


Skitsebog



En 30-dages guidet dagbog



Friform

Skabt med LoomJournals

Sådan bruger du denne dagbog

Velkommen til din dagbog! Her er nogle tips til at få mest muligt ud af den:

- 1 Sæt et par minutter af hver dag til at skrive
- 2 Vær ærlig og skriv frit uden at dømme
- 3 Prøv at skrive på samme tidspunkt hver dag for at opbygge en vane
- 4 Gennemgå dine noter ugentligt for at opdage mønstre

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- Udskriv journalen og hav den på dit skrivebord eller i din taske
 - Sæt dig ned dagligt — selv 5–10 minutters skitsering tæller
 - Udfyld motivprompten for at fokusere dit blik, før du tegner
 - Notér dit medie (blyant, blæk, akvarel) til fremtidig reference
 - Gense gamle sider månedligt for at se, hvordan din stil udvikler sig

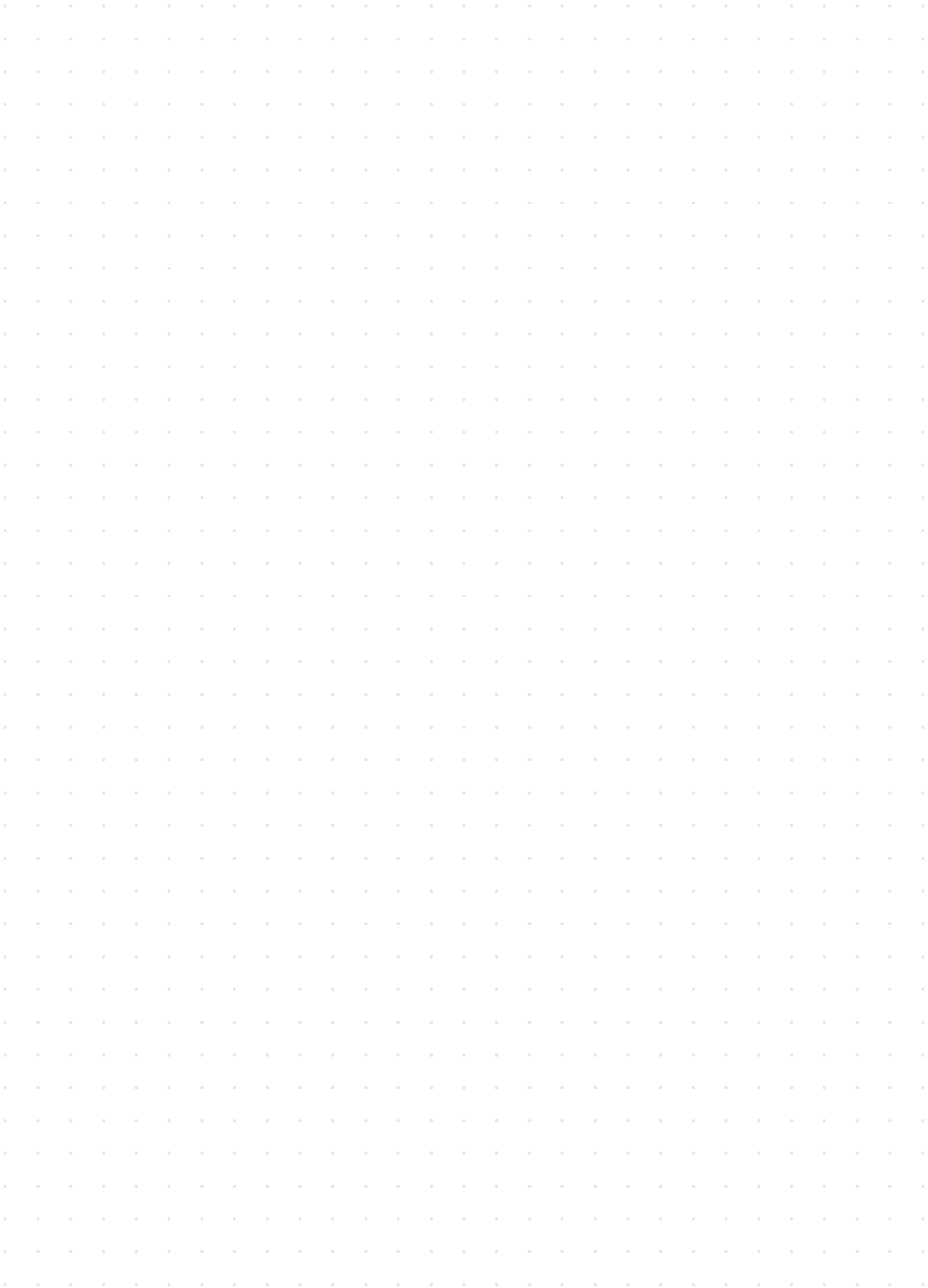


Scan for en detaljeret guide til, hvordan du bruger denne dagbog

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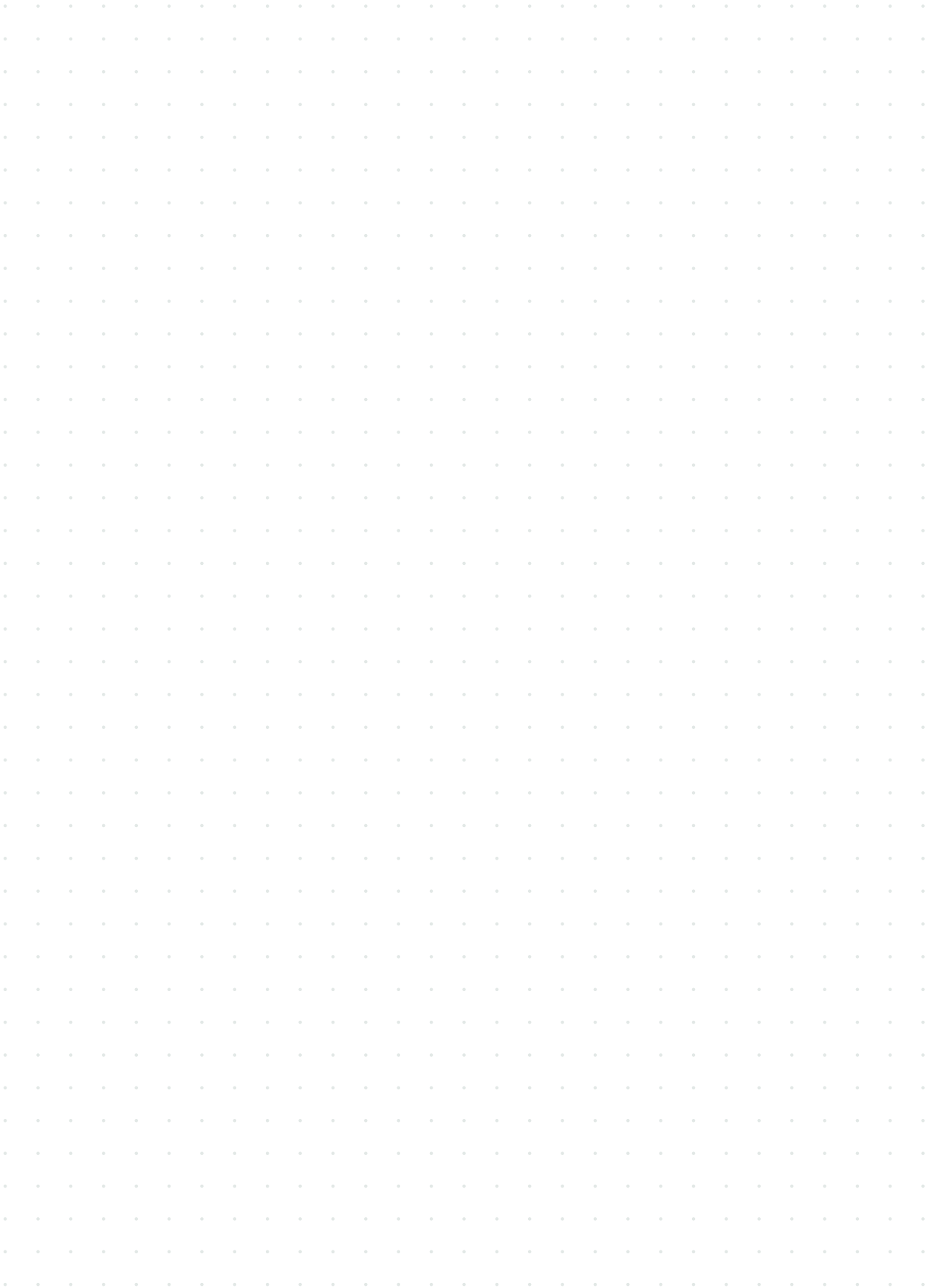
