



Amanda Scott
Art Therapy

30
day

Creative
Journaling
e-book

First Edition



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Background

The 30 Day Creative Journaling e-book (edition 1) was developed by Amanda Scott in 2012 as part of a 30 day creative journaling challenge whereby Amanda chose to make a journal page each day for 30 days. The creative journaling prompts described in this e-book are suggestions only, please adapt these suggestions with what feels right for you! Your creativity is alive and waiting.

These ideas came from Amanda's lived experiences, from special people in her life and from various visual images, texts and publications along the way. A special thanks go to Amanda's followers who participated in the 30 day creative journaling challenge, where Amanda gained much insight and inspiration from.





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What is Art Therapy?

Art therapy uses creative processes, including art making, drama, and movement to improve and enhance physical, mental and emotional well-being. Art therapy works by accessing imagination and creativity, to develop a more integrated sense of self, with increased self awareness and acceptance.

Art Therapy can help us to find and create our life story, find meaning, purpose and direction in our life.

The process can help us to heal ourselves and others and reach our full potential.



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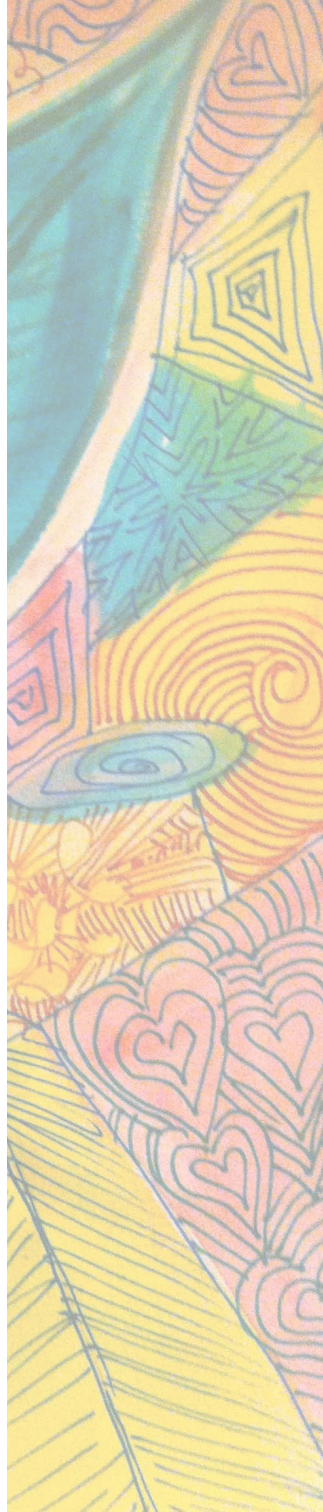
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What is Creative Journaling?

Creative journaling is a powerful tool to explore creativity. I believe that being creative and having a creative outlet or expression improves wellbeing in all areas of life. I often get very busy and do not make time for my own creative processes.

I've noticed that when I do make time for creativity (even if I am resistant to it) I am able to be in the creative flow which gives me new energy. I feel that it gives me my own space to reflect and process what happens in my day to day life. It is a great tool for me, and it is so interesting to look back over at different times.





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What is Creative Journaling?

Creative Journaling is journaling with a twist. Instead of just writing, the possibilities are endless, to include so many different types of art and creativity, not just writing.

I will assume the fact you are reading this, that you want to give it a go, or explore it more, so remember, don't be too hard on yourself. There is no right or wrong, you don't have to follow the prompts, you may want to try your own. You may just want to watch my website blog www.amandascottarttherapy.com/blog and my facebook page facebook.com/asarttherapy to follow the journey of others. It is up to you- but remember, creativity is for everyone, each in his or her own way.





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What do I need?

Materials

- A journal (I usually use A4 as it is easy to travel around with).
- Coloured pens/textas/pencils
- Oil or chalk pastels
- A small set of paints, a few brushes
- Some magazines, scissors and glue.
- Anything else that takes your fancy!

Space

Set up a space for you to begin. It is good to have a space where you can regularly use, like a desk, a coffee table, an area where your art materials are kept out or near by, this makes it easier to keep going!





