

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Listen to a song you love. Rock out or chill out. Once finished, answer the following questions:

What color do you think of when you hear this song? \_\_\_\_\_

If this song were a shape, what shape would it be? \_\_\_\_\_

If you could smell the band, what would they smell like? \_\_\_\_\_

When you imagine the lyrics in print, are they in all caps, bold, italicized, or lower case?

\_\_\_\_\_

Doodle something using the four inspirations above that you clearly received from this song:



**Music**  
**is**  
**what**  
**feelings**  
**sound**  
**like**



Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Think about your bucket list and pick one item you can and will do this year and write it down here:

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Think about what you need to do in order to accomplish this and make a list of these things using unconventional colors, nouns, and shapes.

COLORS	NOUNS	SHAPES
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Doodle a picture of you after you've checked this item off of your bucket list using the six inspirations above:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Hey, are you hungry or did you just eat? Think about your next meal or your last meal. What was it? \_\_\_\_\_

Decide what would have made your meal better. Could it have used some ketchup, a different flavor, more pickles, some salt and pepper? Choose 1 thing of your own thinking and write it down here:

\_\_\_\_\_

Doodle your meal with 10 times the amount it could have used. Pile it on! Pretend the lid broke on your condiment and now your meal is a mess!

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Go for a walk! Head outside and get some fresh air. Be sure to bring your camera and take a few pictures of your surroundings. When you get back, follow answer these questions:

How hot or cold did it feel? Answer this questions using a color: \_\_\_\_\_

What did the air smell like? \_\_\_\_\_

What plants did you see most on your walk? \_\_\_\_\_

Using only the color, or colors in that family of colors, doodle the plant you saw on your walk, but make sure to capture the smell in your drawing:



**DREAM**  
**DO** *more*

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions:

Choose a letter of the alphabet? \_\_\_\_\_

What's your favorite color? \_\_\_\_\_

What's your favorite shape? \_\_\_\_\_

Using only the color and shape you've listed above, doodle your favorite letter of the alphabet:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Have a good night's rest? Think about your last dream. What was the setting and where did it take place? \_\_\_\_\_

Who was in your dream? \_\_\_\_\_

In one word, how did this dream make you feel? \_\_\_\_\_

Describe your feelings by picking a color \_\_\_\_\_

Doodle the outline of your head and draw your dream inside of the outline. Fill every inch of the inside with your dream. On the outside of your head outline, write your word in the color you chose at least 4 times. Be as creative, simple, or complex as you wish it to be:



Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Go to your recipe list and pick your favorite. Don't have one? Then go to Pinterest and pick a recipe you want to make. What is it? \_\_\_\_\_

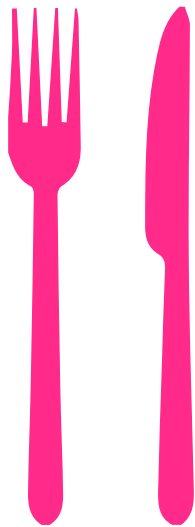
List the top 3 ingredients: \_\_\_\_\_

Write 3 words that describe how you feel when you eat this recipe:

\_\_\_\_\_

Doodle the three ingredients and be sure to put labels on them. Don't just label flour as "flour" though. Label them using your 3 descriptive words:

my food  
and  
I got a  
good  
thing  
goin'



Date: \_\_\_\_/\_\_\_\_/\_\_\_\_\_

Today's instructions: How many digital devices do you own? A smart phone, a tablet, a laptop, a smart watch? With this many devices, it can be easy to get overwhelmed with digital overload. In 8 words, describe how you feel or what you think of when you're overwhelmed and feeling like taking a digital break:

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Doodle 8 APP or Desktop icons with labels using your words above:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: What's your favorite hobby? \_\_\_\_\_

Cool! What's your spirit animal? Not sure what that is? That's okay, just write down what your favorite animal is: \_\_\_\_\_

Doodle your spirit/favorite animal doing your hobby:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Remember all those games you used to play on the playground with your classmates? Pick an activity that you used to do as a kid and write it down: \_\_\_\_\_

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What was one of your favorite cartoons as a kid? \_\_\_\_\_

Which character was your favorite? \_\_\_\_\_

Doodle yourself as a kid playing with your friends, BUT instead of looking like yourself, you look like the cartoon character. All your friends look like themselves:

NATURE

CHEAPER

THAN

THERAPY

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Think about up to 5 things you accomplished last month and write them down:

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Draw a rectangle and doodle your accomplishments into a rectangle. Make sure you fill the space from corner to corner. Be Creative!

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Pick something in your bedroom. It could be a piece of furniture, a clock, or just about anything. What is it? \_\_\_\_\_

Draw it as perfectly as you can, but upside down:

