


Sketch Journal



A 30-Day Guided Journal



Free-form

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

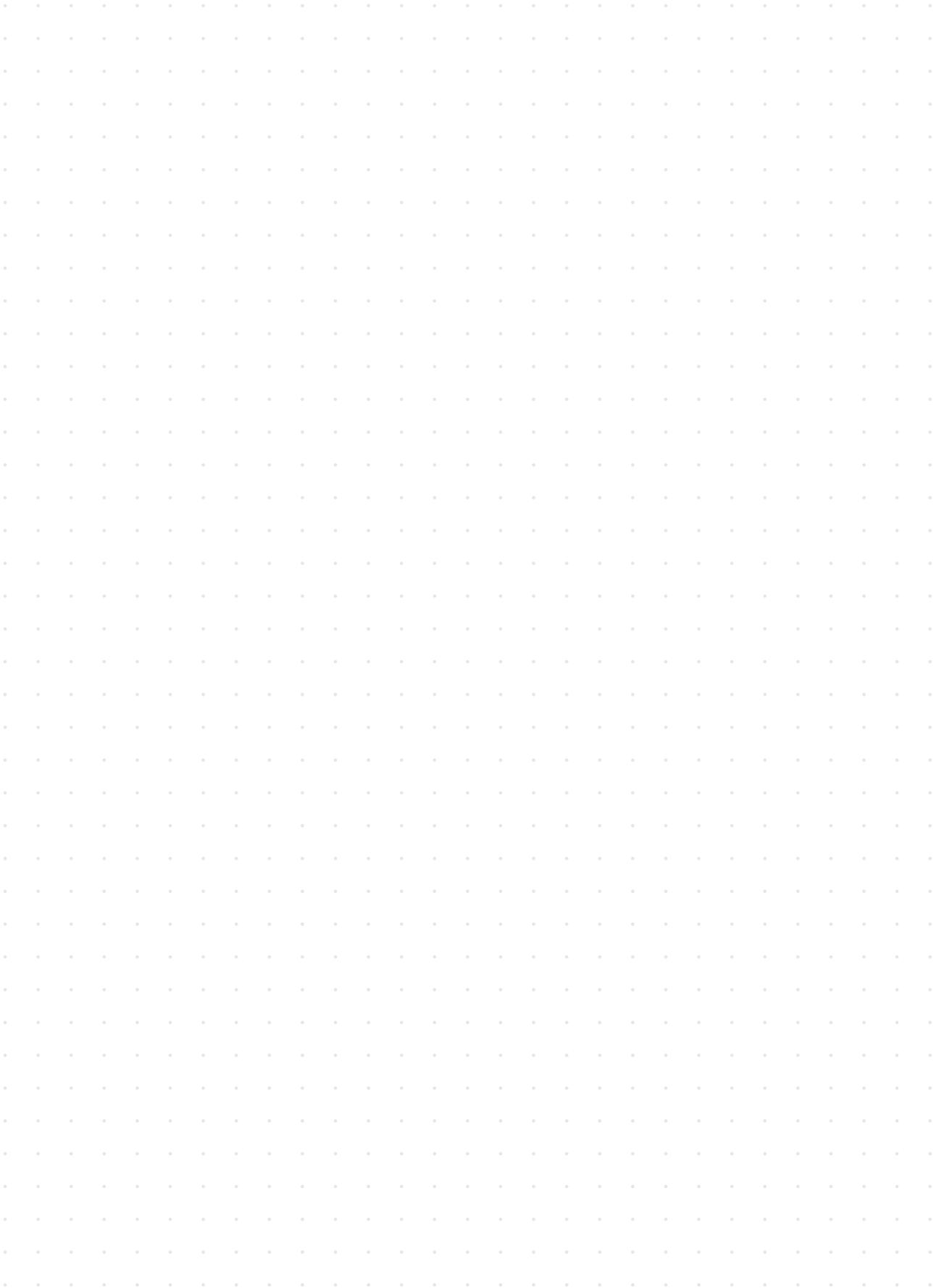
- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Print the journal and keep it on your desk or in your bag
