

SKETCHBOOK ADVENTURES

Prompt 1: Make it Happen - Defining Your Goals

This is one of my favorite sketchbook prompts and although lots of people only set goals once a year (on New Year's Eve, when the champagne's flowing and there's a whole bright-and-shiny-full-of-possibilities year in front of you), I am a strong believer that resolutions should be made and assessed year-round. I like to do this prompt once a month, because it helps me assess how my goals have changed throughout the month as well as keeping me accountable.

My goals often fall into these categories:

- Work
- Relationships
- Creative
- Self-care
- Fun

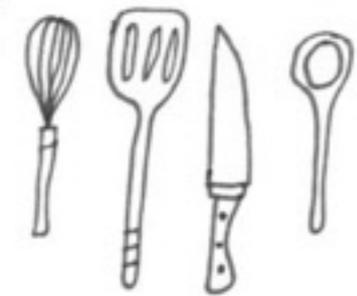
You may have other areas of life on your mind like spiritual or financial. You can do a page for all the goals in a certain category or you can choose some that you want to get done ASAP.

First, brainstorm a big life list of goals and resolutions (it helps me to break them down into areas). Then choose some and create a page in your sketchbook depicting these goals. You can write out a long list and add color with colored pencils, pens or watercolors. or go through a magazine and find images that represent your goals and collage them onto your page, or come up with your take on this prompt. In the first example I highlighted one goal "Make time for good things" and in my second example I drew pictures to go along with each goal and used hand lettering to write out the goals.

However you decide to create your page, be sure to revisit it often and check in to see how you're progressing. Once I have a big goal like "write more," it helps to break it down and make it specific and time-bound. For example, write for 20 minutes a day three times a week this month. When you write down your goals they become more tangible and hopefully (like me) you'll discover that you're much more likely to get them done.



SEND OUT COOK dinner once a
 holiday week
 cards 



 TAKE A POTTERY
 CLASS

DRAW IN MY
 SKETCHBOOK 

Start an active hobby

WRITE
 MORE



start
 and
 stick
 with a
 meditation practice 

tell a story
 at the moth



START A RETIREMENT



send more
 thank you
 notes

FUND



learn to play one song
 really well on the guitar



EAT HEALTHY

SPEND A DAY IN BED
 DRINKING CHAMPAGNE

LUNCHES



take more
 walks

go fishing

take more
 photos



TRAVEL TO A
 TROPICAL PLACE