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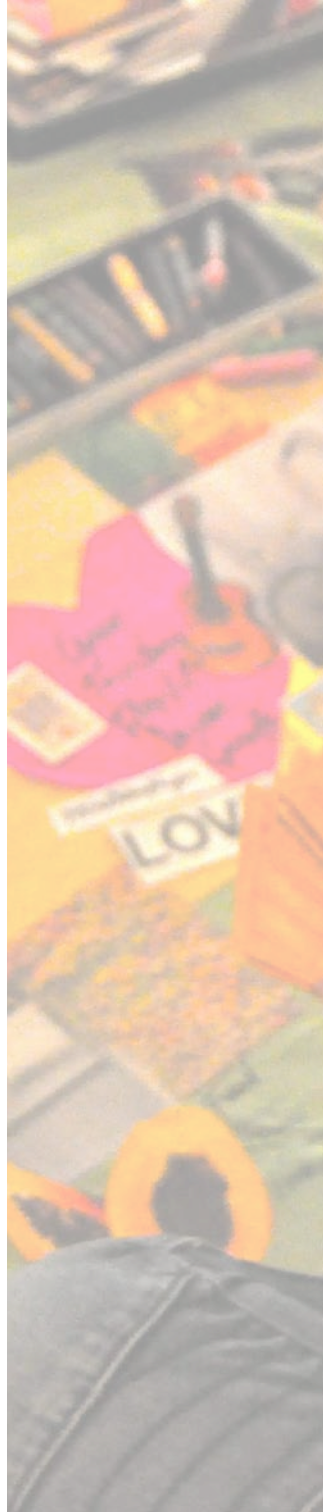
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What next?

Begin! Time to start your page. You can follow the prompts in this book or create your own. Notice any resistance to starting, and begin with the resistance. You may just want to start with a colour or a word. Be gentle, and allow yourself to explore with the curiosity and wonder of a child.

Once you have made your creative journaling page it is good to do some writing reflections. During the creative process it is best not to think too hard about what you are doing and just let it flow. Then after, you might be surprised by what insights you may receive from your art! It is good to date the piece and give it a name. You could ask the art, if it could speak what would it say?





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Creative Journaling Prompts

1.

Mandala: A mandala is a sacred circle, used in many modalities. The circle provides safety, a starting point, a holding space for whatever wants to be expressed. Circles are present in nature, in our anatomy and in many places in our life. To begin, make a circle, big enough to make an image inside it. Sit quietly with yourself and ask yourself, what is the intention? What are you doing this for? What would you like to gain from this process? See what comes out. It does not have to look like anything, it does not have to make sense, it does not have to be shown to anyone. (Unless you want to). Let yourself be a curious explorer of the materials.





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Creative Journaling Prompts

2.

Grab your favorite novel and randomly open it to any page. Read the first paragraph on that page and illustrate it/ collage/paint it.

3.

Pick an object in your house. While looking ONLY at the object, put your pen to paper and draw it without picking up your pen. Now add some color to your crazy drawing... and whatever else you feel like!





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Creative Journaling Prompts

4.

Sit with yourself in silence for a few minutes. See what you feel. See what you notice. Ask yourself- what is being called to be expressed right now? Make an image from this place. See what comes out...

5.

Creative Journaling for everyday wellbeing! Pick your favourite song lyrics/or a line from a song, and make a page dedicated to this! You can use magazines, paint, pencils, pastels....





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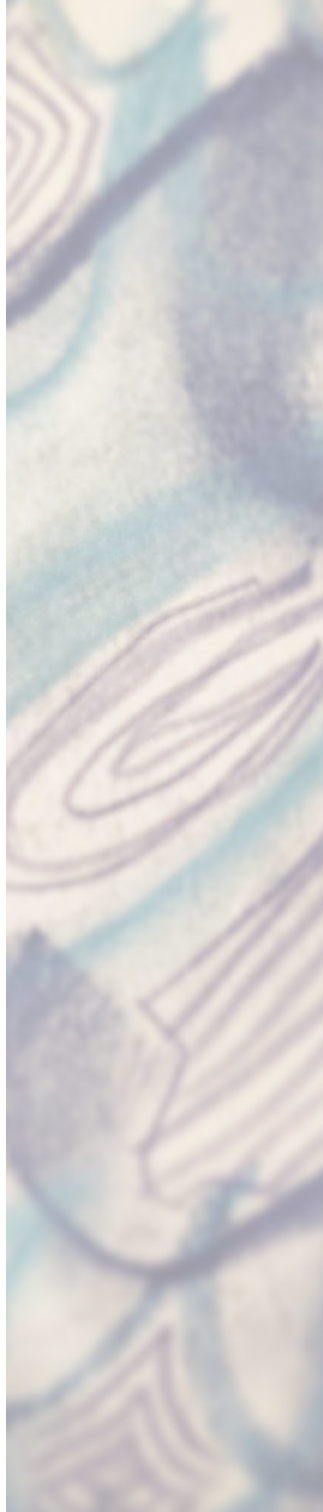
Creative Journaling Prompts

