

# Art Journaling Process List

**Directions:** Pick 6 tasks and assign each a number 1-6. Want to have more options? Get two dice, pick 12 tasks and assign each a number 1-12.

- Draw
- Write
- Make marks
- Use your favorite tool
- Stamp
- Collage
- Cover up
- White
- Use a marker
- Paint
- Use a color you don't often use
- Color Change
- Black
- Stencil
- Use a new tool
- Draw with your non-dominant hand
- Scribble
- Colored Pencil
- Gold
- Scrape
- Watercolor
- Splatter
- Use your favorite color
- Add a quote