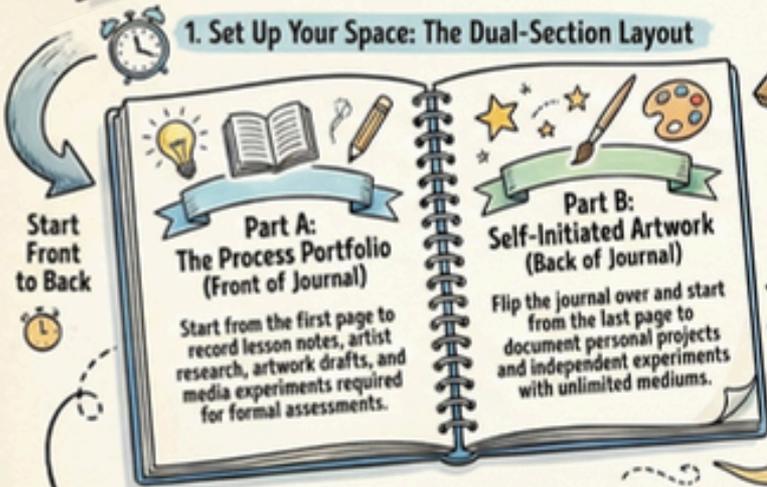


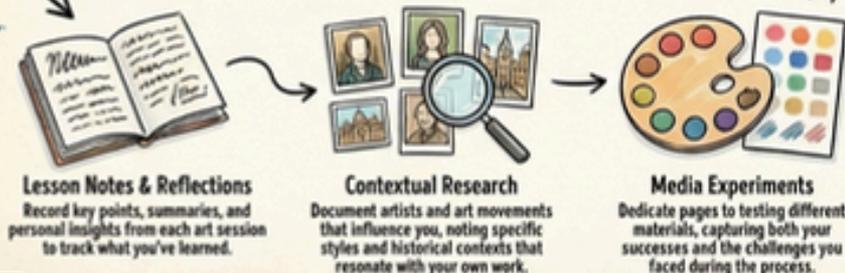
YOUR VAJ JOURNEY

A Guide to the Visual Arts Journal

1. Set Up Your Space: The Dual-Section Layout



3. Content for Self-Development: Notes and Research



2. Getting Started: Theme, Tools, and Backgrounds



4. Creative Sparks: Prompts to Fill Your Pages



What is a Visual Arts Journal (VAJ)?



- A place where you can record both art and words is known as an art journal.
- It is a great way where you can place your art ideas.
- You can create an abstract painting, acrylic painting, or you can try watercolor techniques
- along with writing quotes on the journal.



There are a lot of ways of creating an art journal.

To create an art journal, you can not only try scrapbooking, but you can also add pressed flowers or photographs in it.

You can make a travel-related art journal, or you can add some inspiration or love quotes to it.



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We often see people around us telling us that they are not creative.

They do not have good handwriting, or they do not know how to draw or paint.

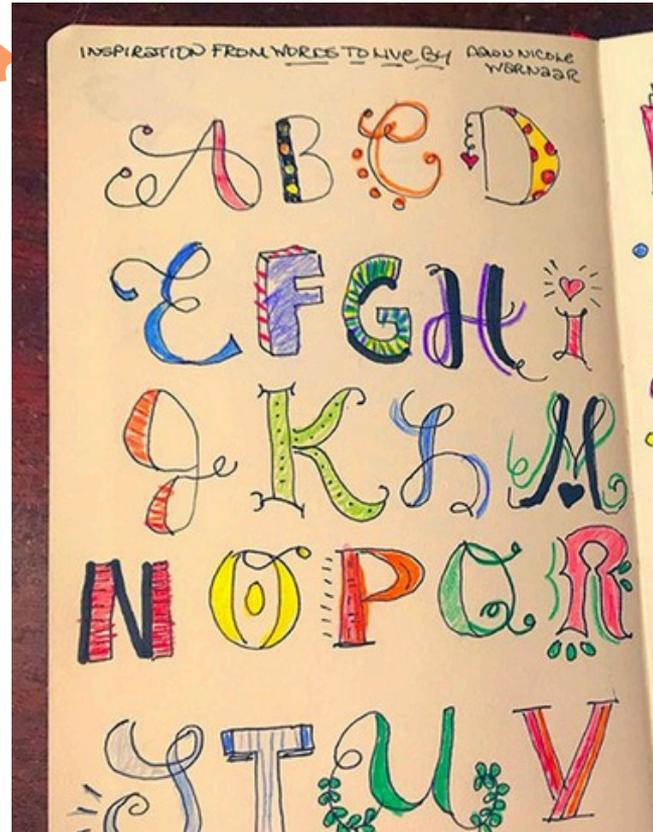
For such people, keeping an art journal is the best option.