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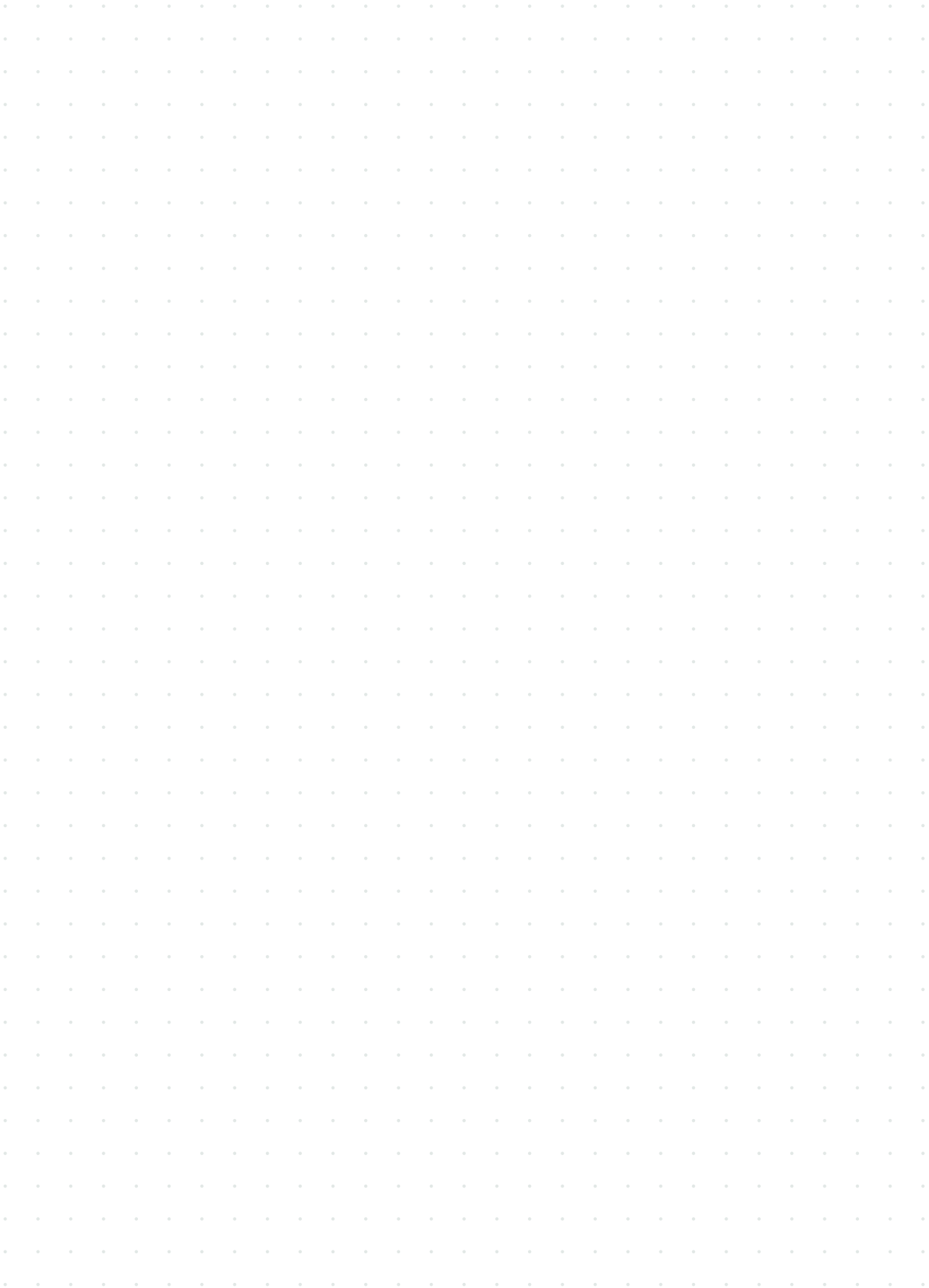
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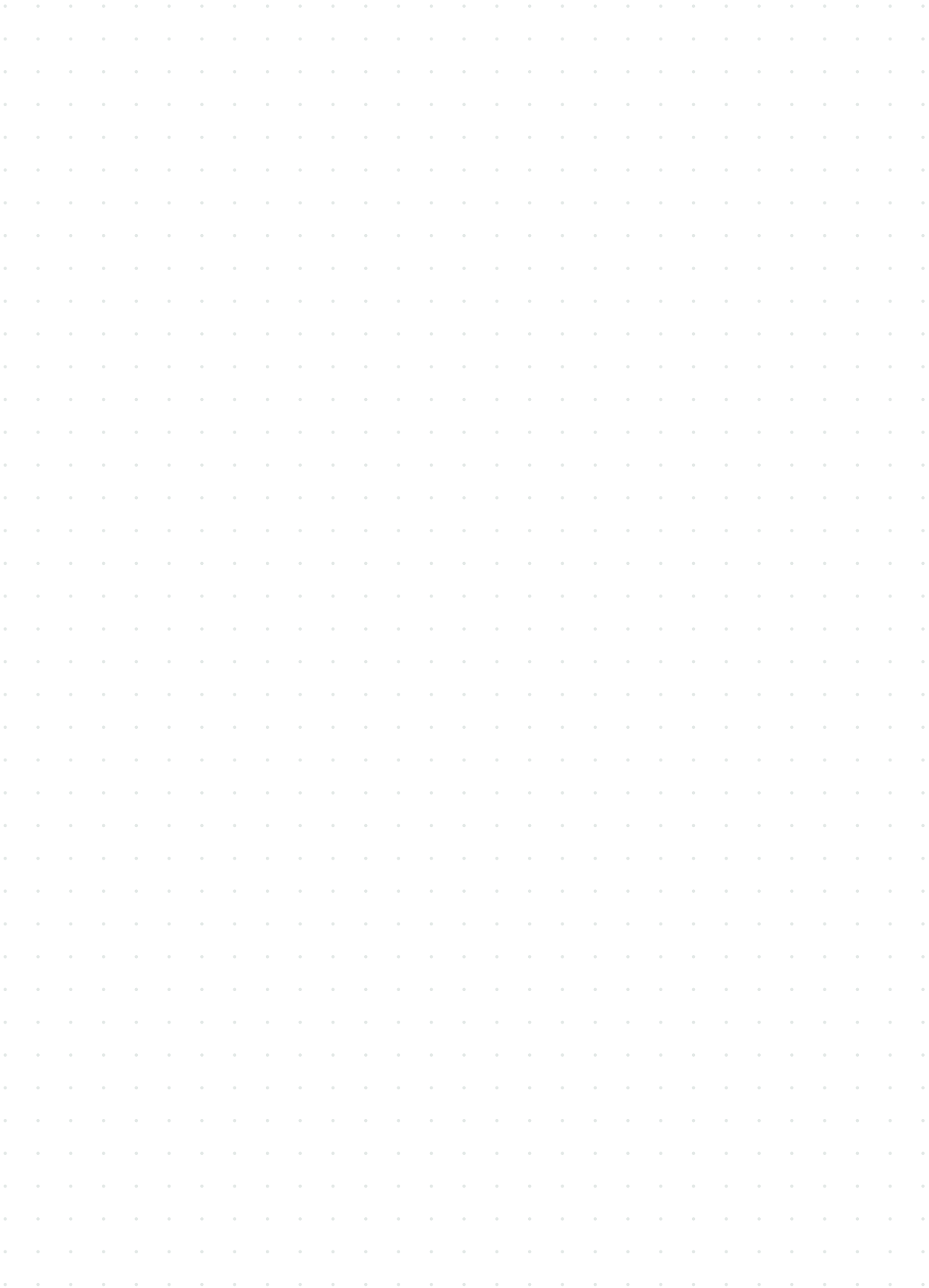
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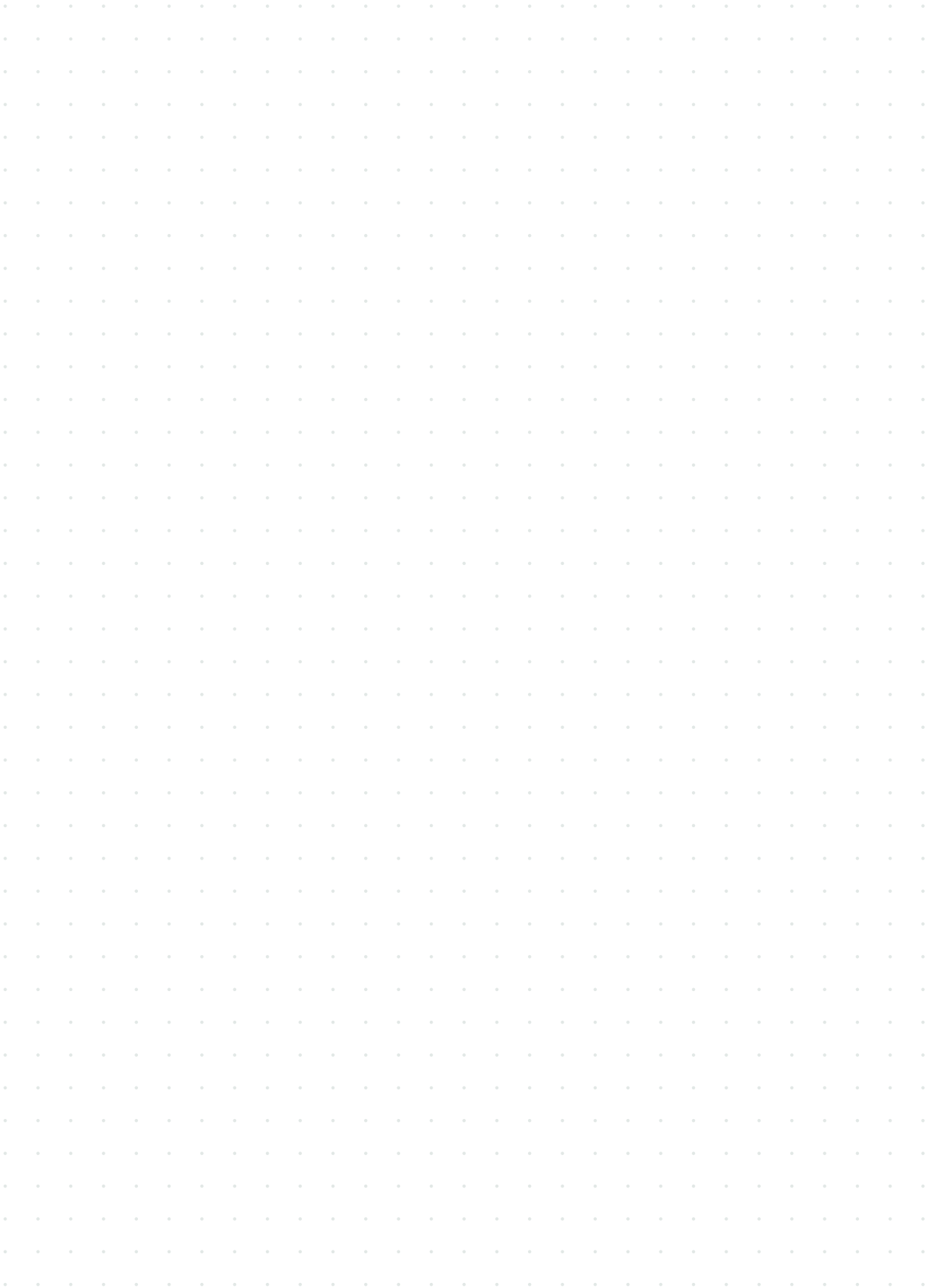