 - Sit down daily — even 5–10 minutes of sketching counts
 - Fill in the subject prompt to focus your eye before drawing
 - Note your medium (pencil, ink, watercolor) for future reference
 - Revisit old pages monthly to see how your style evolves

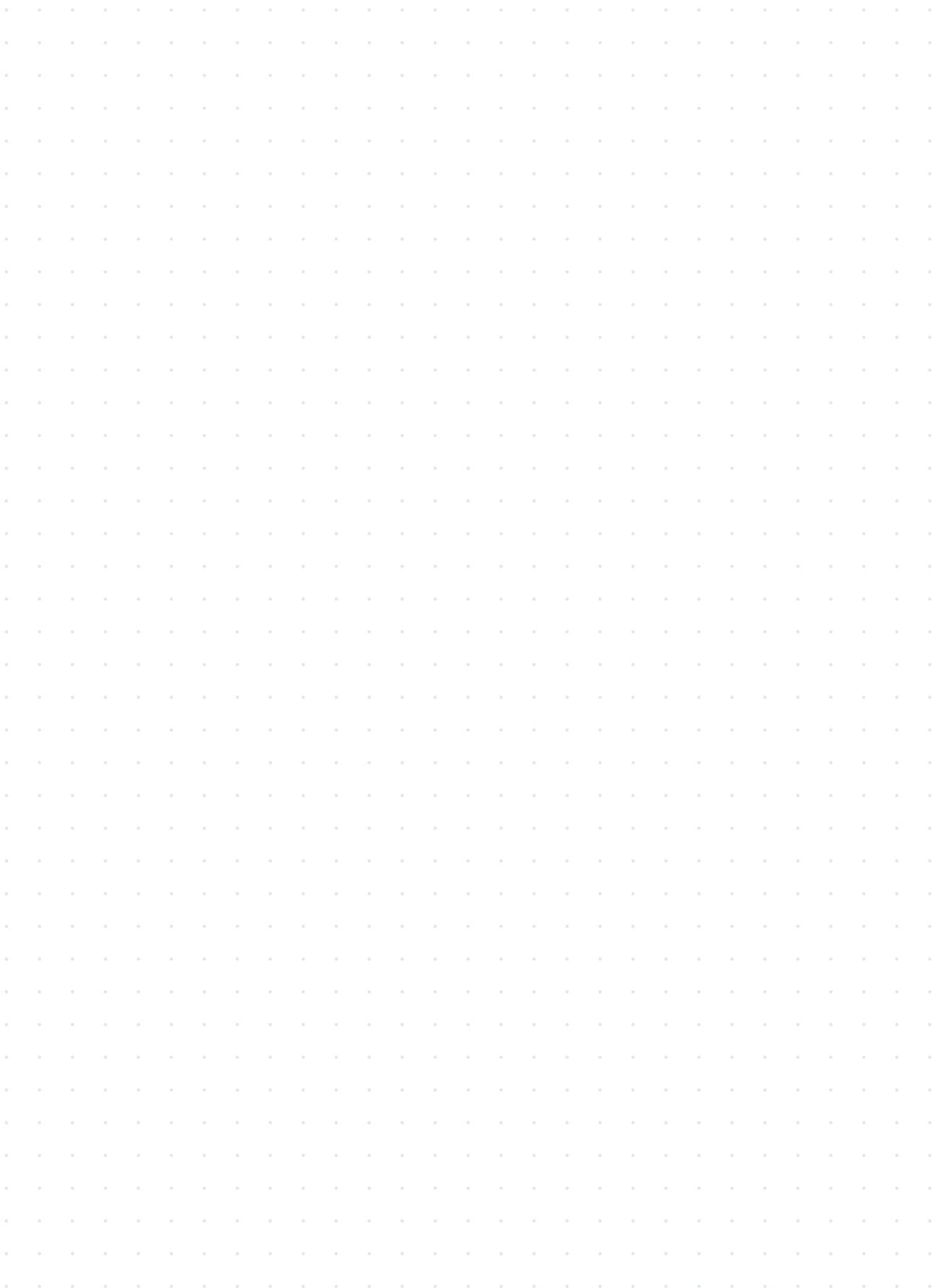