Yes, it is right! If you are holding yourself back due to such objections, it is time to keep an art journal.

Why?

Because an art journal may provide you a great way by

which you can draw and paint without bounds.



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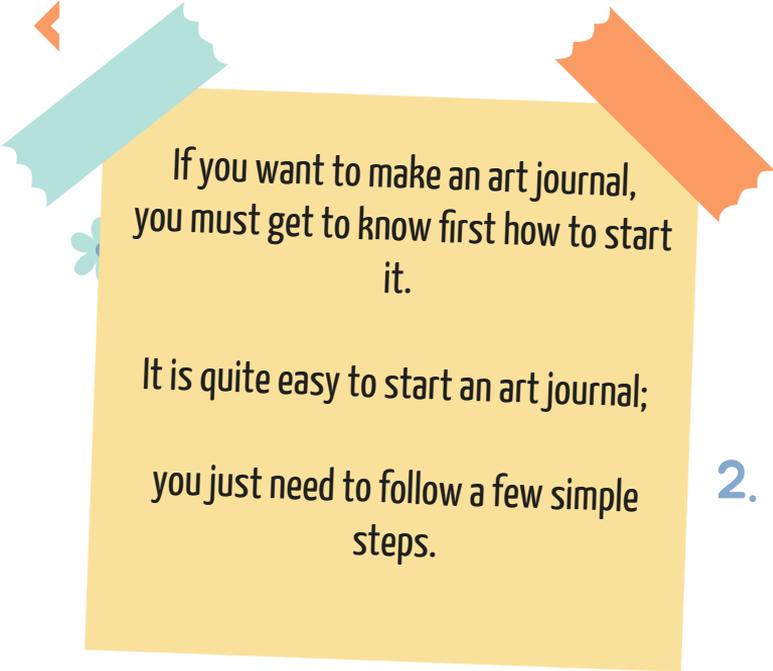
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If you want to make an art journal,
you must get to know first how to start
it.

It is quite easy to start an art journal;
you just need to follow a few simple
steps.

1. Decide the theme of your
journal page

2. Collect Art Journal supplies
(Tools + Materials)

3. Treatment of the
background

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1. Decide the theme of your journal page



The first and foremost step to start an art journal is to decide its theme.

Although we often hear that starting an art journal is always unplanned, I recommend you to have some rough ideas in your mind.

To decide the theme of your art journal, you should ask yourself the following questions:

- What kind of stuff do you want to include in your art journal?
- Do you want to draw something, or you want to take photos and include them in a journal?
- What sort of quotations you have that may be related to the artwork that you create?
- Do you want to create something new in your journal?
- What kind of painting techniques do you want to include in a journal?

All these questions may surely help you decide what theme you should finalize for the journal.



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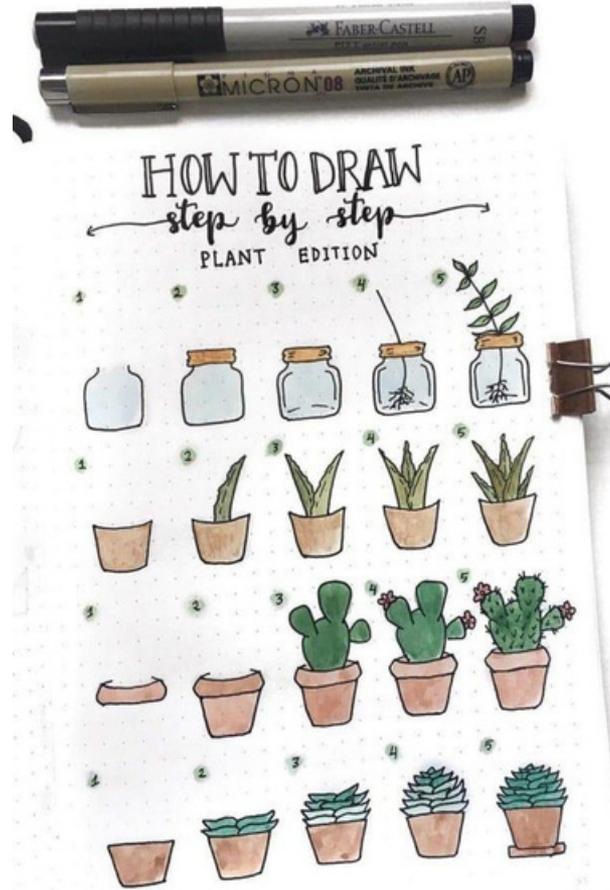
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2. Collect Art Journal supplies (Tools + Materials)