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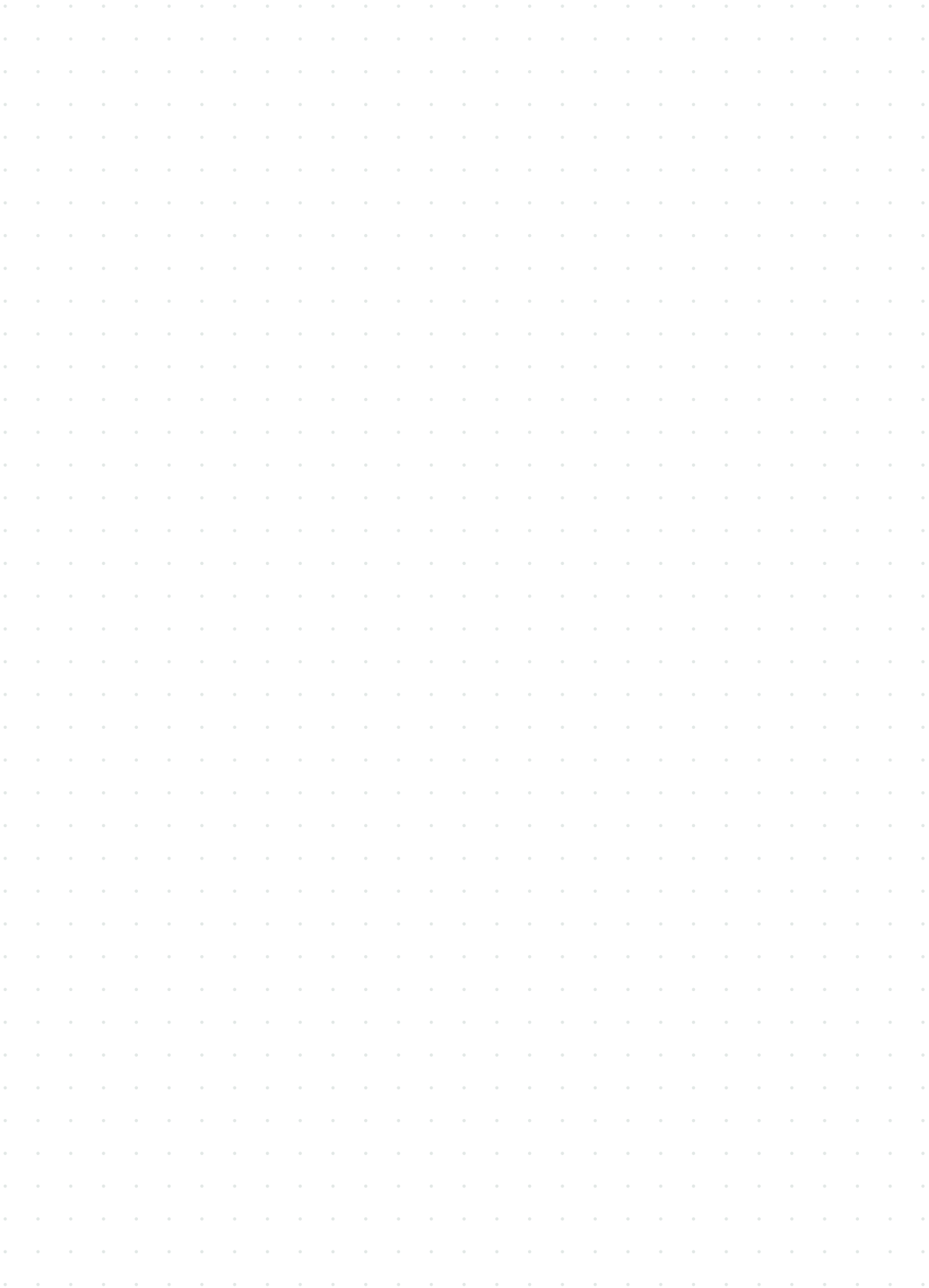
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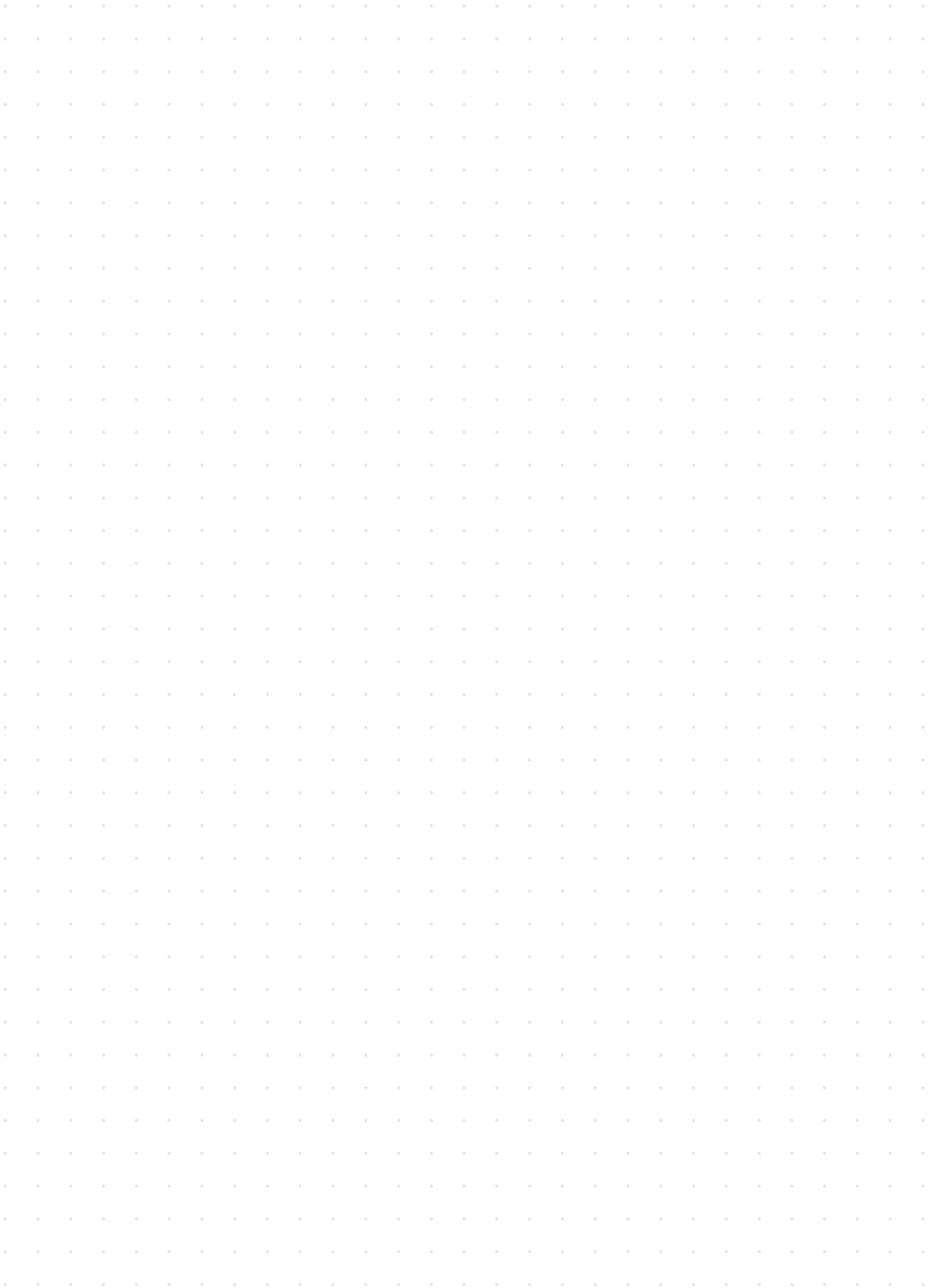
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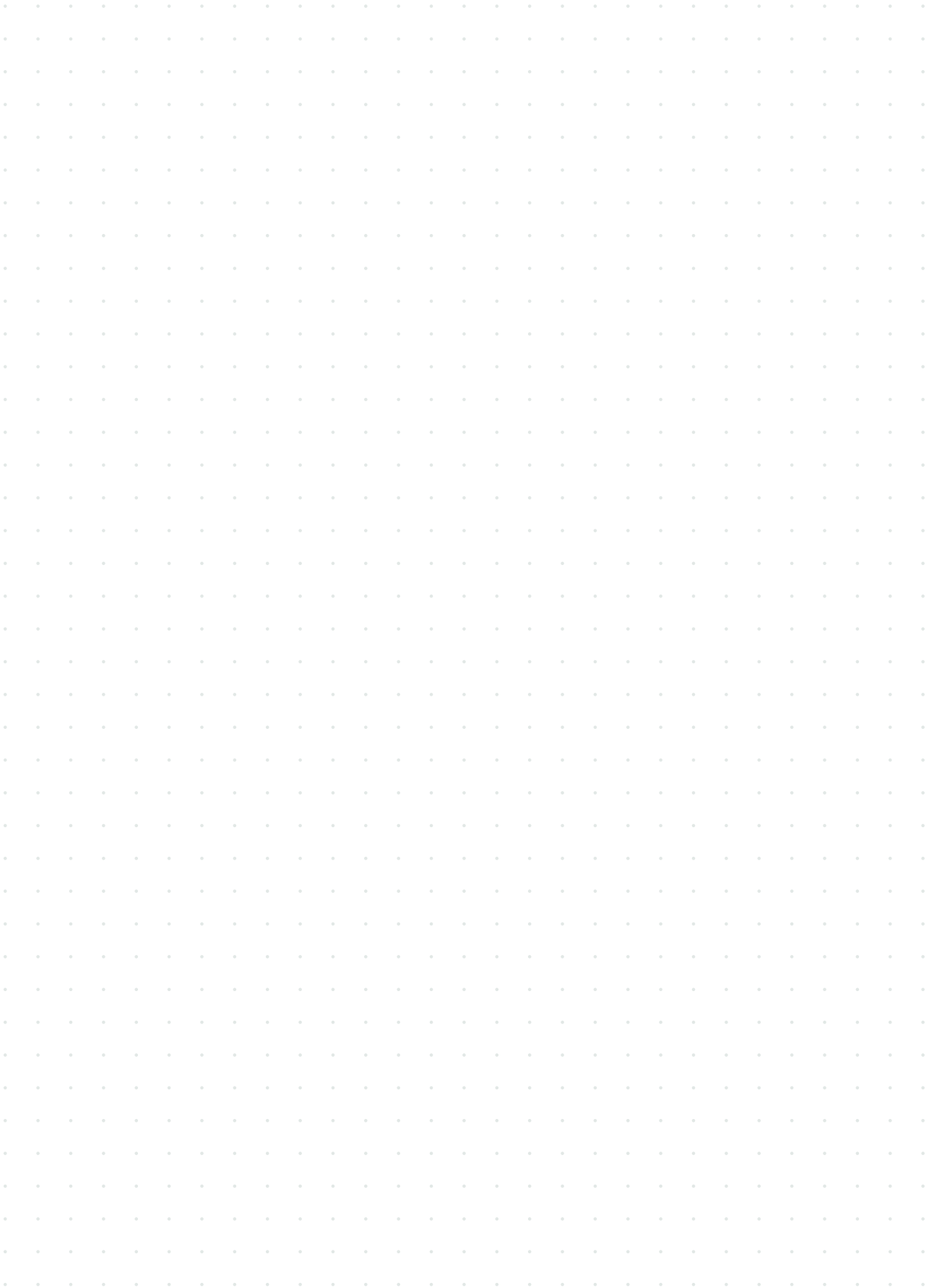
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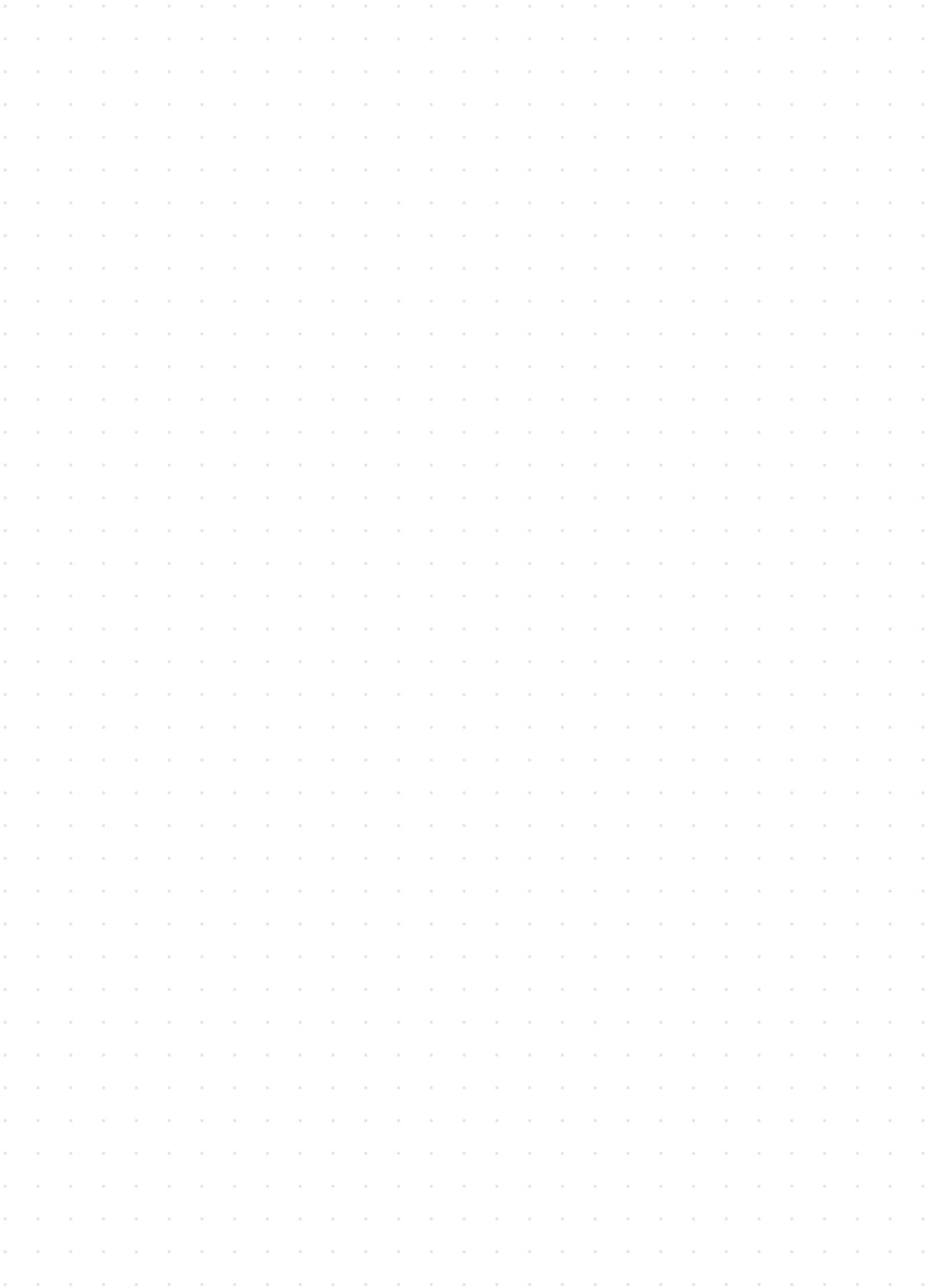