Scan for a detailed guide on how to use this journal

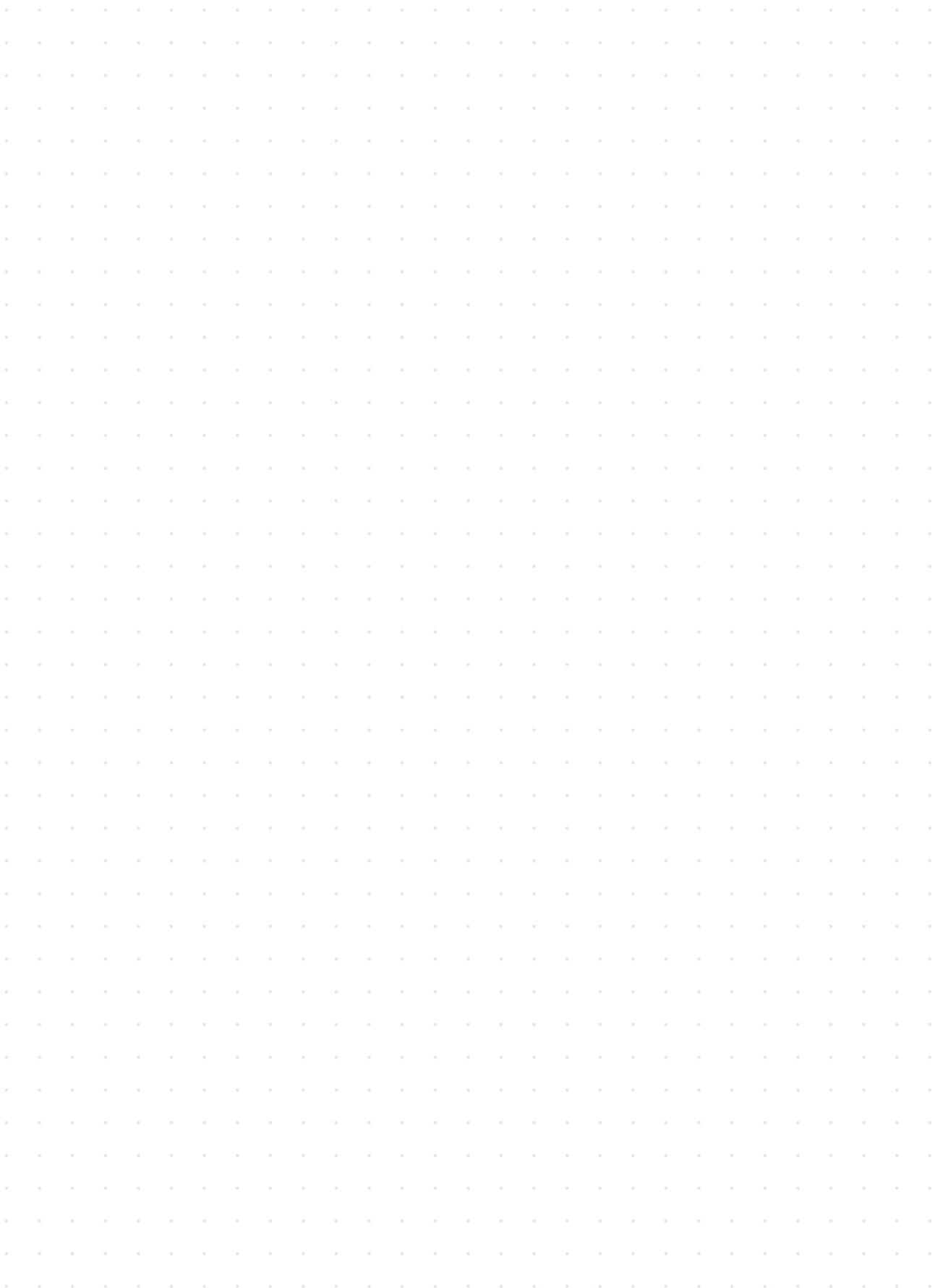
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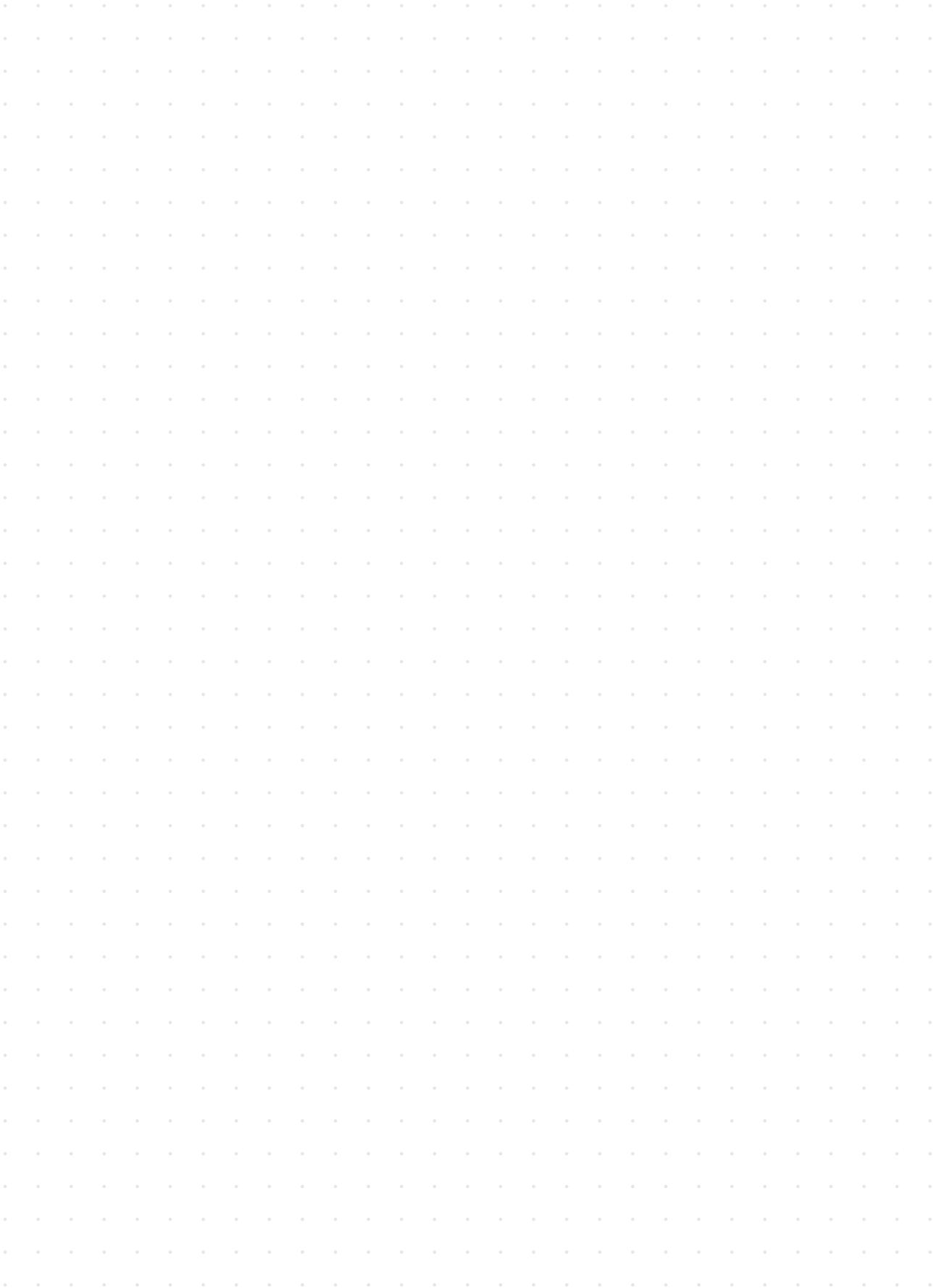
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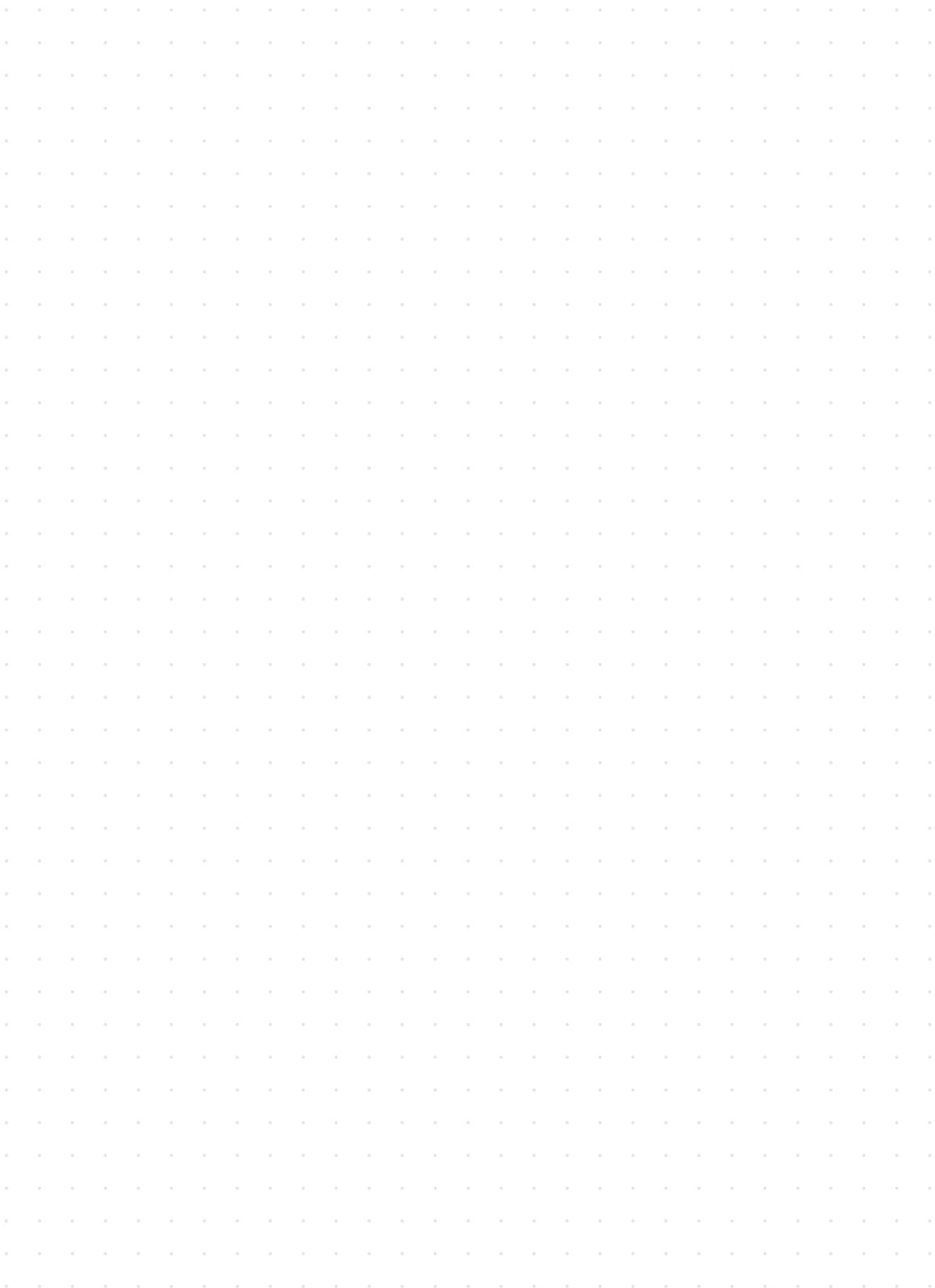