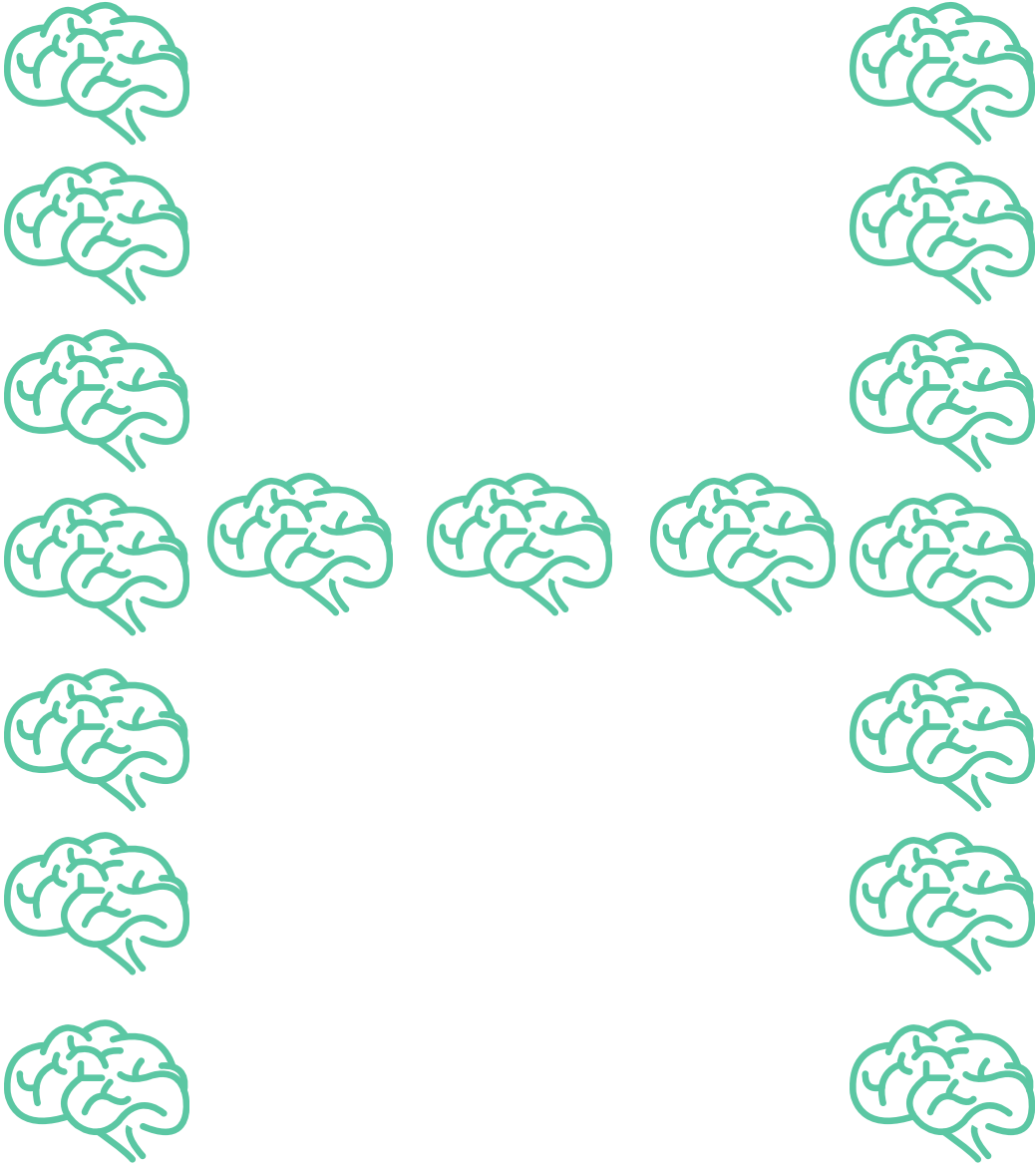


Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: If you were a kid again and could basically eat whatever you wanted for lunch at school and not worry about your figure, what would it be? \_\_\_\_\_

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Doodle your open lunch pail filled with your perfect lunch:



Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: What has your worried the most? Is it your health, finances, or something else?  
Write down the 9 different things that tend to worry you:

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Doodle a large eye and pupil but instead of any coloring or shading, you need to fill the eye and pupil with the words you worry about the most in:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: What are the little things you look forward to the most? Is it your morning cup of coffee or tea? Write one of your little things down: \_\_\_\_\_

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Doodle your favorite little thing and take your time to make it extra special:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Doodle 10 different and unique bowties. Yep, that's it, but see how different you can make each one.

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: What did you wear today?

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Doodle you in today's clothes but add one thing from your imaginary closet:

A PARTY  
WITHOUT  
CAKE  
IS JUST  
A MEETING

*Julia Child*

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_\_

Today's instructions: How many different lines are there? Dashed, squiggly, blurry...

Draw 4 boxes below and doodle your favorite lines as creatively as you can. Fill those boxes!



Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: What's career dream did you have as a kid? \_\_\_\_\_

Is this what you are doing now? \_\_\_\_\_

Doodle yourself looking in a mirror. In the reflection is you as a child, living their dream career:



Life

is what happens  
when you're busy  
looking at your  
smart phone

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Draw a fish that doesn't exist (to your knowledge).

Name your one of a kind fish: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Name something that someone else has done for you that made you very happy:

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Draw a cup overflowing with the words you wrote above:

**GOT NIGHTMARES?**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: You are a hat designer. Design and doodle your "piece-de-resistance" (ultimate masterpiece):

Plan it out. What color is it: \_\_\_\_\_

What material will you use: \_\_\_\_\_

Is it for women, men, or both? \_\_\_\_\_

Doodle:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Cover this page in flowers.....

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Which hand do you write with? \_\_\_\_\_

Doodle the opposite hand:



**CREATE  
A LIFE  
THAT  
MAKES  
YOUR  
INNER  
CHILD  
PROUD**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: What city or town do you live in? \_\_\_\_\_

What are your favorite things to do here? \_\_\_\_\_

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Doodle the silhouette of your town in the middle of this page. Now, draw your favorite activities below the line of your silhouette. Be sure to completely fill the lower half of the page with your doodle.

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Have any bad habits? Name some things you would like to change or stop doing:

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Doodle a trashcan and put these items in the trash:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Draw anything you wish – using only dots:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: What's your favorite fruit? Make a still-life drawing and doodle a bowl or a dish of your favorite fruit:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Draw you driving the first car you ever had:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's instructions: Have you ever been to a circus? Name some animals from the circus:

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Fill this page with doodles of your circus animals:

IF YOU WANT TO SING

SING OUT



IF YOU WANT TO BE FREE

BE FREE