



# Visual Journaling



# Visual Journaling

- Visual journaling combines journaling (writing in a diary) with artwork to create a personal artistic diary of sorts. This can be done by using collage (cutting and pasting images and/or words from magazines) or by doodling, coloring, and/or drawing images.
- Anything you want to write and create artistically in your journal is considered visual journaling, and its purpose is to help you explore, process and heal your feelings. When we make pictures in our journals, we often come to deeper insights about ourselves and the world around us than when we just write words on paper.

- A visual journal is for your eyes only. Write your fears, hopes, dreams, and feelings in your journal. Don't show it to anyone. Its a place for you to be creative and express yourself; a place to take care of and nurture YOU. There is no right or wrong way to do visual journaling; its all about being creative while expressing your thoughts and feelings.
- Visual journaling is a very creative and freeing way to pat yourself on the back, deal with difficult issues, and write down the important parts of your life.



## Some Ways to Use a Visual Journal:

- collect memories
- get the most out of travel experiences, better than just photos
- admire and appreciate the overlooked pleasures of daily life
- work out problems, a safe place to vent anger and frustration
- develop other creative projects and ideas
- a place to write down your daydreams
- write down values and convictions, to make you a better person



# The Journal

- A visual journal can be made from anything: blank journals, notebooks, diaries, or art sketchbooks.
- The key is to find one that appeals to you in size and design.



# Elements of Visual Journaling Can Be:

- Colors
- textures
- shapes
- maps
- letters
- words
- doodling
- scribbles
- Writings
- Anything you can paste onto, or draw/ paint into your journal can be used to create art-journal pages.



## An Important Tip

- If you stop yourself from doing visual journaling because you think you'll mess up your journal, try drawing/doodling on separate pieces of paper. Cut and paste the work you like best into your journal. Remember this is not about being perfect or making great art, its about having fun and expressing yourself.



# Journaling Benefits

- Journaling benefits and creative writing go way beyond just giving you creative time and outlets. Here are some other things that creative writing and journaling add to your life.
  - Clarify your thoughts and feelings
  - Get to know yourself better by putting your thoughts on paper
  - Reduce stress
  - Solve problems more effectively
  - Track patterns, trends and improvement and growth in your life
  - Gain surprising and valuable insights into yourself
  - Get a broader and more accurate perspective on yourself
  - Provides a safe way to express negative feelings
  - Can get your creative juices flowing









Kelsey's collage pages  
for her coffee theme.

Lela works with  
acrylic paint in  
her







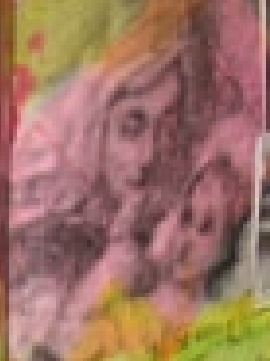
...the world  
 a new film was  
 why there was  
 it is written  
 "Only my son  
 my eyes"

CHRISTIANS  
 They are busy  
 churches, of many

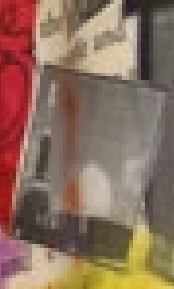
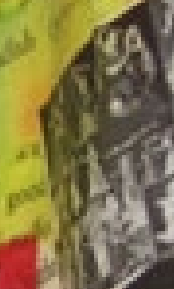
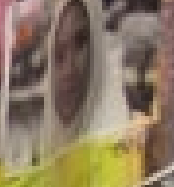
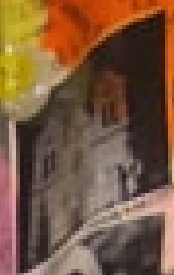
CHRISTIANITY

START

MAY YOUR MIND  
 THE BEST OF



612 A.D.  
 Muhammed in Arabia  
 ca. Arabia  
 and died of po



HINDUISM

For the Hinduism, it is a belief  
 in gods. According to Hinduism  
 millions thousands of gods

Found in the Hinduism  
 Hindu

The End of the



Prohibition and Repea



ROARING TWENTIES