6.

Find an image in a magazine that you are drawn to. Paste it in your journal and write a short story to accompany the image. You can decorate as much as you like too.

7.

Imagine your inner critic as a monster. Draw or paint him/her.





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Creative Journaling Prompts

8.

Tune in to how you are feeling right now. Pick a colour / range of colours and make a page using only those colour(s). You can use magazines/paint/pastels/pencils etc. in that colour theme!

9.

What does your personality look like?

10.

Create a one word journal page. Pick a word that stands out to you and make that word the feature of your page. Use paper, pens, pencils, magazines... up to you.





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Creative Journaling Prompts

11.

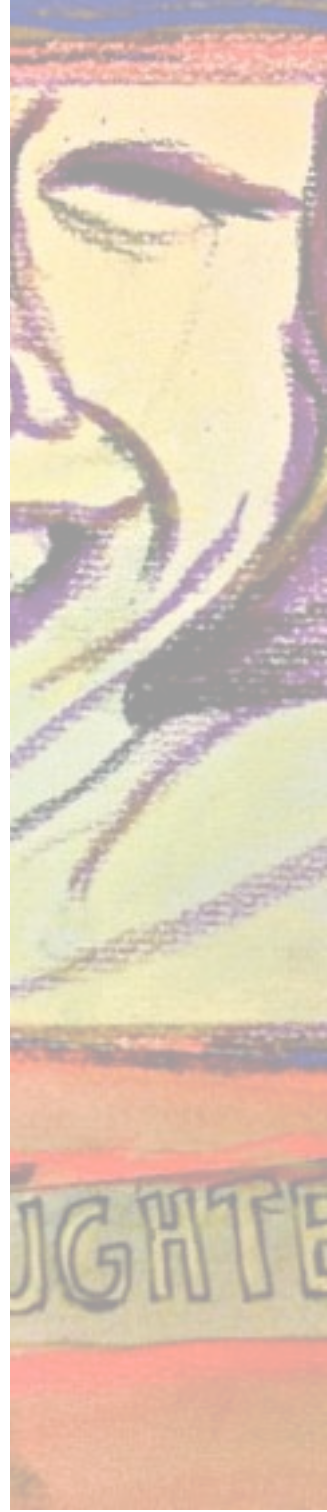
A page of gratitude. What are you grateful for right now?

12.

Listen to a track of music that you are drawn to at the moment, and play it on repeat while you make something by tuning into the feeling of the music. Free flow to the beat.

13.

Make an image dedicated to your favourite animal.





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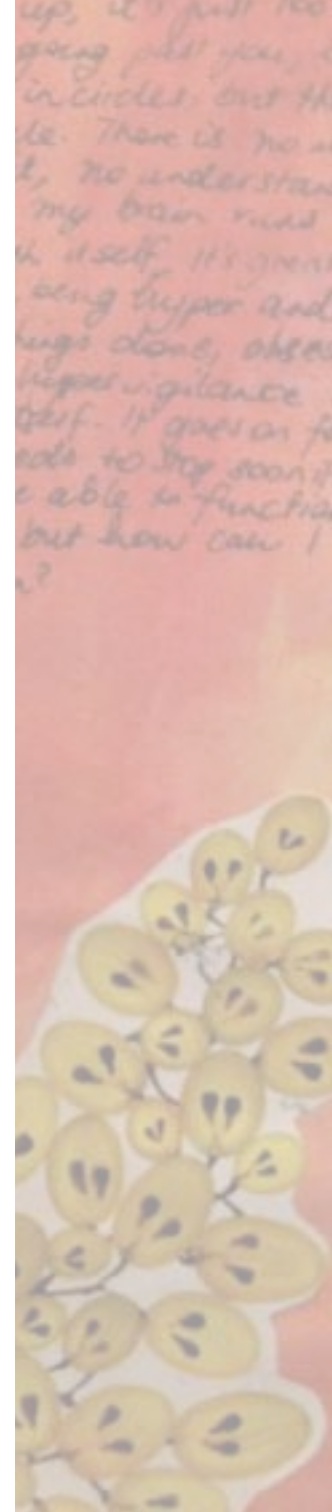
Creative Journaling Prompts