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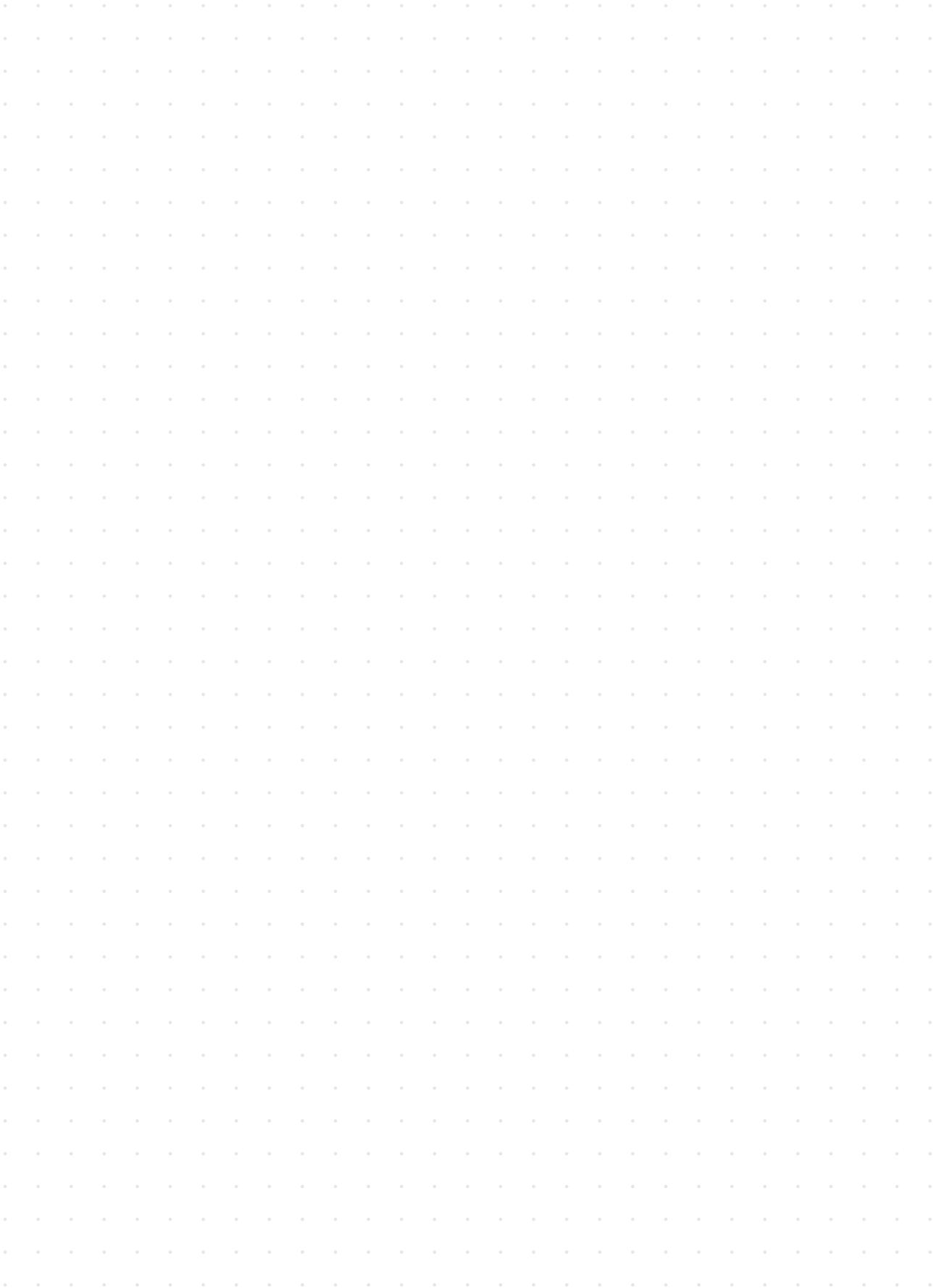
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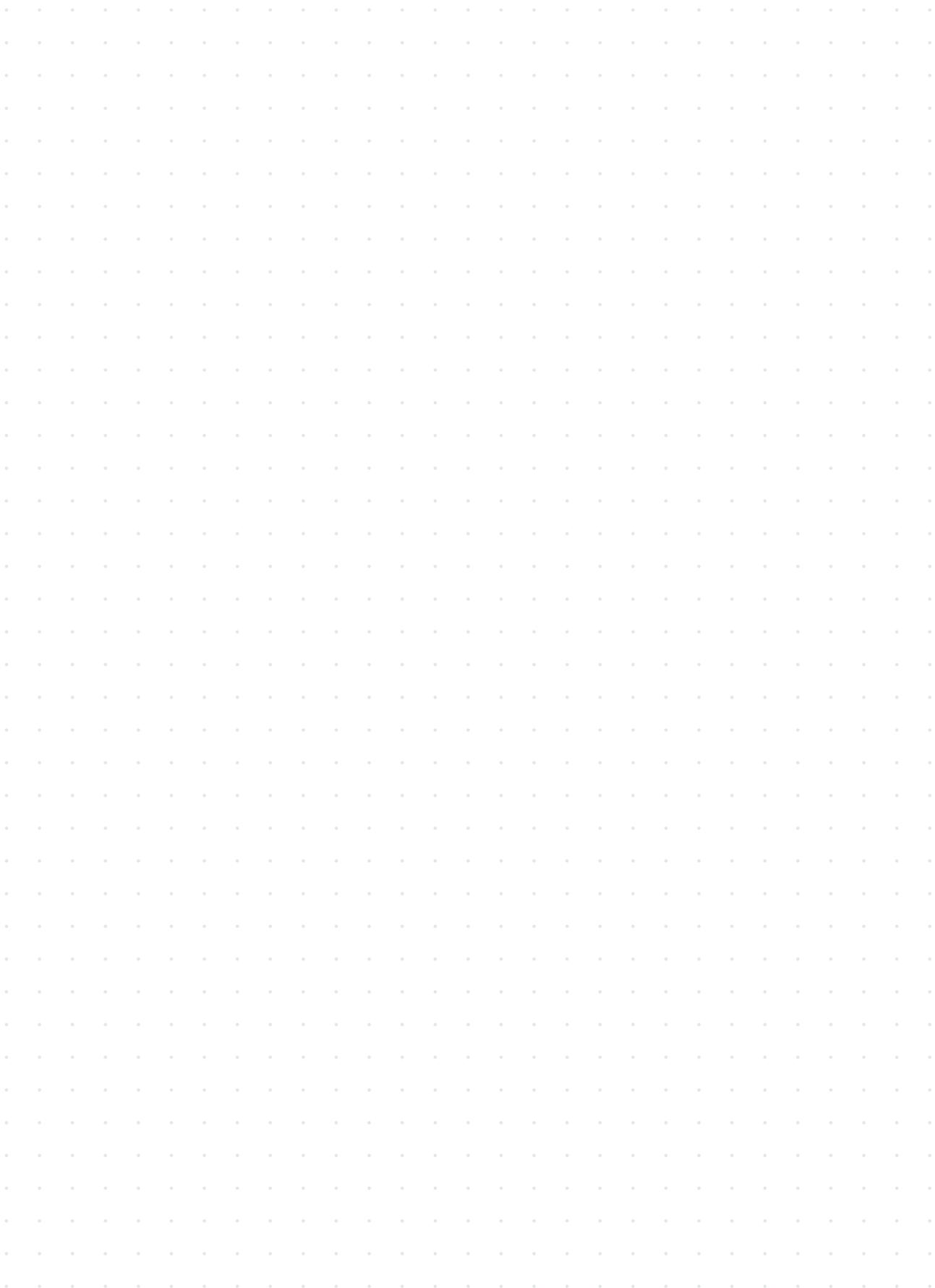
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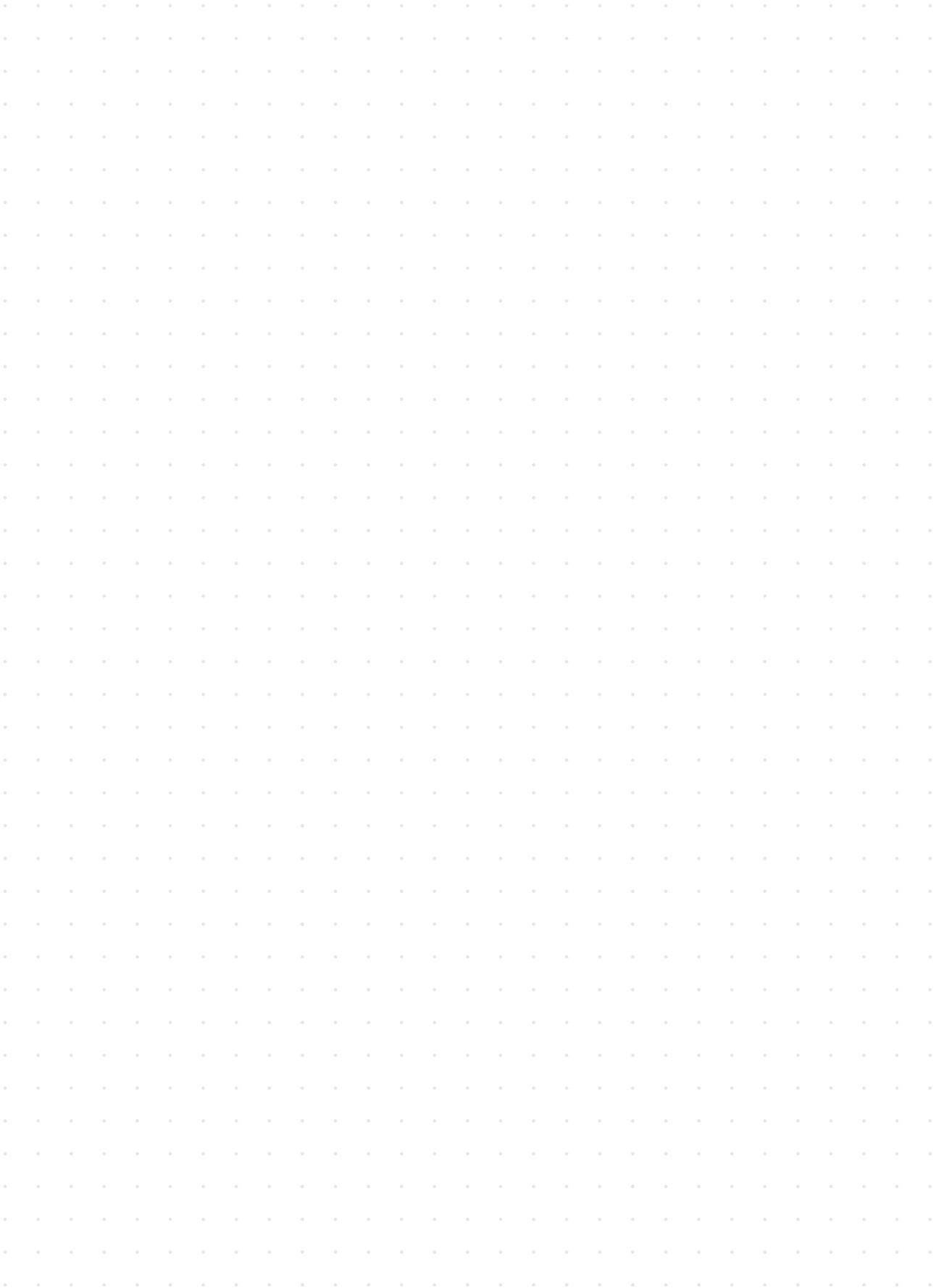