After deciding the theme of your art journal, it is time to collect all art journal supplies in one place so you can start creating your journal. Choosing the best tools for the drawing will help you create an epic art journal.



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3. Treatment of the background



To start your art journal, you also need to get some inspiration for its background. If you are comfortable with the background, go for white pages; otherwise, coloring pages are the best option.

To add some more creativity, you can also paint the background, or you can go for line drawing. Drawing backgrounds is easier than many people think. Once you have decided on the theme and background of the journal and have collected some art journal supplies, you are good to go to start an art journal.



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What Supplies Do You Need to Make an Art Journal?

Here are some basic art supplies that you must have:

- A good-quality journal book

(The basic accessory you must have is a good-quality art journal or a sketchbook with thick sheets of paper.)

Paint and brushes

- (Once you have got your art journal, you need to have a good set of paints and brushes. As per your choice, you may try different acrylic paints or watercolors.
* The brushes that you are going to choose must not only feel smooth while applying paint, but they should also hold water and paint in the right quantity.)

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What Supplies Do You Need to Make an Art Journal?

(continue)

Here are some basic art supplies that you must have:

- Pens

(Pens are also one of the basic art supplies you may need for an art journal.)

- Other Painting Accessories

(Other drawing and painting accessories like an eraser, sharpener, blending stump, etc., are also required.)

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Prompts of the VAJ

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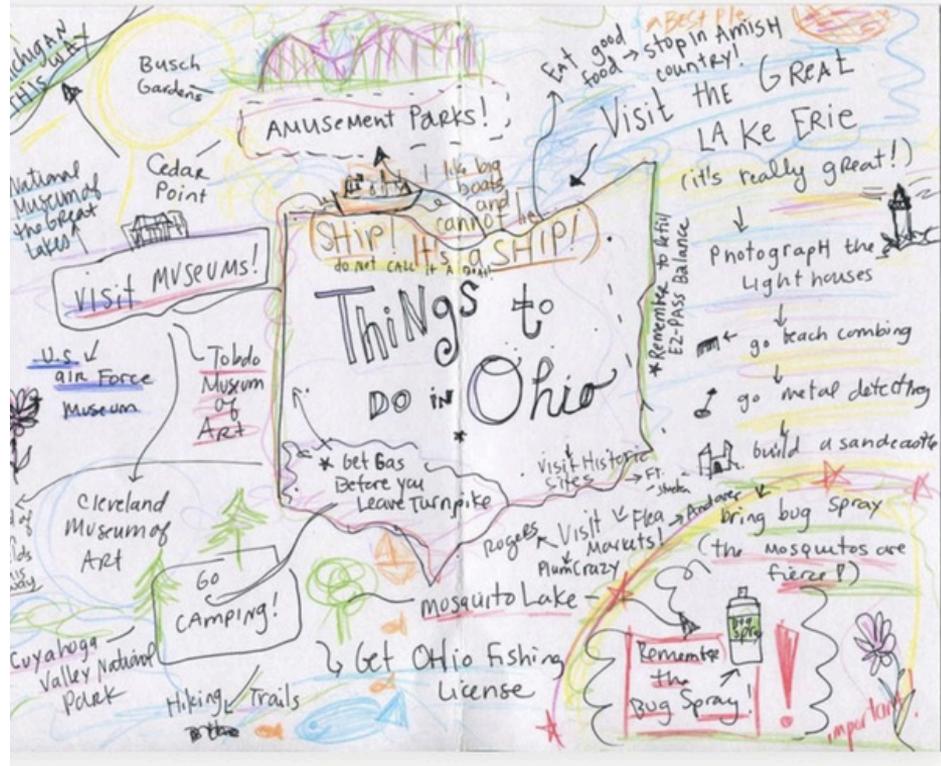
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Make a Mind Map



