

# VISUAL JOURNAL

## PROMPTS

DESCRIBE YOURSELF

DESTROY THE PAGES

HOW YOU THINK  
OTHERS SEE YOU

YOUR FAVORITE SUBJECT

GOAL/VISION BOARD

TODAY YOU ARE  
GRATEFUL FOR

SOMETHING IN MOTION

THROWBACK -  
FOND MEMORY

BREAK DOWN A RECIPE

BIGGEST FEAR

BLACKOUT POETRY

DREAMS

WRITE A LETTER TO YOUR  
(FUTURE/PAST) SELF

PICK AN ARTIST - MAKE  
SOMETHING IN THEIR STYLE

COLOR

PARTS OF THE FACE STUDY

A SECRET

PORTRAIT OF A FRIEND