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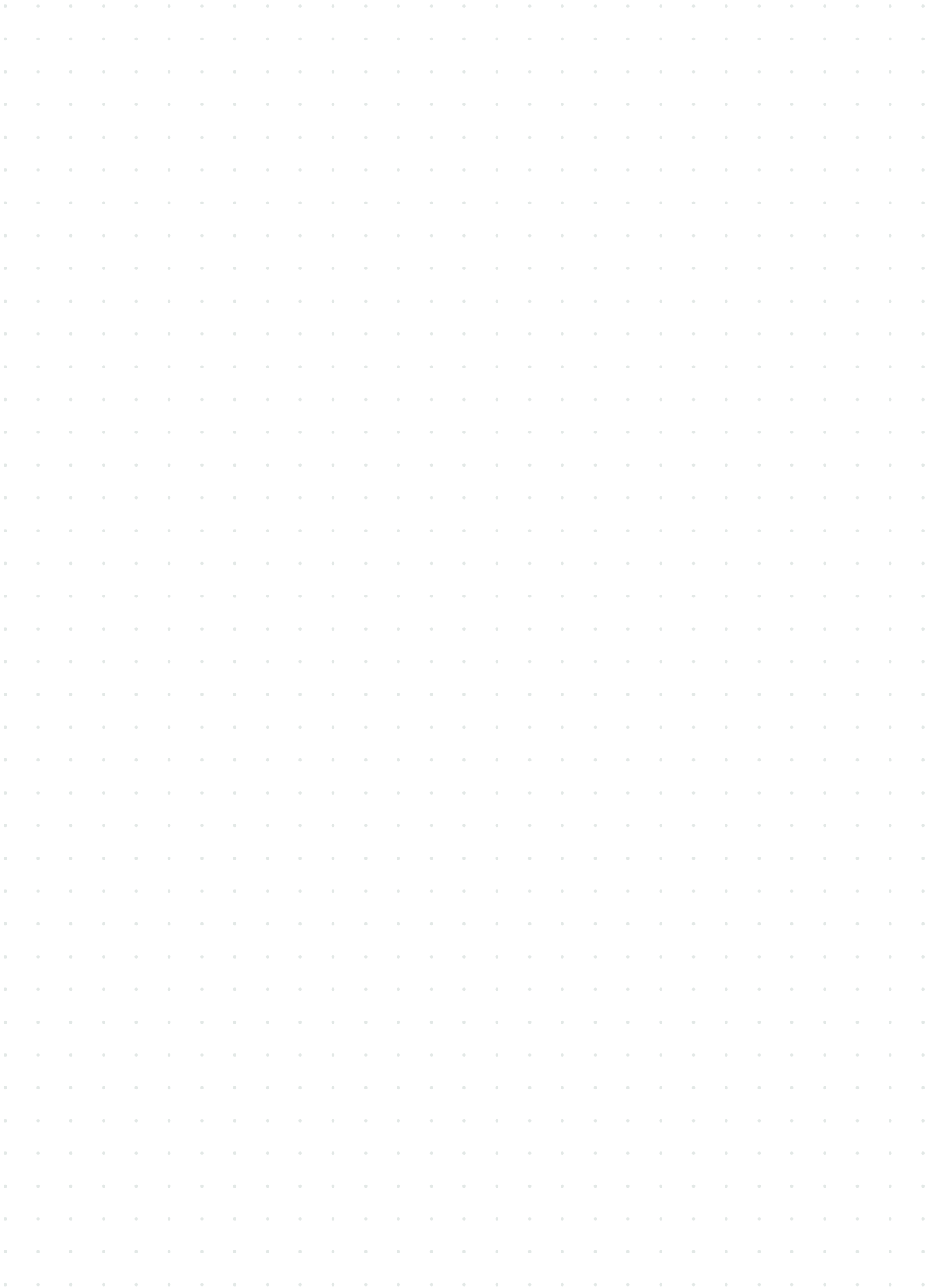
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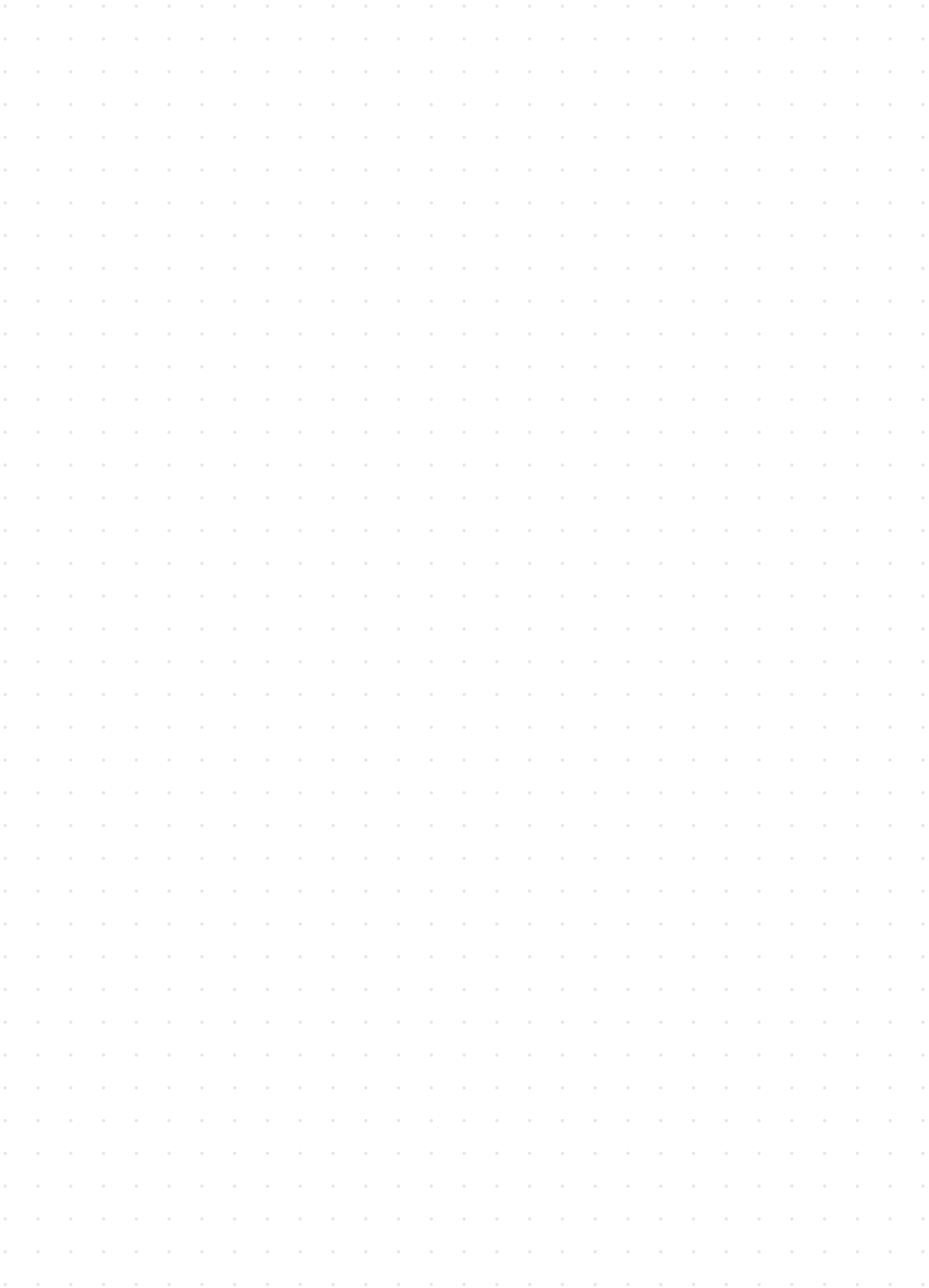
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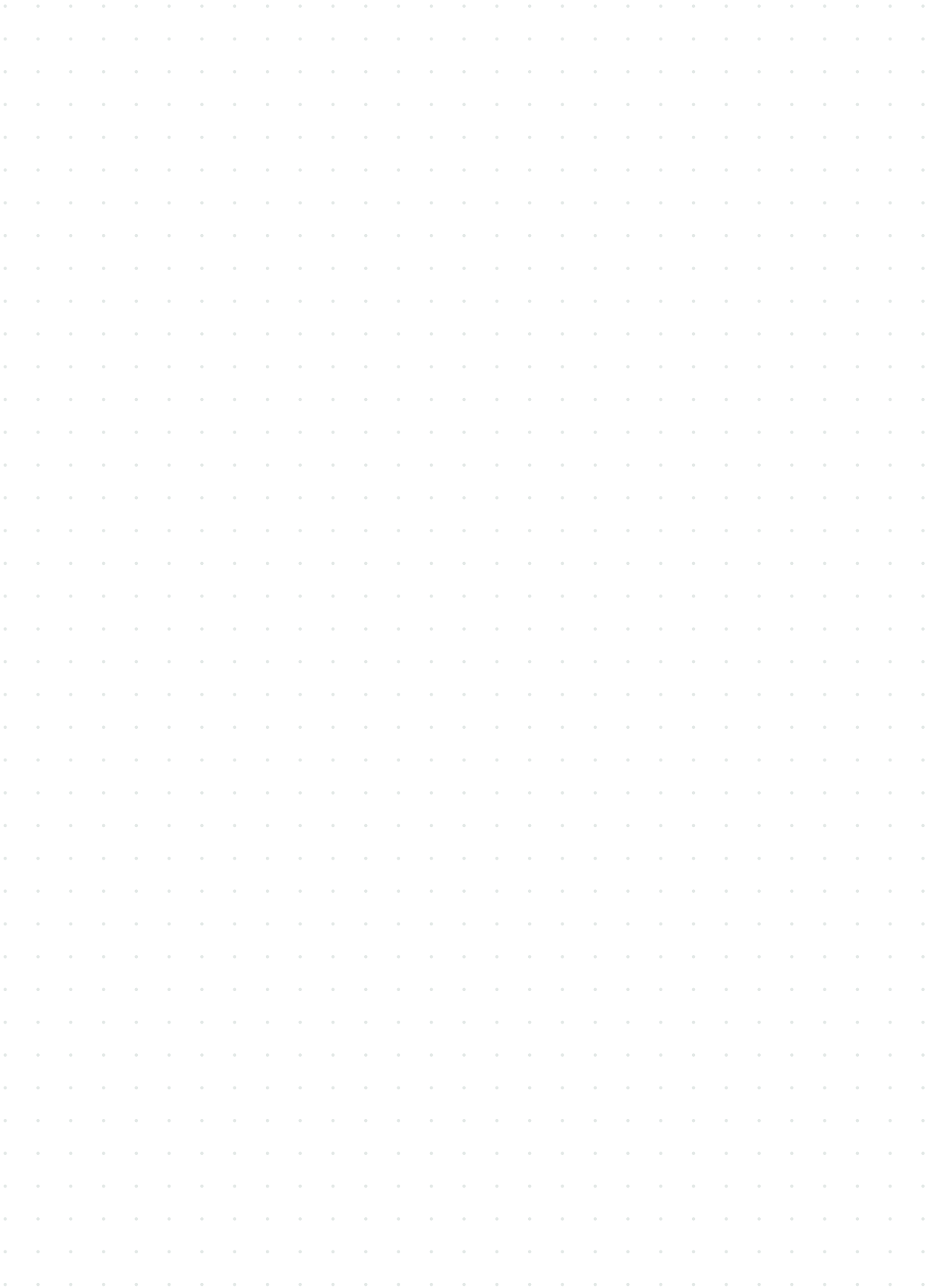
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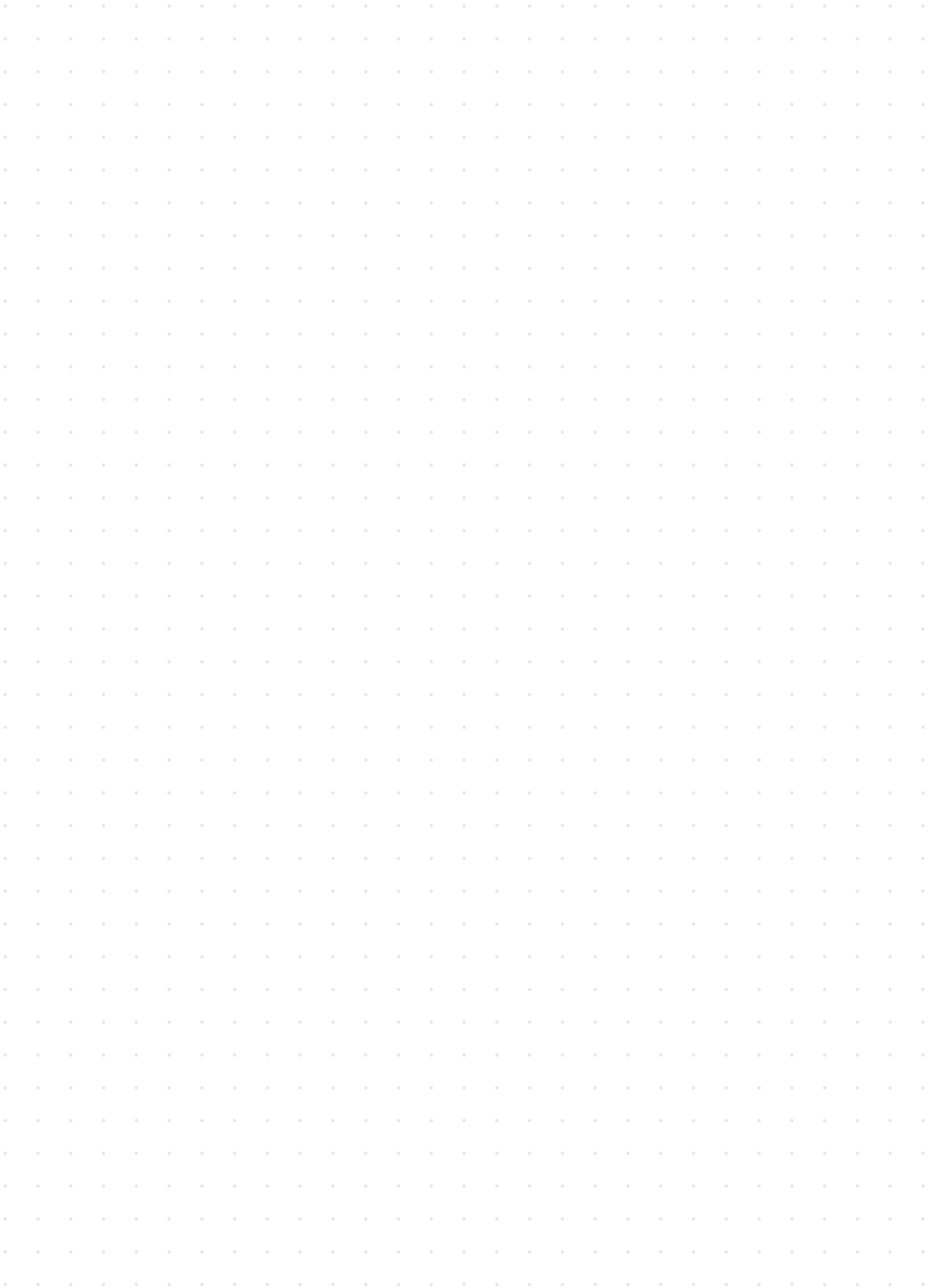