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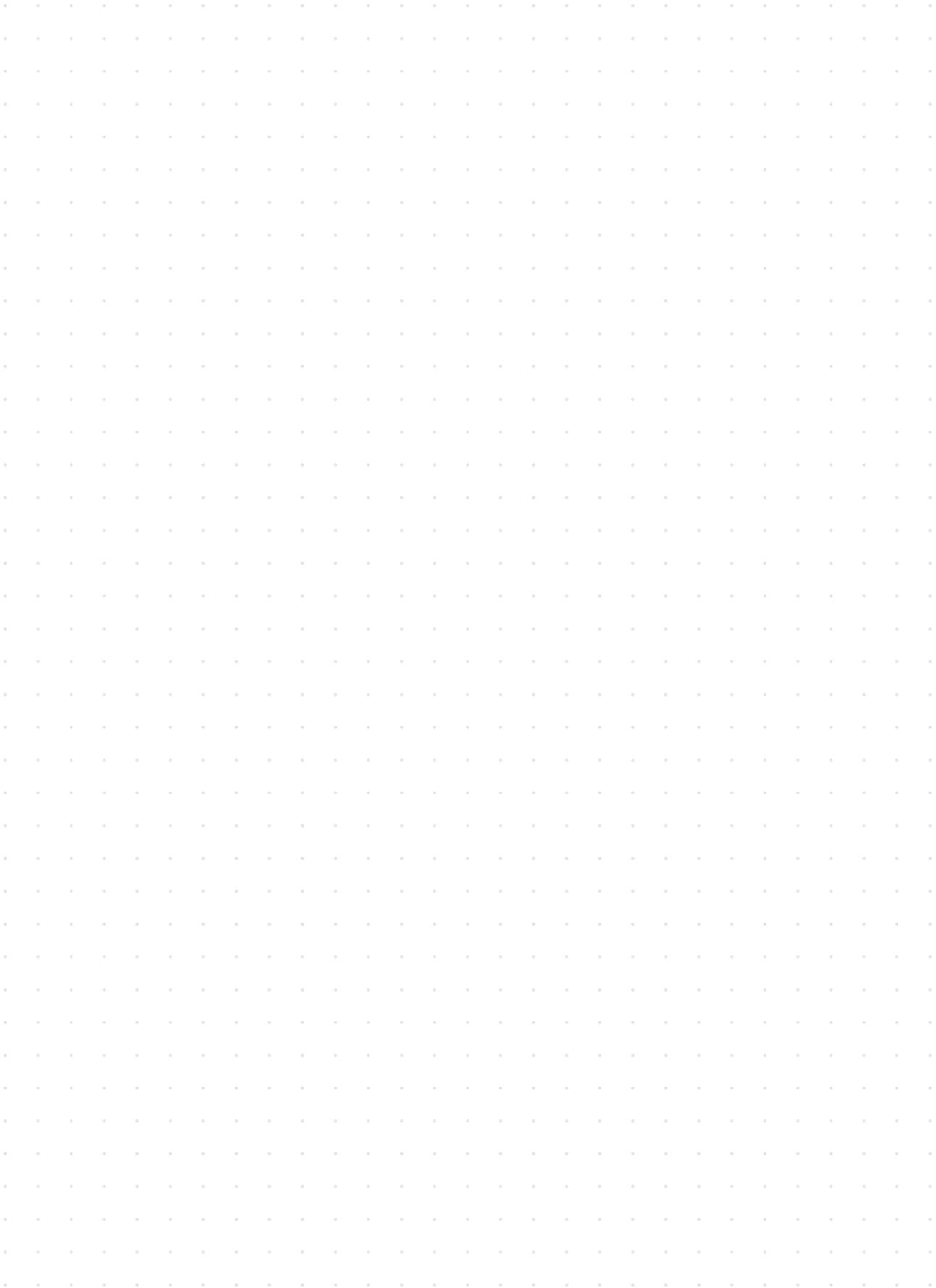
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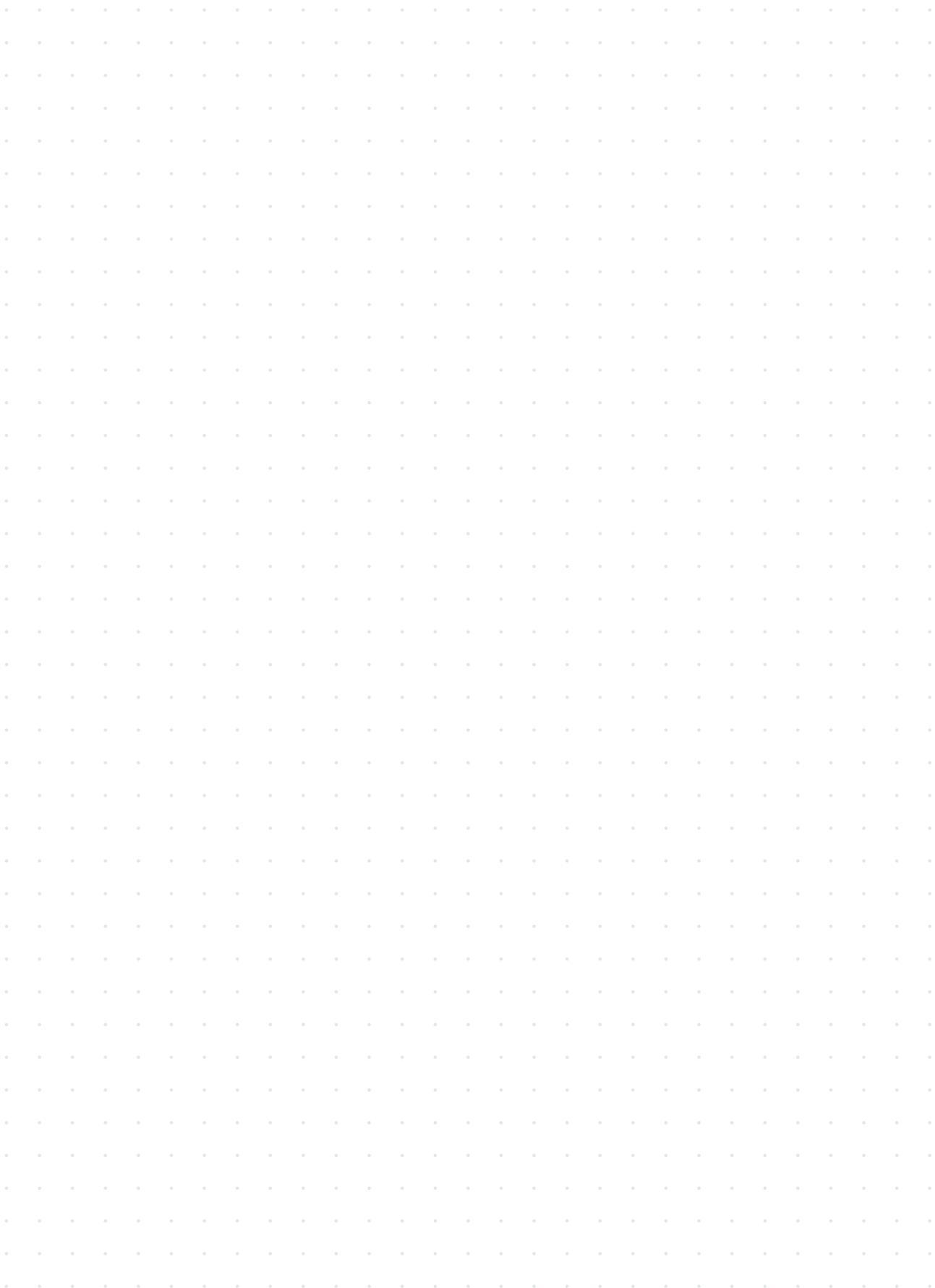
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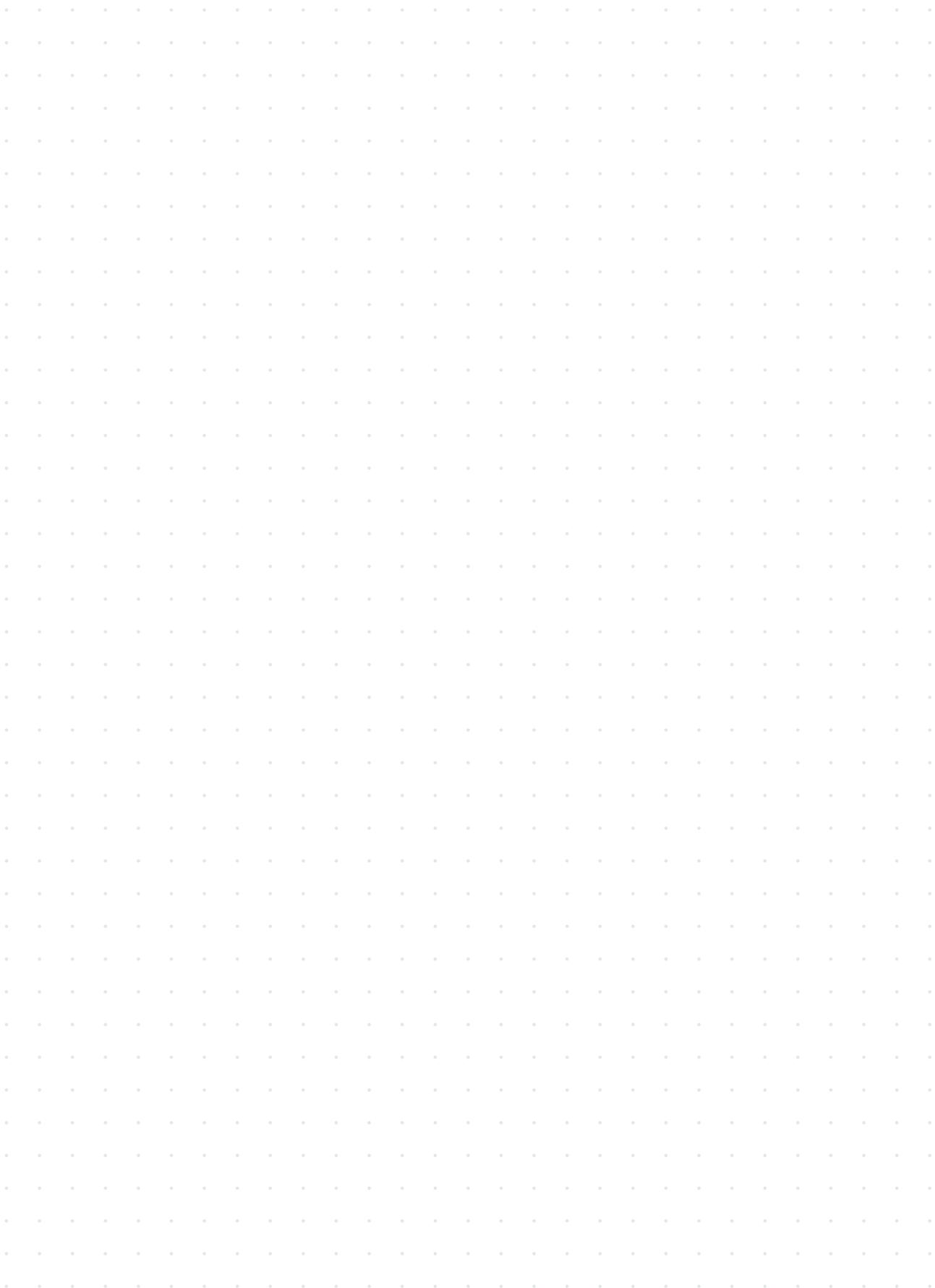