14.

Shapes and lines- cover the page with shapes and lines or scribbles. Fill in the gaps with colour or patterns.

15

- Make a page by ripping paper, magazine pictures or writing. Use layering, and paint and glue, but no scissors, only ripping. Write about the process and include the writing in the page.





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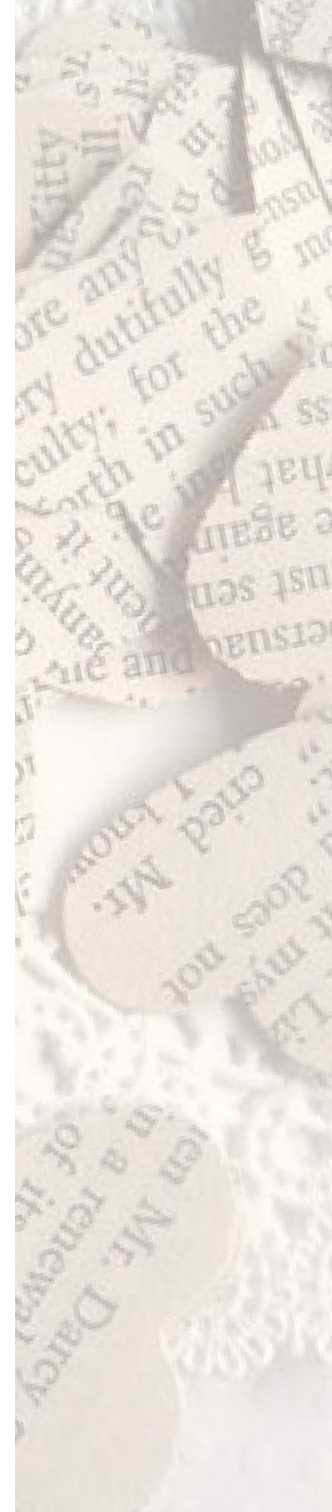
Creative Journaling Prompts

16.

Start with a background (can be paint, coloured paper, a magazine page etc.)
Choose one shape that you are drawn to.
Repeat the shape using different media, cutting and pasting, over lapping, drawing and whatever else you feel like including.

17.

Collect a postcard (there are lots of free postcards in cafes around Melbourne) and make a page that is inspired by the postcard.





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Creative Journaling Prompts

18.

What are you proud of? Make a page focussed on one or more things you are proud of.

19.

Use one or more items from nature as inspiration for this page (eg. leaves, flowers, bark etc). You can use the items to apply paint, as a stamp (put paint on them and press the imprint onto the page), or draw the items somewhere on the page.





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Creative Journaling Prompts

20.

Pick one emotion or feeling to work with.
Make a page about that emotion.

21.

Find an object or item that is significant
to you in some way. Make an image that
represents this.

22.

Draw a visual map of your last week.





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Creative Journaling Prompts

23.

Inspired by the total solar eclipse. Eclipses represent transition, change, releasing and renewing. This page is about your transition right now. What are you releasing? What are you embracing?

24

- Dedicate this page to your top 3 qualities, the three things that make you, you.

25.

Trace your hand or foot. Fill the shape in with paper, words, colour, pattern...

