



# COPIC ART JOURNALING WORKBOOK

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Write in your answers, and/or doodle them on the blank pages! Some questions may not be art-related, but can influence you.

## Lesson 1: I am

An artist is...

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A person who can call themselves an artist is...

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I \_\_\_am \_\_\_am not comfortable calling myself an artist.

If not, why not?

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I would feel more like an artist if...

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## Lesson 2: My strengths

When someone celebrates a strength I have, my reaction is usually...

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My strengths as a person include...

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My strengths as an artist include...

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Do any of the above lists match?

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## Lesson 3: My possibilities

To improve at any task, I must...

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To improve my art, I am currently...

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The parts of learning that I most embrace is...

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If I work at it, I can achieve the following creative goals:

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## Lesson 4: My time

When I am committed to something, I...

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Spending time on what I love makes me feel...

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I think about creativity...

occasionally  often  a lot  all the time

I daydream about...

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The times of day when creative ideas strike me are...

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## Lesson 5: My inspiration

Inspiration feels like....

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I am most inspired by....

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When I am inspired, my feelings are best described as...

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While creativity flows, the things I think about are...

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When I feel most creative, I am doing the following...

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## Lesson 6: My desires

Areas I most want to learn in life....

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Areas I most want to learn in art....

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Growth makes me feel...

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Success in new adventures makes me feel...

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## Lesson 7: Out of my box

Ways I break out of norms in my life...

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Ways I break out of norms in my art...

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Change makes me \_\_excited \_\_nervous \_\_fearful

....why?

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My biggest encouraging friends/family are...

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I am best encouraged in stepping out when someone says,

“ \_\_\_\_\_.”

and I will say that to myself when I doubt my abilities.



## Lesson 8: My Favorites

Color: \_\_\_\_\_

Color combinations: \_\_\_\_\_

Shapes: \_\_\_\_\_

Textures: \_\_\_\_\_

Themes: \_\_\_\_\_

Symmetrical or not: \_\_\_\_\_

Imagery: \_\_\_\_\_

Medium: \_\_\_\_\_

Plants or animals: \_\_\_\_\_

Papers: \_\_\_\_\_

Artist: \_\_\_\_\_

Style: \_\_\_\_\_

Cultural influence: \_\_\_\_\_

Technique: \_\_\_\_\_

Time of day: \_\_\_\_\_

Art supply: \_\_\_\_\_

Social media: \_\_\_\_\_

Pattern: \_\_\_\_\_

Other favorites: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## Lesson 9: My Passions

Things that get me excited...

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Causes I care about...

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Ways my passions influence my art...

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Ways my art can serve my passions...

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## Lesson 10: My Why

Creating art makes me feel...

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The place of art in my world is....

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I create because...

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Copic Art  
Journaling

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