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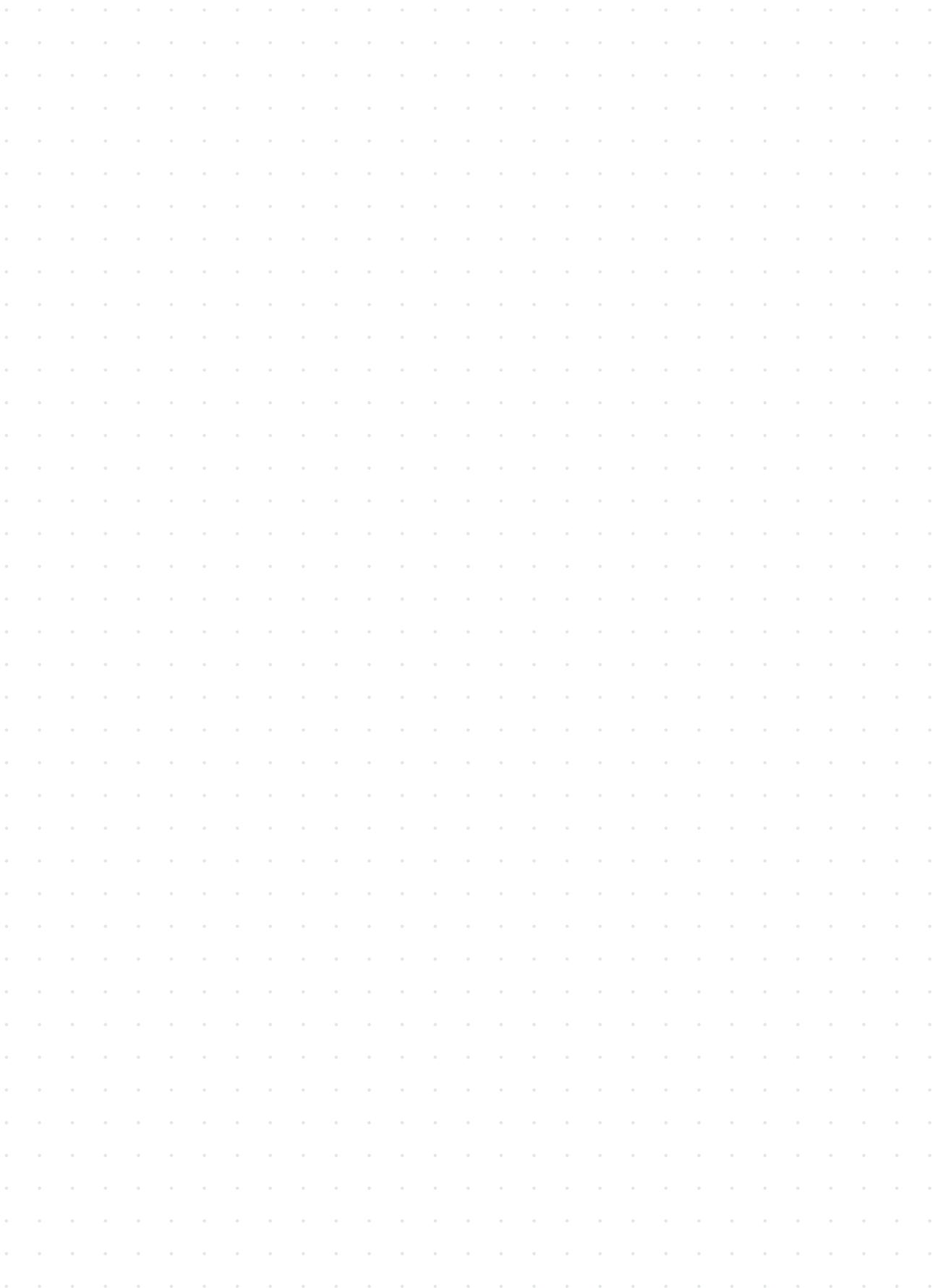
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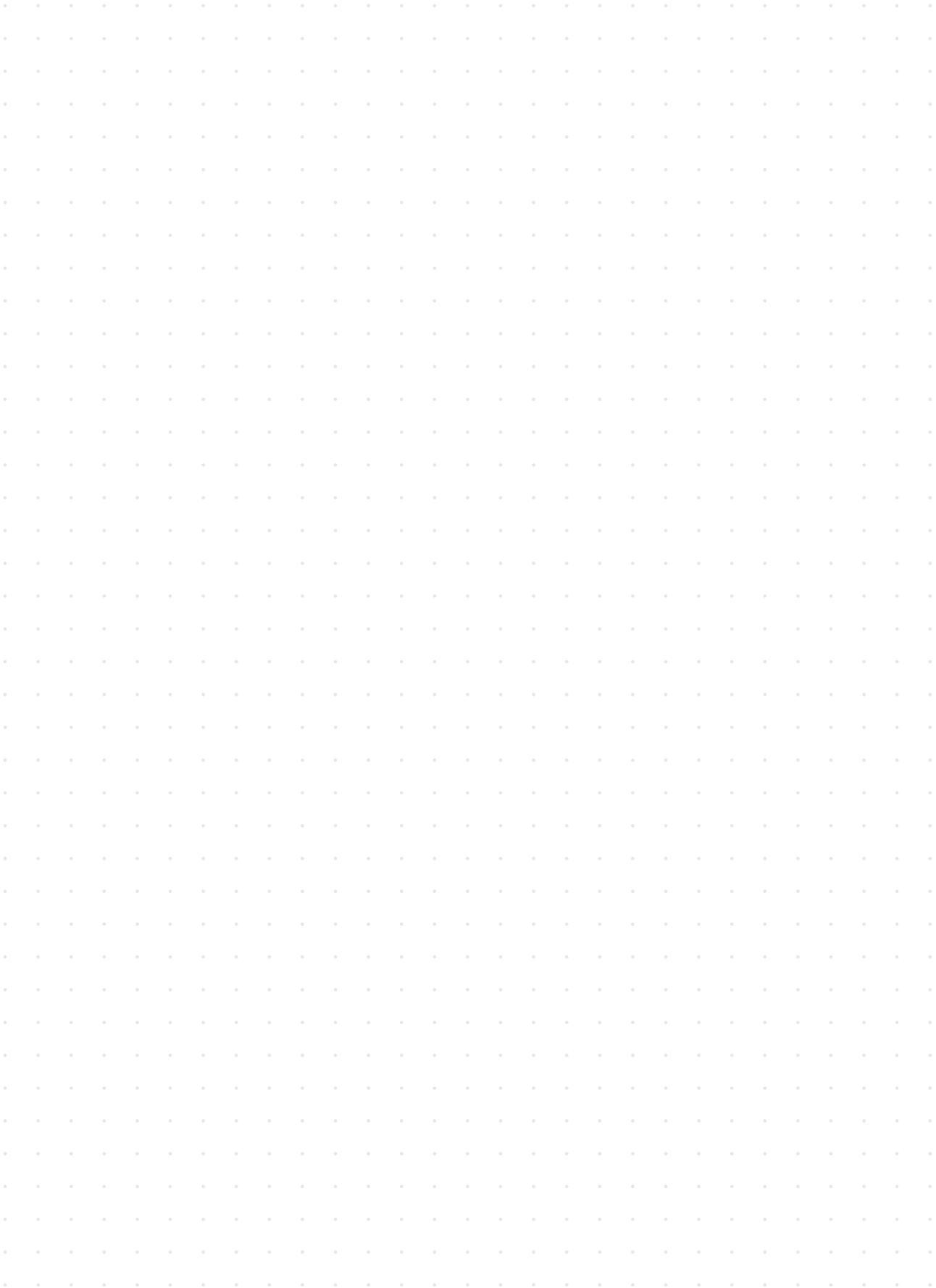
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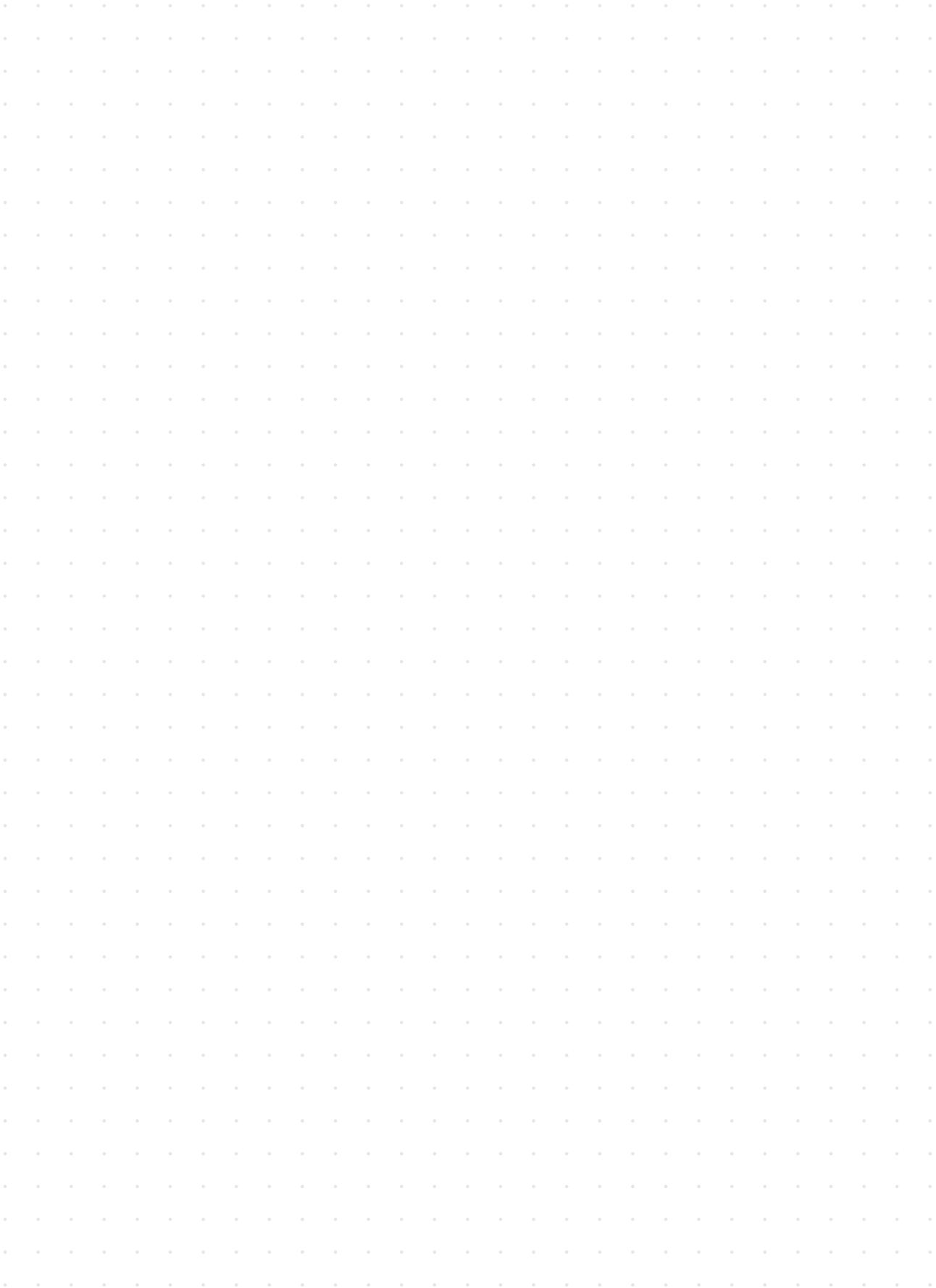
