



Go Deep

Art Journaling

Principles & Reminders
to help you along the
way.

Inside Out

Think of your journal as both a practice & a place to notice what's happening inside of you, as you welcome it out onto the page.

Messy Work

Each page will likely look messy, imperfect, confused, & incomplete. Remember, each page is part of a larger process of knowing.

Safety

Remind yourself that this is a safe place to experiment, explore & be free from judgement.

Low Stakes

Some entries will take a minute others- much longer. Some will be beautiful others ugly. Lower the stakes for yourself!

A Conversation

Allow your journal to include imagery & words, observe how they communicate to one another and you!