

Prompts and Printable for your Art journal!

I am thankful for

I am conscious of

extra! ↴

What I have learned

My inner landscape today is...

Art journaling prompts to get you started!

- How would you describe your inner landscape? Or
- How you are feeling at this moment. Or
- What am I thankful for? (from your past, present, or something that has not happened yet -show the universe you are ready for good things to happen!) Or
- What am I conscious of right now? Or something I should be more conscious of? Or
- What is something I have learned? Or am learning about now? Or hope to learn more about? Or
- Write down a quote that speaks to you today.

Have fun creating your inner landscape!