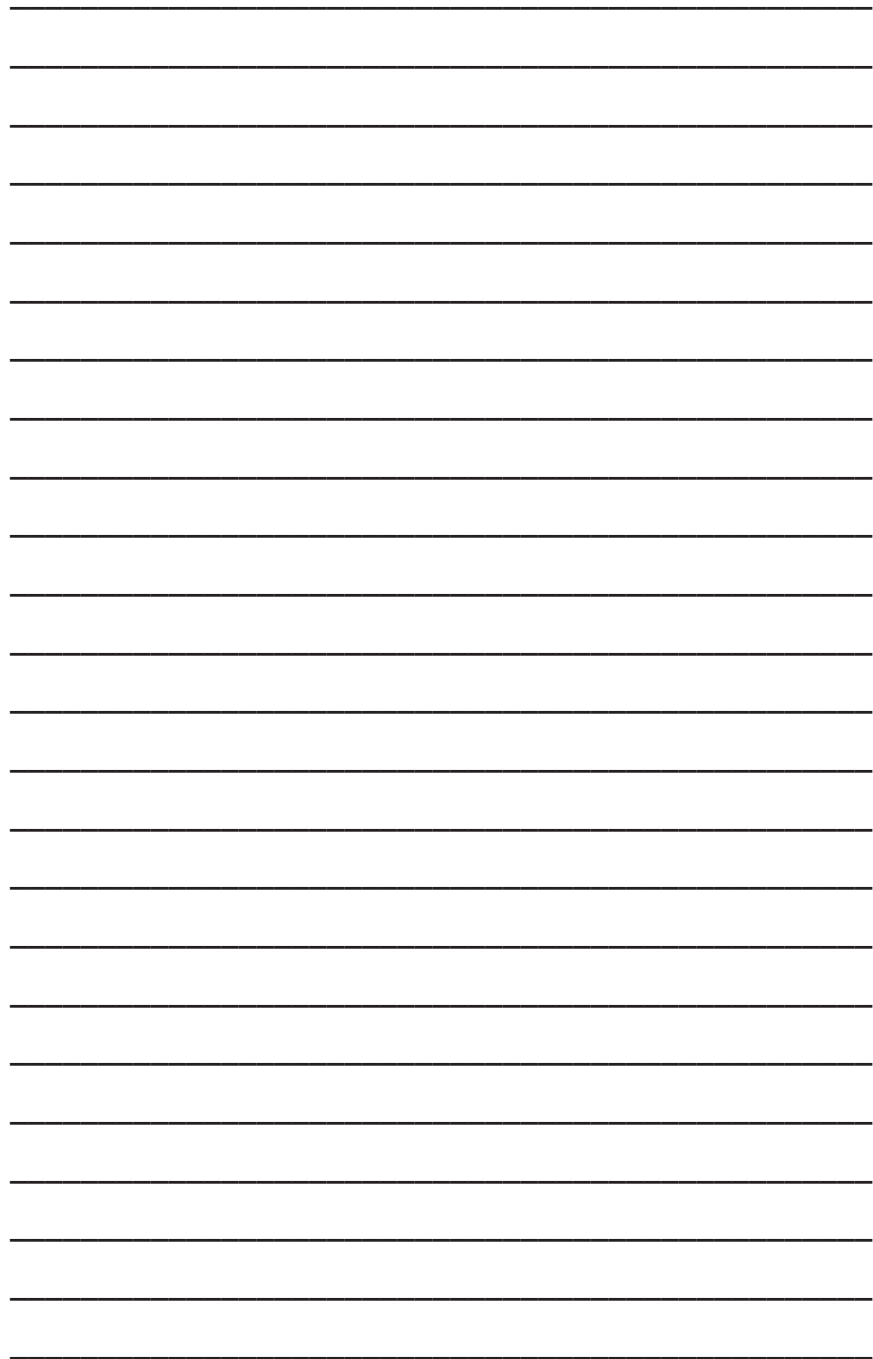


COPIC Art Journaling art-classes.com WORKBOOK

Copic Art
Journaling

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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...

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

I ___am ___am not comfortable calling myself an artist.

If not, why not?

I would feel more like an artist if...

Lesson 10: My Why

Creating art makes me feel...

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

I create because...

Lesson 2: My strengths

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

My strengths as a person include...

My strengths as an artist include...

Do any of the above lists match?

Lesson 9: My Passions

Things that get me excited...

Causes I care about...

Ways my passions influence my art...

Ways my art can serve my passions...

Lesson 3: My possibilities

To improve at any task, I must...

To improve my art, I am currently...

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

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

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: _____

Lesson 4: My time

When I am committed to something, I...

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

I think about creativity...

occasionally often a lot all the time

I daydream about...

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

Lesson 7: Out of my box

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

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

Change makes me __excited __nervous __fearful

....why?

My biggest encouraging friends/family are...

I am best encouraged in stepping out when someone says,

“ _____.”

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

Lesson 5: My inspiration

Inspiration feels like....

I am most inspired by....

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

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

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

Lesson 6: My desires

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

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

Growth makes me feel...

Success in new adventures makes me feel...