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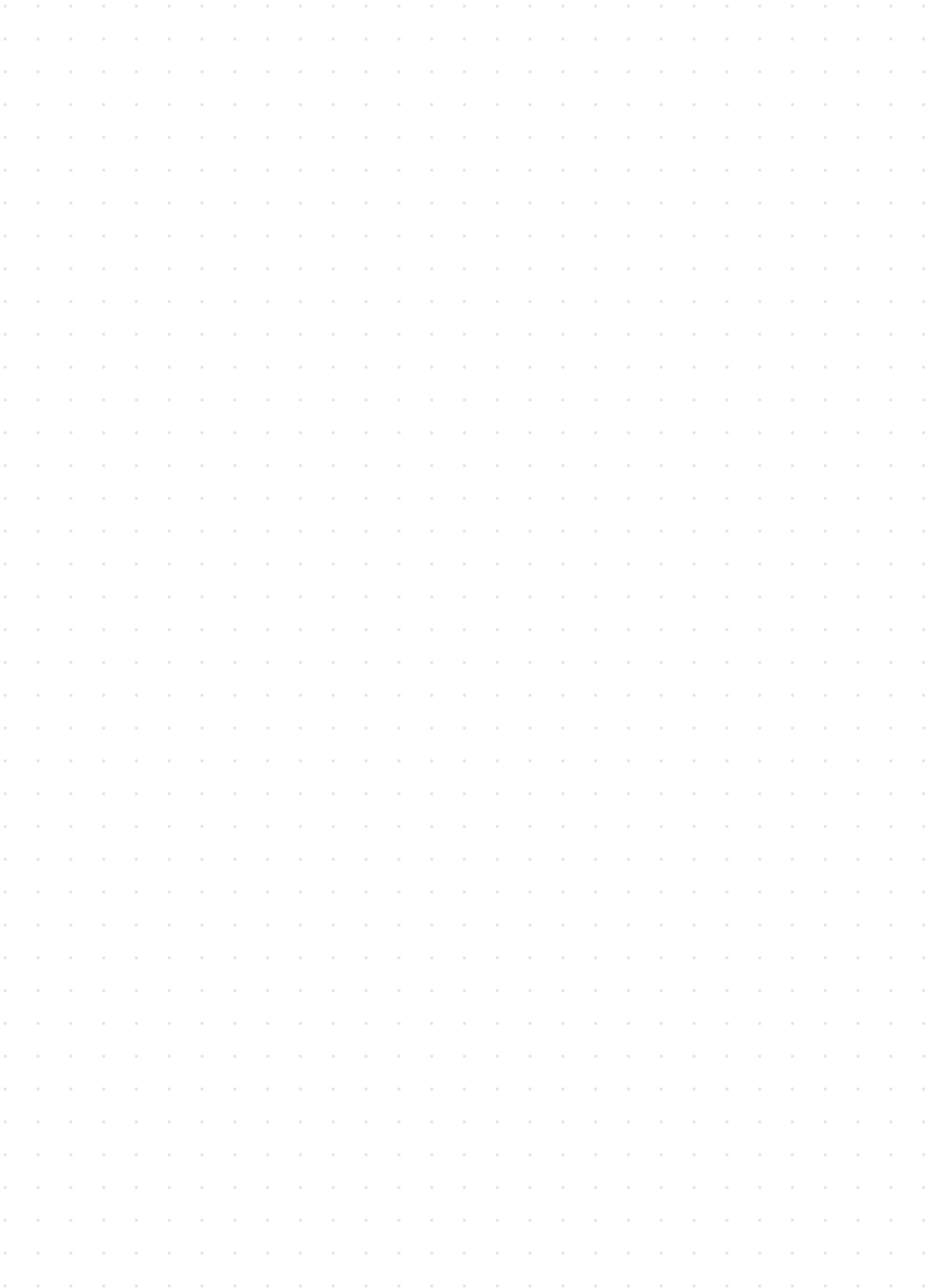
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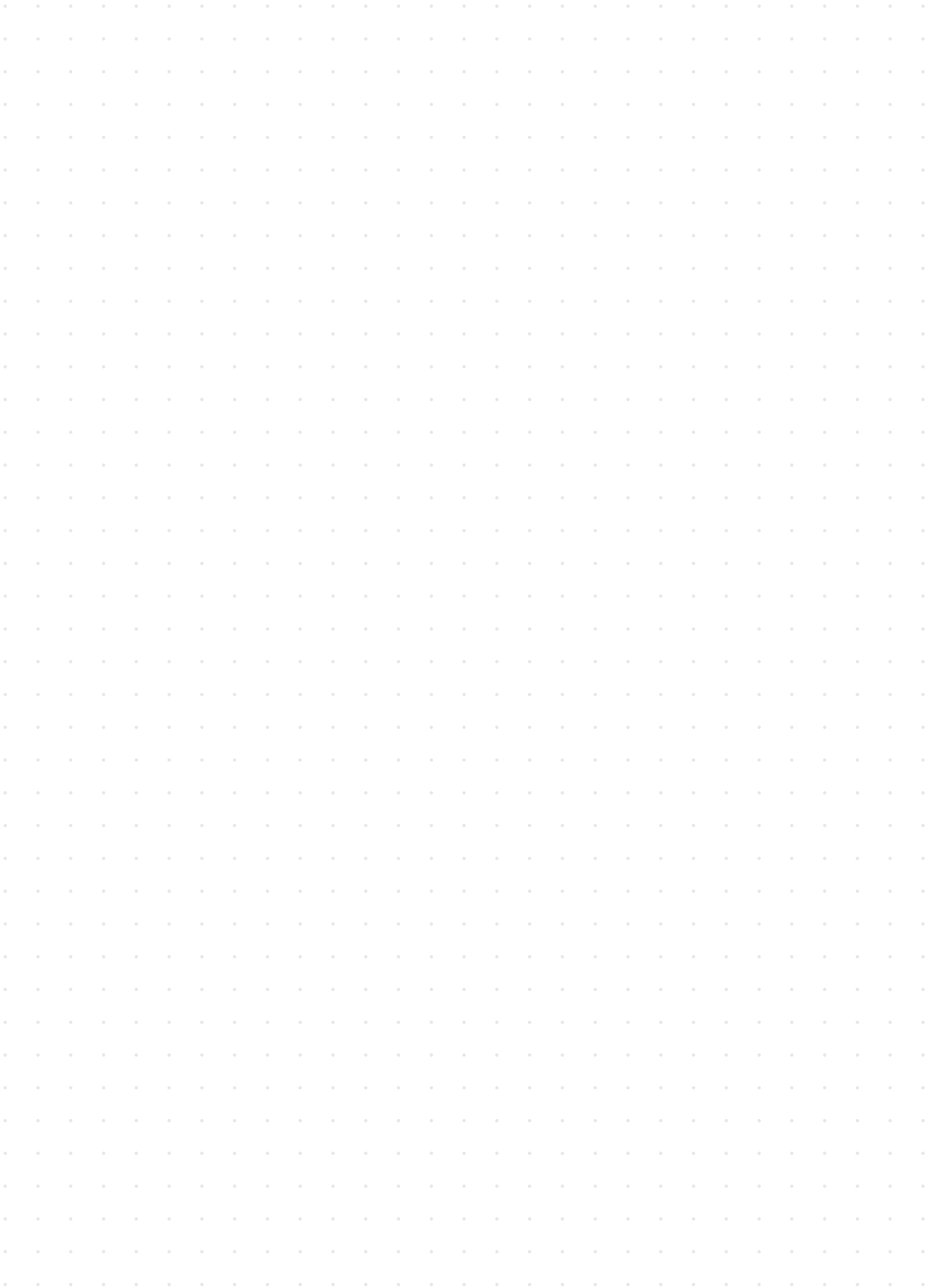
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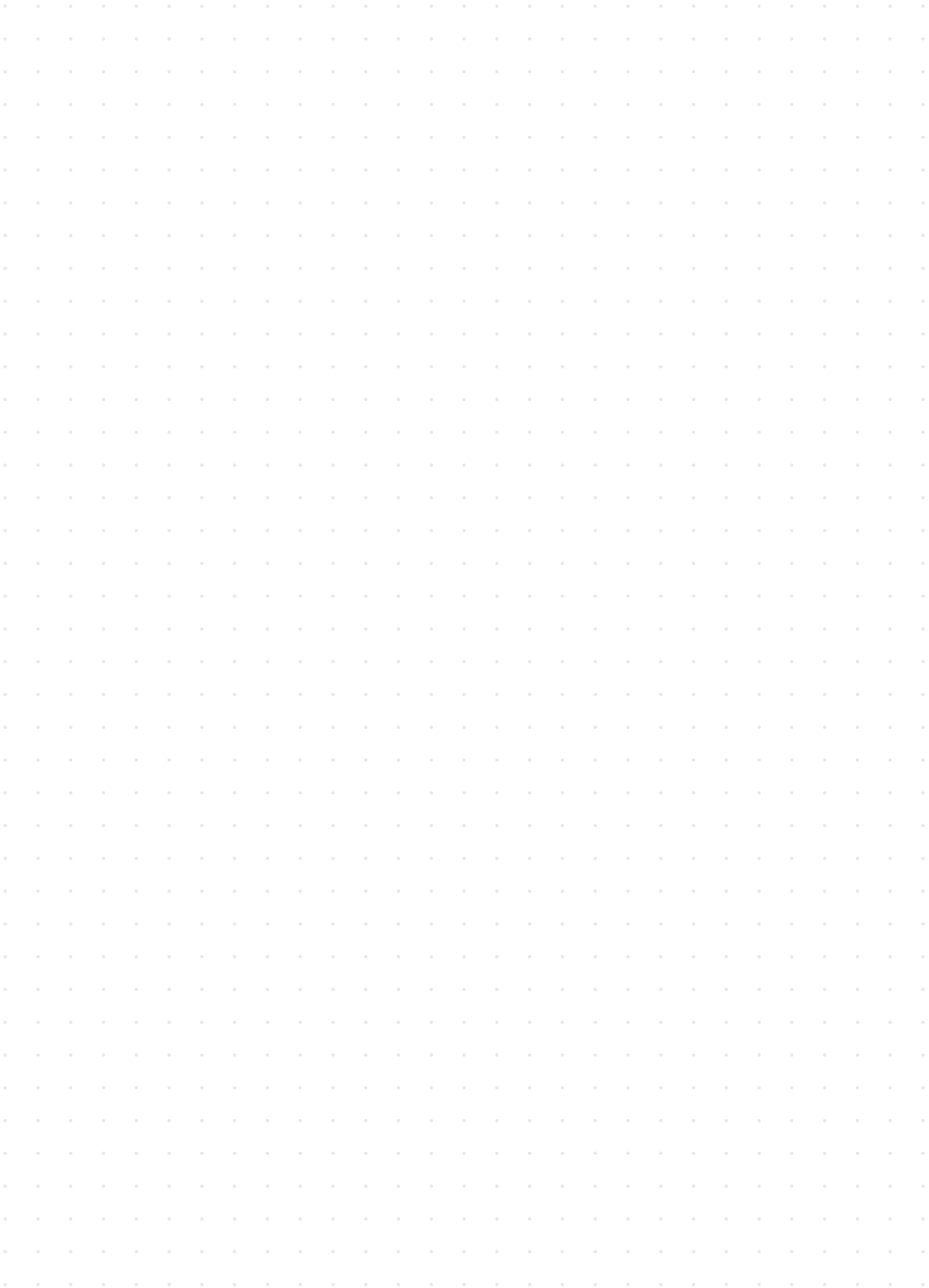