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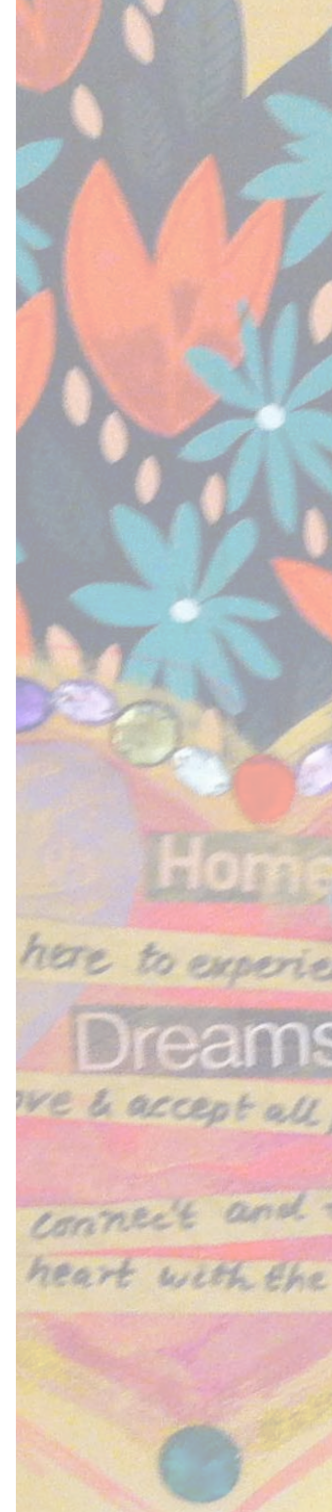
Creative Journaling Prompts

26.

What is your star sign? Make this page show the parts of your star sign you feel are true for you.

27.

Self Portrait using you non preferred hand.
What you need: Mirror, and one or more of pens, pencils, paint, scissors, pastels. Let yourself go, perfection does not exist!





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Creative Journaling Prompts

28.

5 things I love about me. Make a page that shows the things you love about yourself. Notice what comes up during the process? Resistance? Welcome it. Something else? Say yes to it... All is exactly as it needs to be...

29.

Paint or illustrate or collage how you feel when you're at your favorite place.





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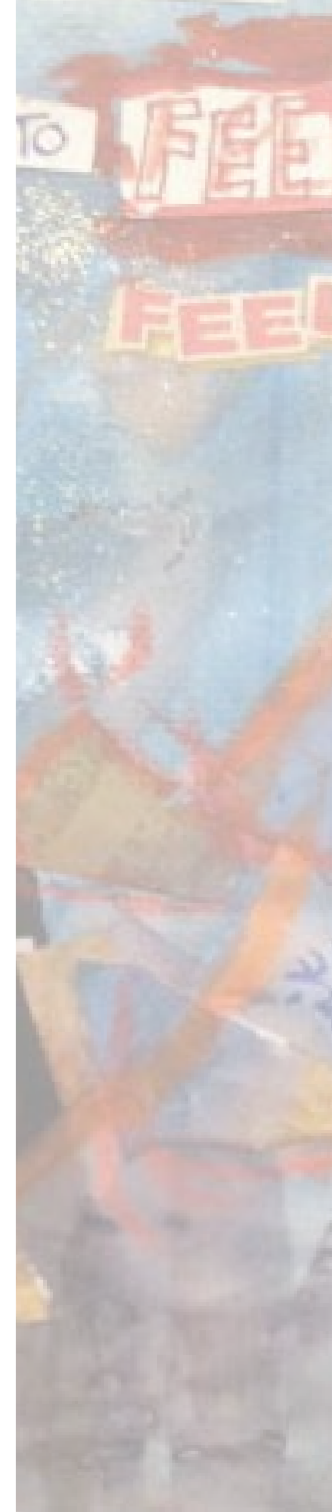
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Creative Journaling Prompts

30.

This is your page. Come up with your own idea or concept to start with, and follow your own pace, style and intuition.





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Good Luck!

This can be done in any order, can be changed to suit your own creative ventures, it is just a guide, to prompt you to get your creative, healing juices flowing.

If you would like to share your experience with others or view other peoples challenges please visit my facebook page.

If you would like more information about workshops and one on one art therapy coaching, please feel free to contact me.

Warmth and creative blessings,

Amanda Scott





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"I believe that no one knows more about what you need or yearn for in your life than you. Can you stop long enough to listen to the quiet voice of your truth, your soul? Your creativity is the language of the soul."

Amanda Scott

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