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Your Favorite Word



AESTHETE.

someone with deep
sensitivity to the
beauty of art and nature

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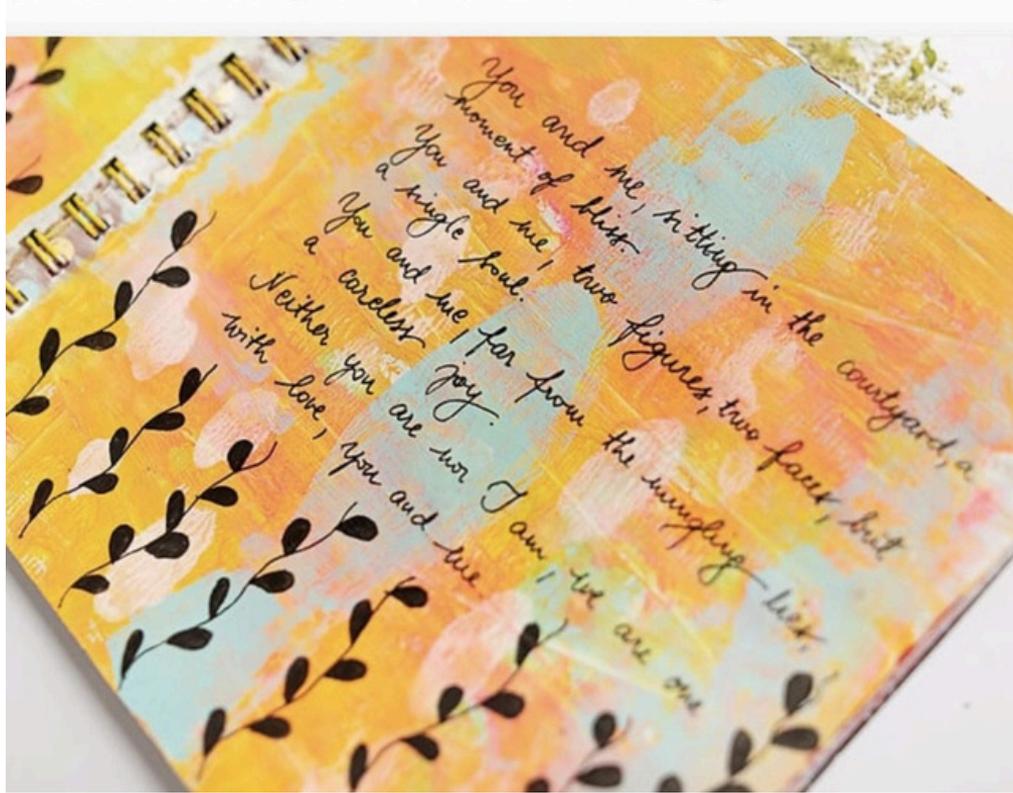
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Write Down the Lyrics of Your Favorite Song



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Beautiful Flowers



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Draw Your Favorite Musical Instrument



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Packing List



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Favorite Things to Do In Summer



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Introduce Yourself

- RANDOM facts**
- I'M 33 YEARS OLD
 - I HAVE A DAUGHTER
 - I'VE BEEN MARRIED FOR ALMOST 6 YEARS
 - I HAVE A DOG - RILEY
 - I'M A PRODUCT DESIGNER
 - I'M FROM UPSTATE NY - GO CUSE!
 - I HAVE 3 SISTERS
 - I HAVE 3 TATTOOS
 - I'M SCARED OF SPIDERS

PERSONALITY

- MY PERSONALITY TYPE IS: INFJ
- I RECHARGE WHEN I'M ALONE
- I'M VERY SOCIAL BUT VERY SHY
- I'M ANXIOUS AND I WORRY A LOT
- I THRIVE IN PLANS AND STRUCTURE
- I JOKE AROUND ALOT
- I NEED TO CREATE



♥ I'M AN AUTHOR AND ILLUSTRATOR! MY BOOK WILL BE RELEASED MAY 7TH!

favorites

- MOVIE: WHAT DREAMS MAY COME
- TV SHOW: FRIENDS
- COFFEE ♥
- SONG: GRAVITY - SB
- BOOKS: DDDLES W/ PUP ♥
- READING IN BED
- TV SHOW: FRIENDS
- SUGGLES W/ C ♥
- ASK: THE LIGHT BETWEEN US
- NINE DATES ♥ W/ HUBS
- FOODING IN BUJO

HI THERE! I'M Nicole

I CAN'T DRAW PEOPLE OR ANIMALS VERY WELL...