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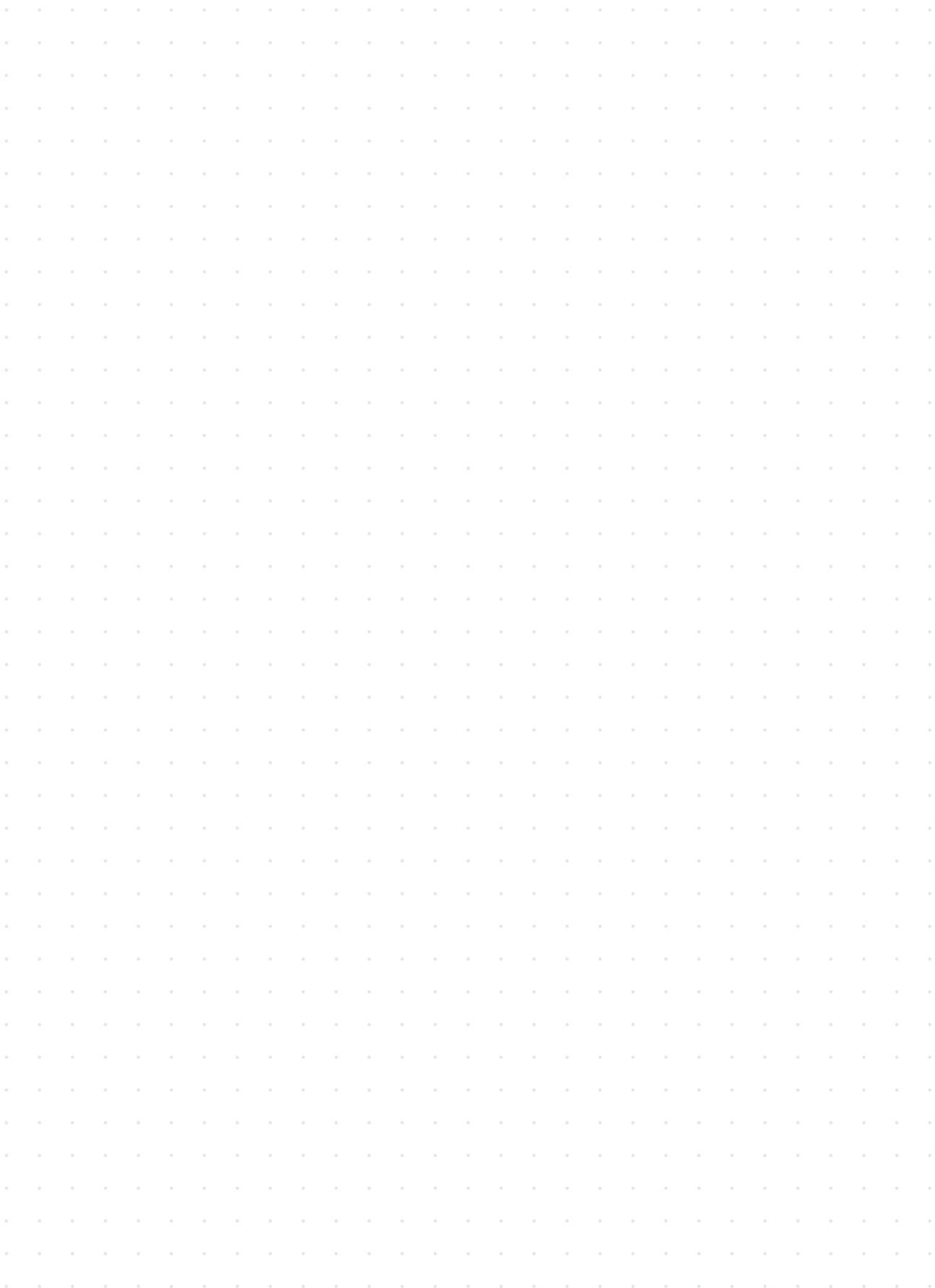
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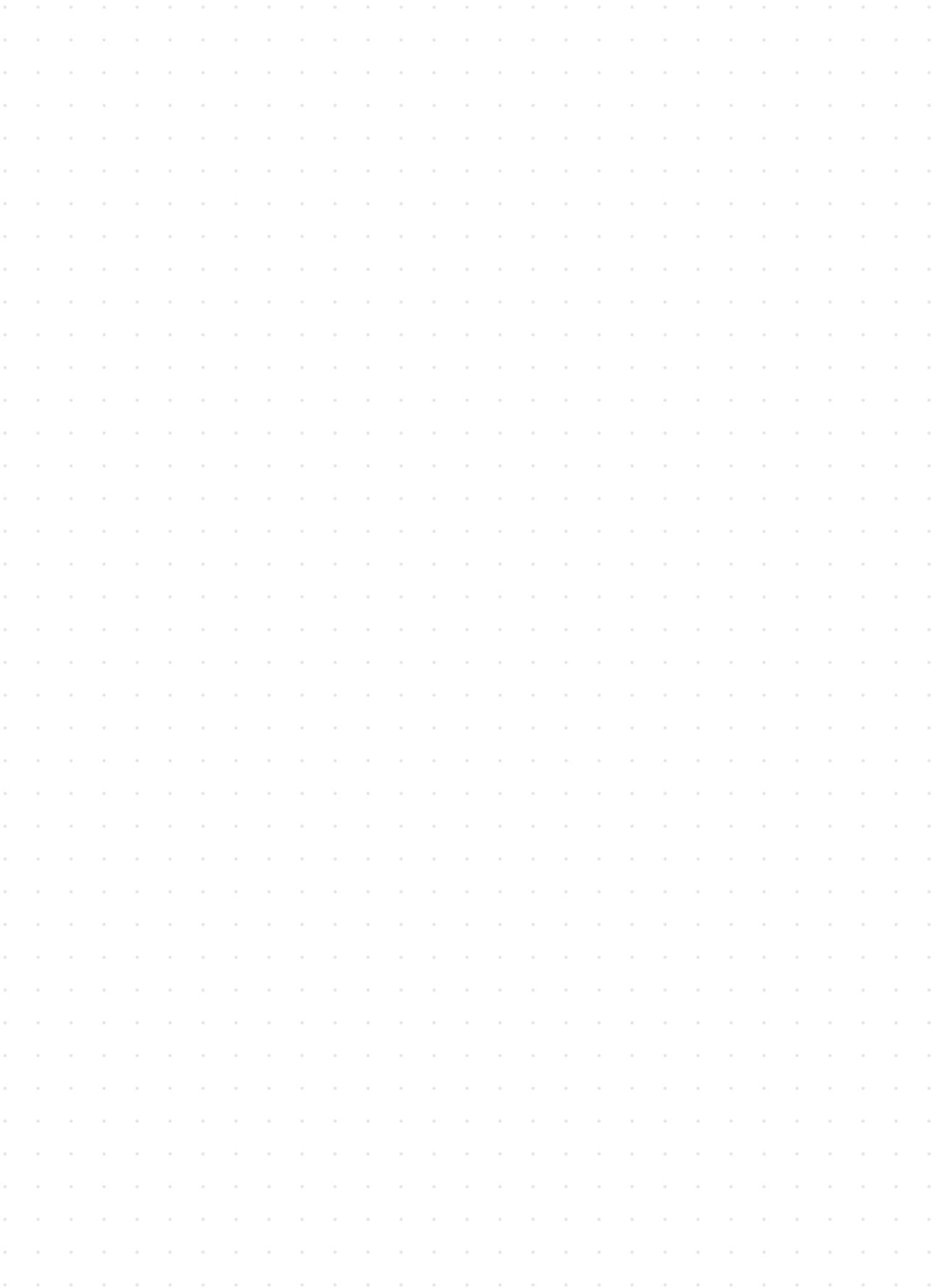
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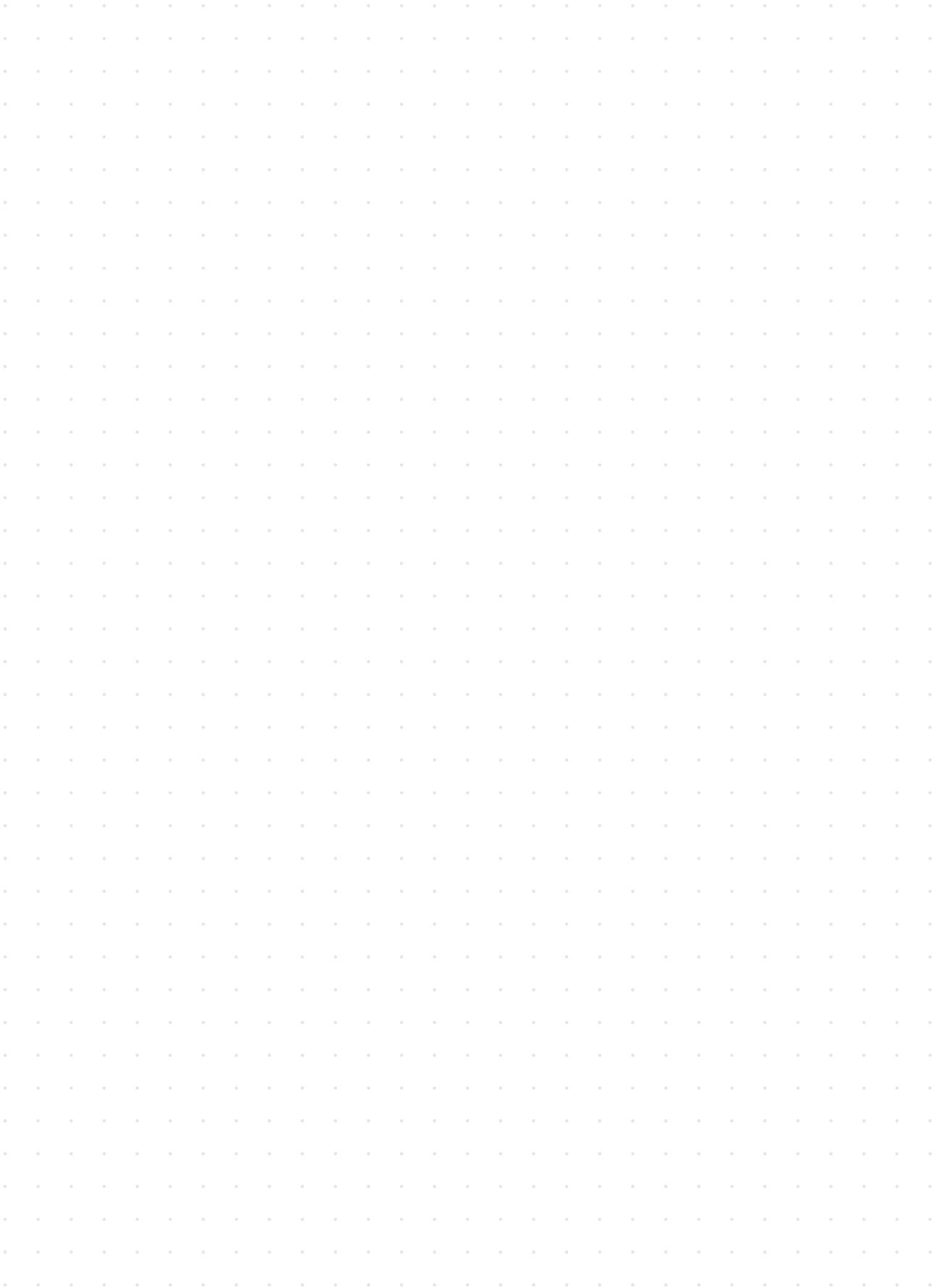
