been on, or would like to take. Let these ideas inspire the colours and images you use on your pages.

**JUL**

**Joy**

Journal about a thing, person, idea that brings you joy....We can always find something to celebrate and your journal is the perfect place to do it. What are the colours and images that represent joy to you?Are they bright and vibrant or soft and gentle?

**AUG**

**Rest**

Create a page which is calm and mindful – now is the time to take a breath and recharge our batteries.You could do that by lying on a beach, taking a walk in nature, getting lost in a book... think about how those moments of relaxation feel and how you can express them with colours and images.

**SEPT**

**Roots**

Our roots nurture us and give us strength but aren't always visible to others. Think about what gives you strength to weather an unpredictable world and maybe add some hidden journaling to your page to celebrate your resilience.

**OCT**

**Courage**

It takes courage to make art – sometimes without knowing where that first mark will lead! Journal about what courage means to you. Feel brave as you make marks on your journal page and use colours or techniques that are outside your comfort zone.Let your wild side out!

**NOV**

**Gratitude**

Take a moment to think about all of the things you have to be grateful for. Journal about those things – it could be hidden journaling or the focal point of your page. What imagery and colours best illustrate the feeling of gratitude for you?

**DEC**

**Reflect**

Look back at the intentions with which you started the year. Whether your year has been full of challenges or positivity, you are still making art in your journal and that is a big achievement! Use soft colours and marks to allow your page to breathe and remember to be kind to yourself....