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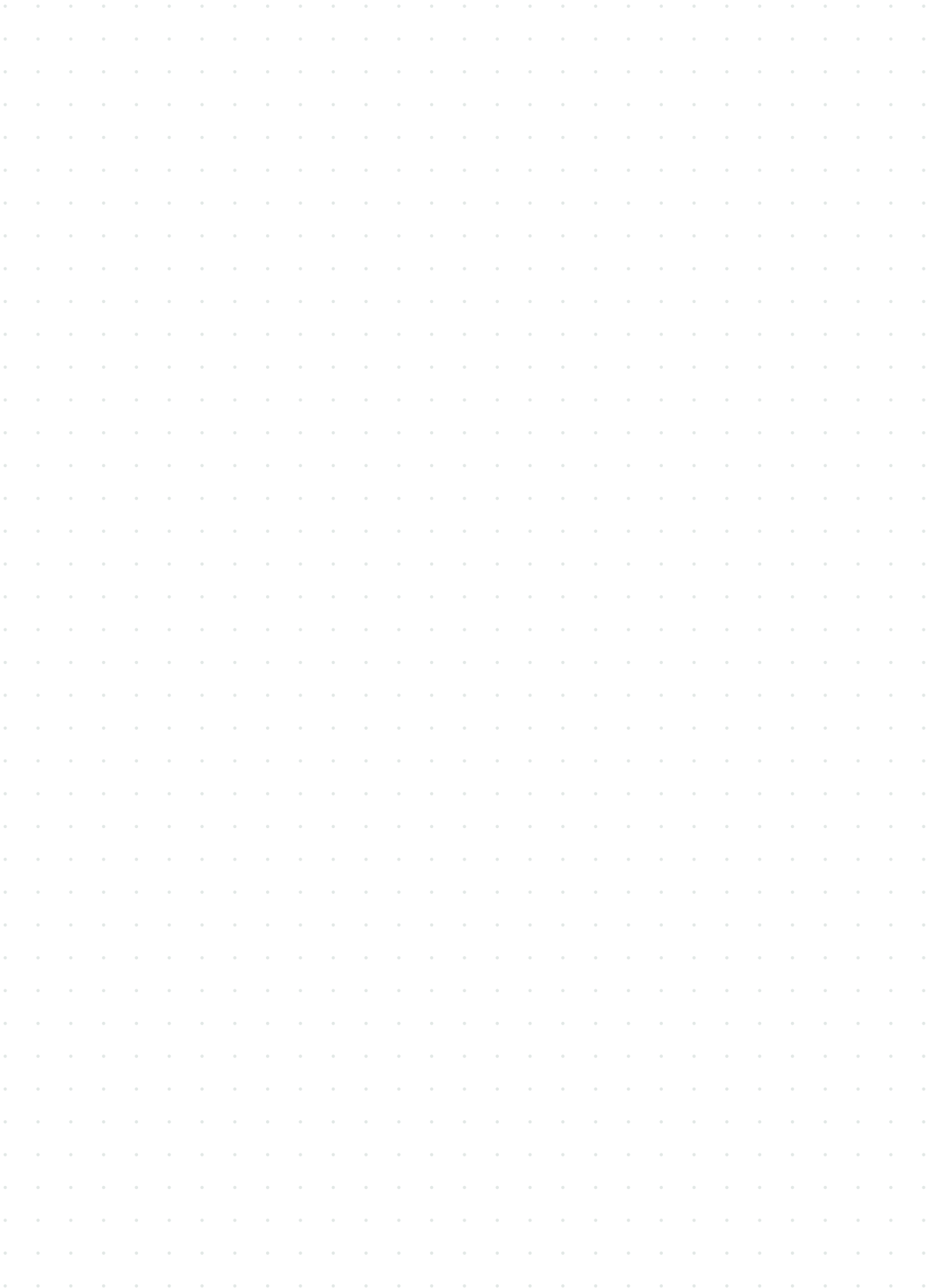
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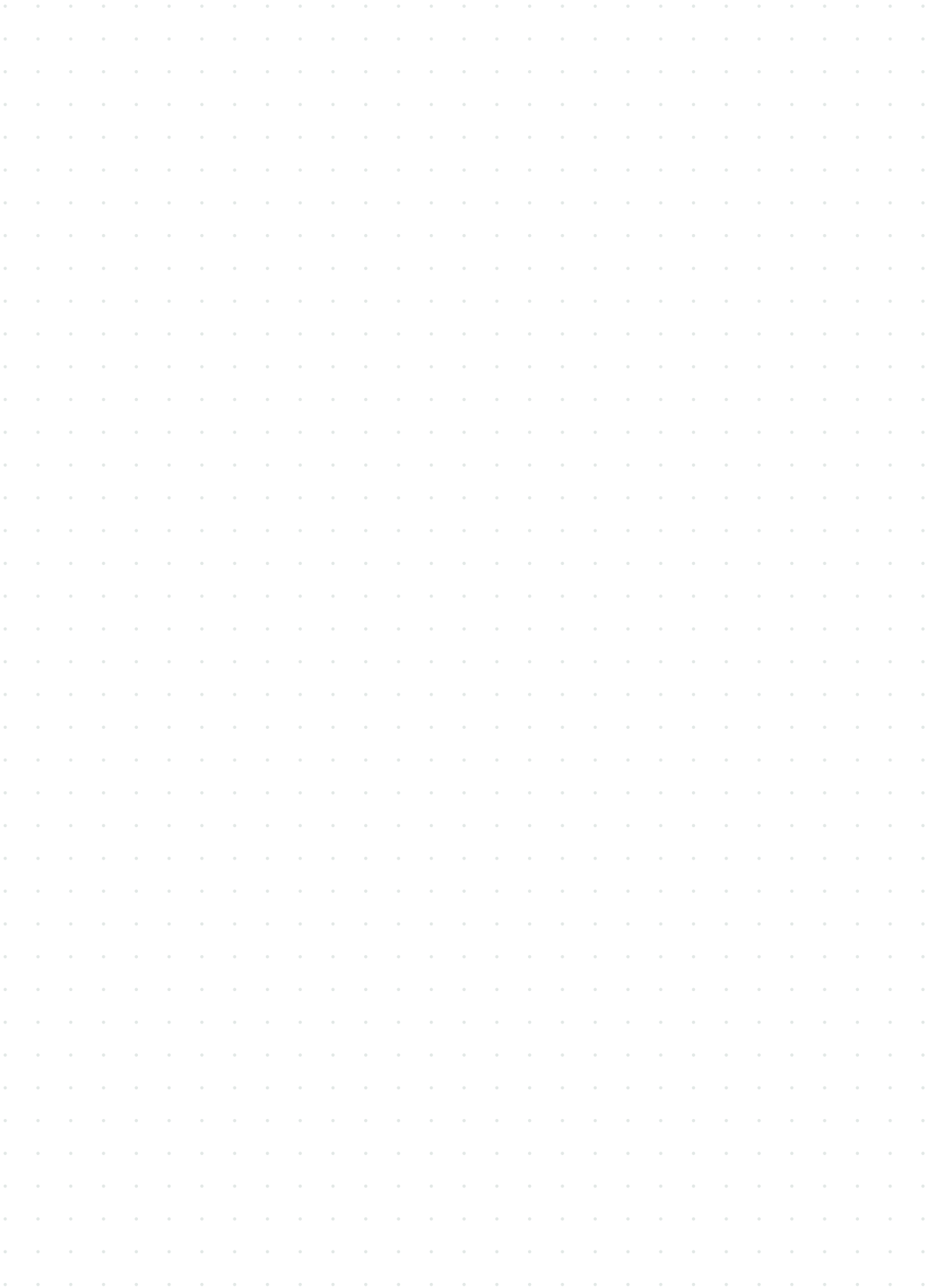
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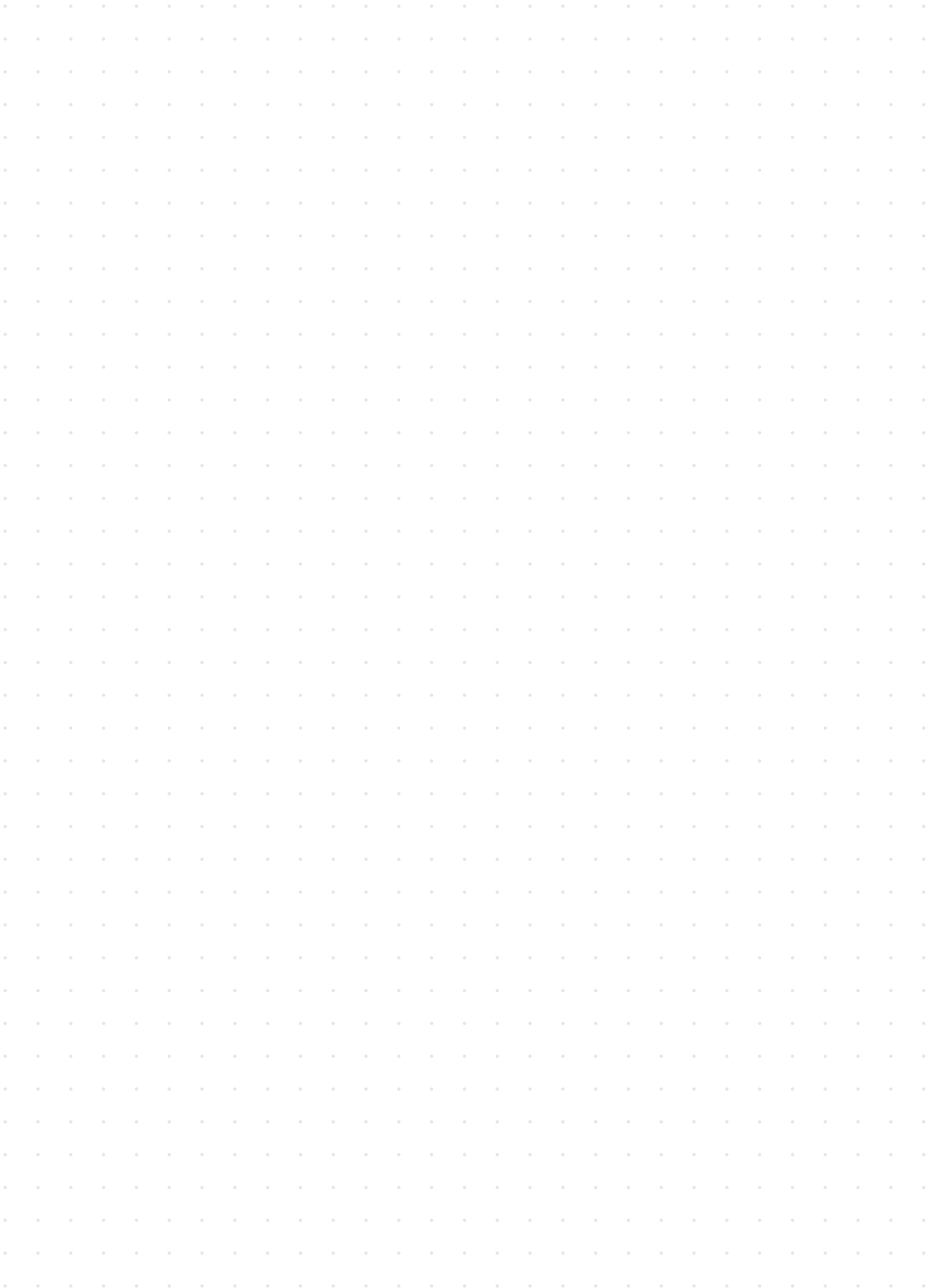
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