I HAVE NO 'IDEA' WHERE MY IDEAS COME FROM...

I'M SHY ABOUT SHARING MY WORK WITH OTHERS

Meet THE GIRL BEHIND the BUJO

I RARELY JOURNAL AT MY DESK. I PREFER THE COUCH...

What's in my bag?

- MY AUTO
- MISC. PENS

My Style

- EVERYTHING RETRO + VINTAGE
- I LOVE MINIMALISM BUT CAN'T HANDLE (CLEARLY)
- NEGATIVE SPACE FREAKS ME OUT
- GIRLY/FEMININE
- IF A COUCH POTATO IN SWEATS AND KATE SPADE (CRIP) HAD A BABY - THAT WOULD BE ME!
- I LIKE COMFORT

	Likes	Dislikes
◦	ALL MUSIC... MOST SHELLFISH	IMPATIENCE
	AUTUMN	CLOSED MINDS
	READING	NEGATIVITY
		VIOLENCE

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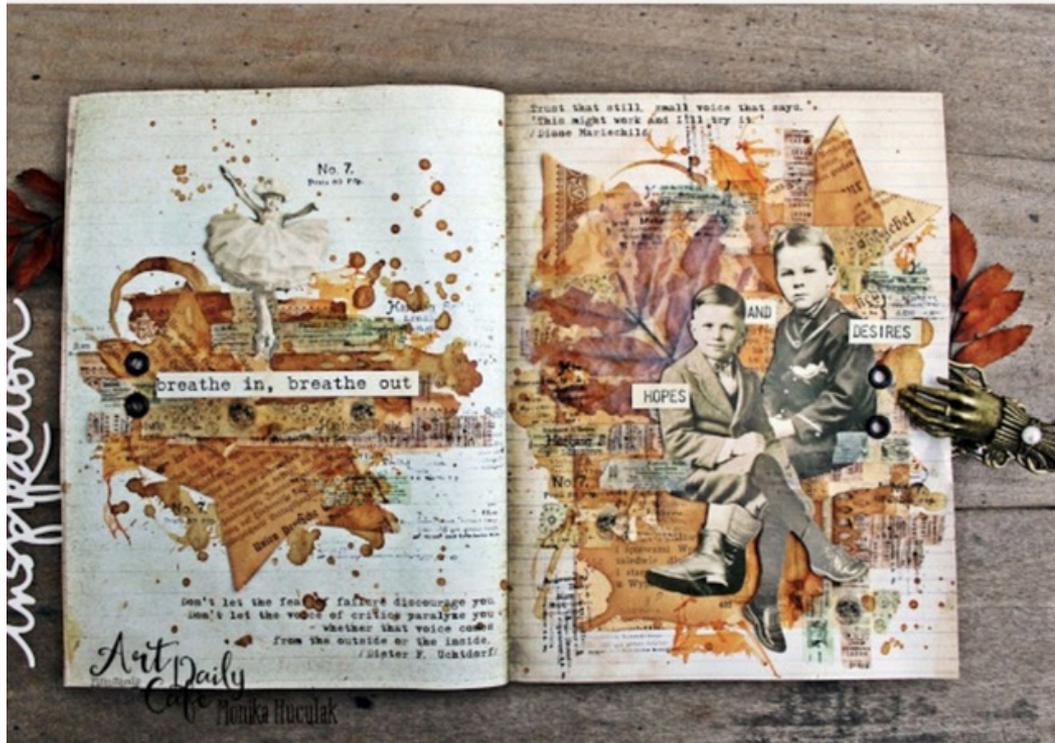
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Hopes and Dreams



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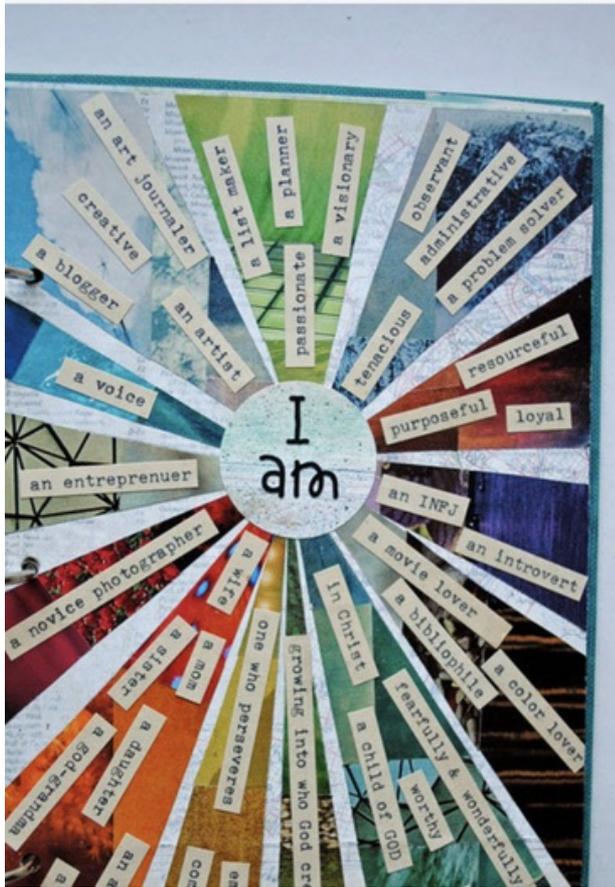
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Draw Faces



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Pick Photos from a Magazine



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Playlist of the month



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Draw Weather



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Include Different Types of Currency



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Draw Geometrical Shapes



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Nature Walk



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Draw a Snowman

Create something festive!



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Make a List of Your Strengths



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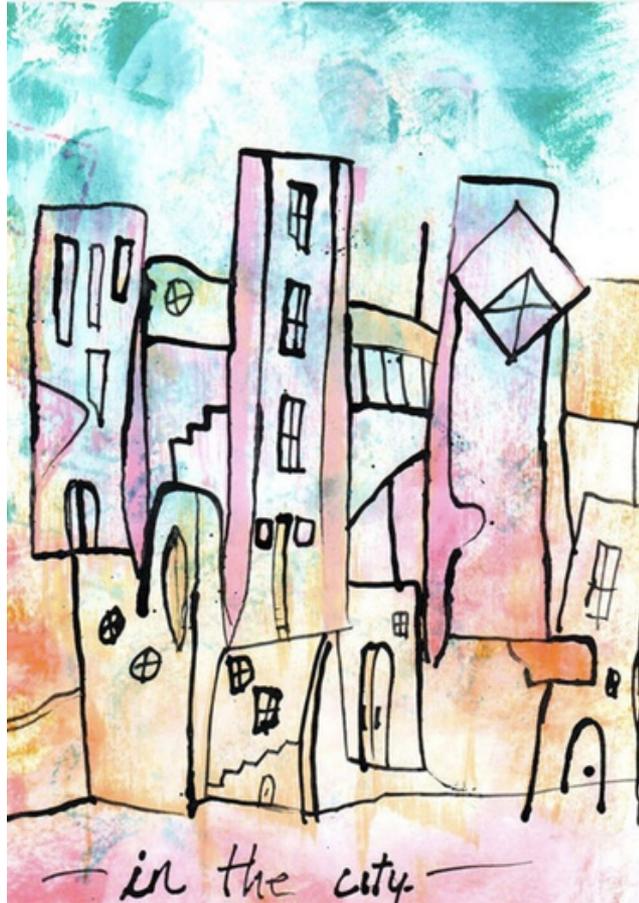
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Make a Drawing of a Cityscape



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So... these are the ideas & prompts
for your VAJ pages.
I hope that you have enjoyed all these
ideas for your VAJ.

The ideas may not only add creativity
to your journal, but they may also
allow you to improve your artistic
skills.

So, what are you waiting for now?
Do include a little bit of art in your
journals.

Remember:

ArtisLife - LifeisArt!



Got some great ideas to share?
Please do email me:

idyng@logosacademy.edu.hk

and visit my website: idy.ng



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