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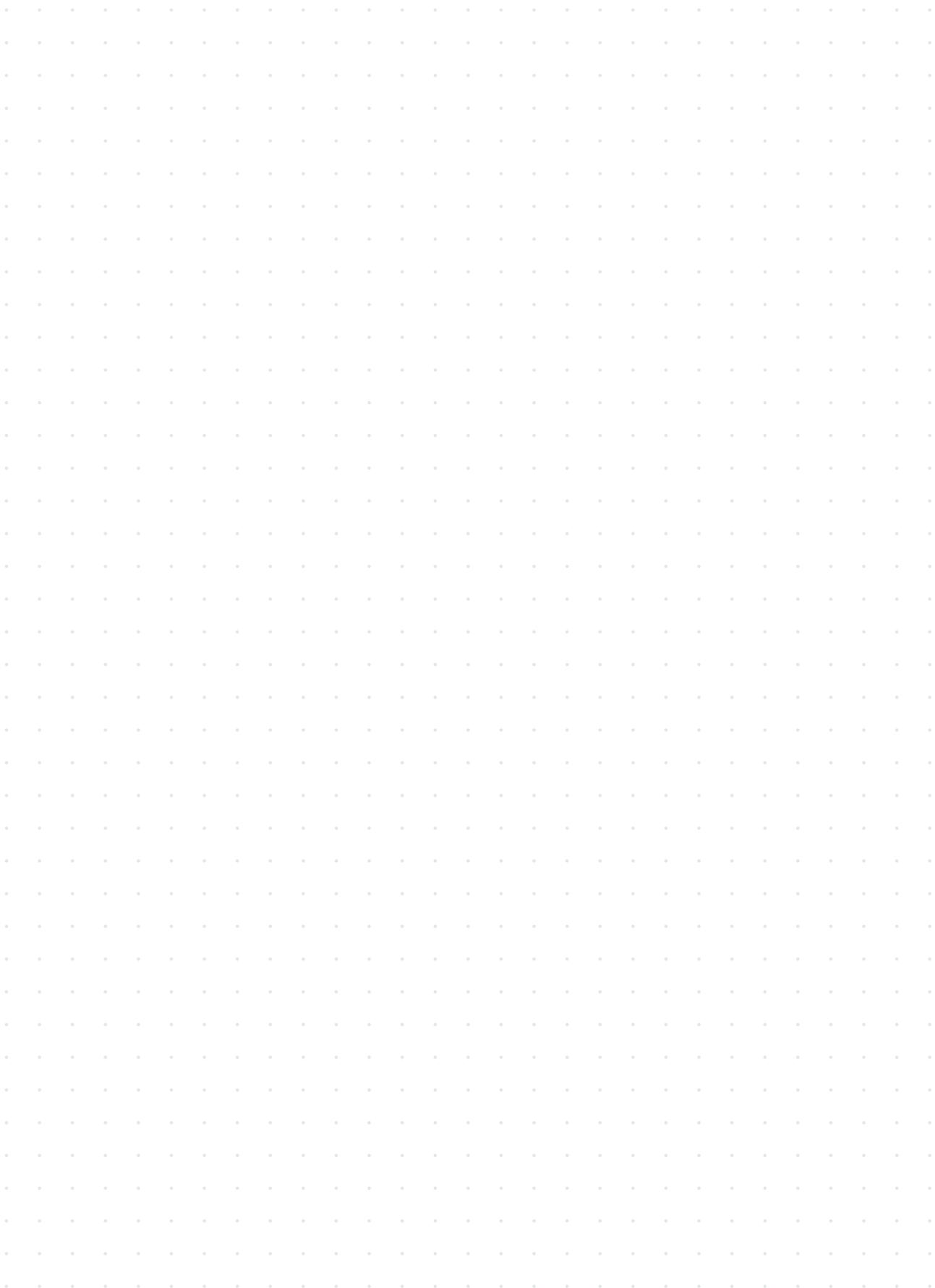
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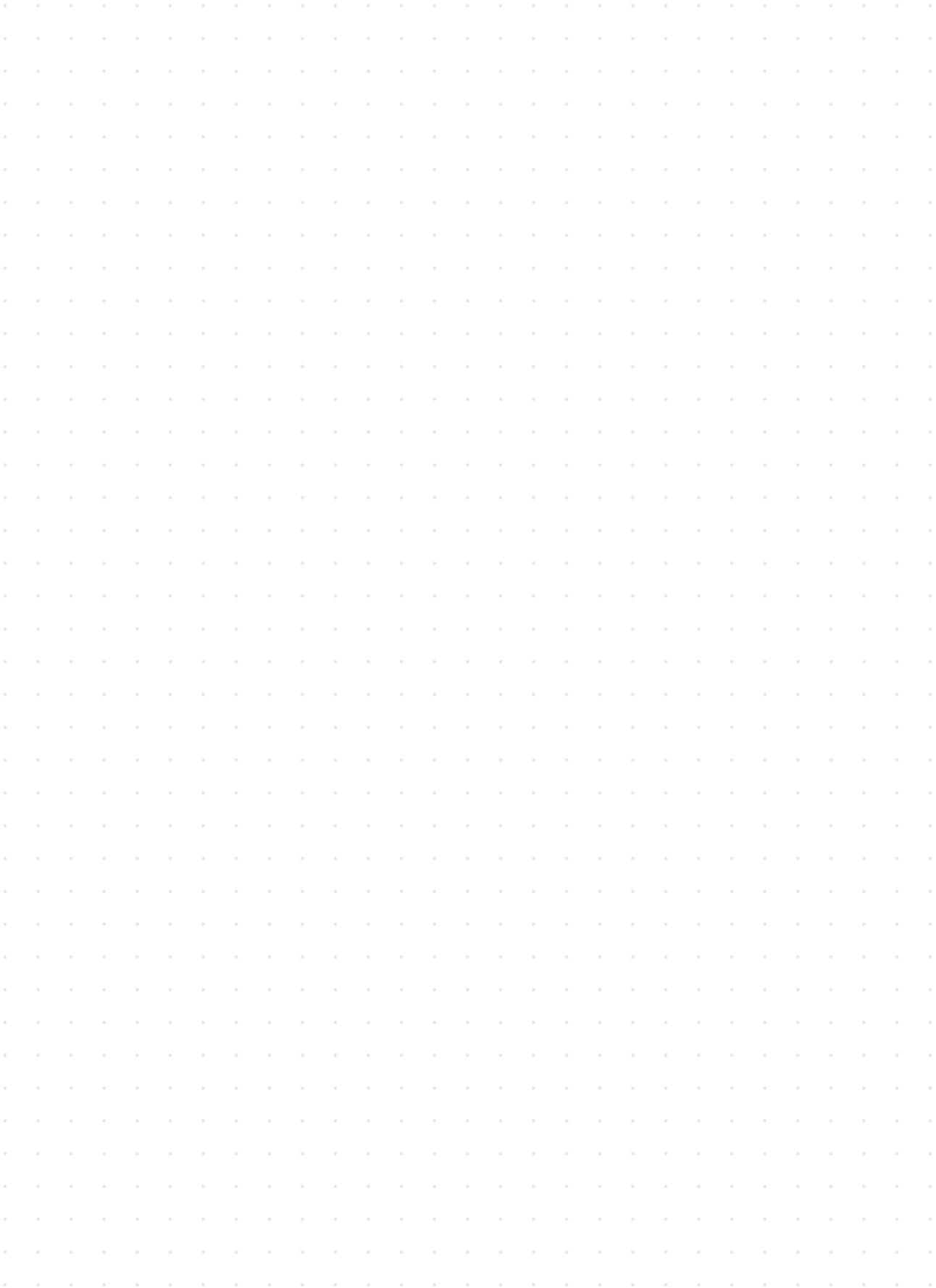
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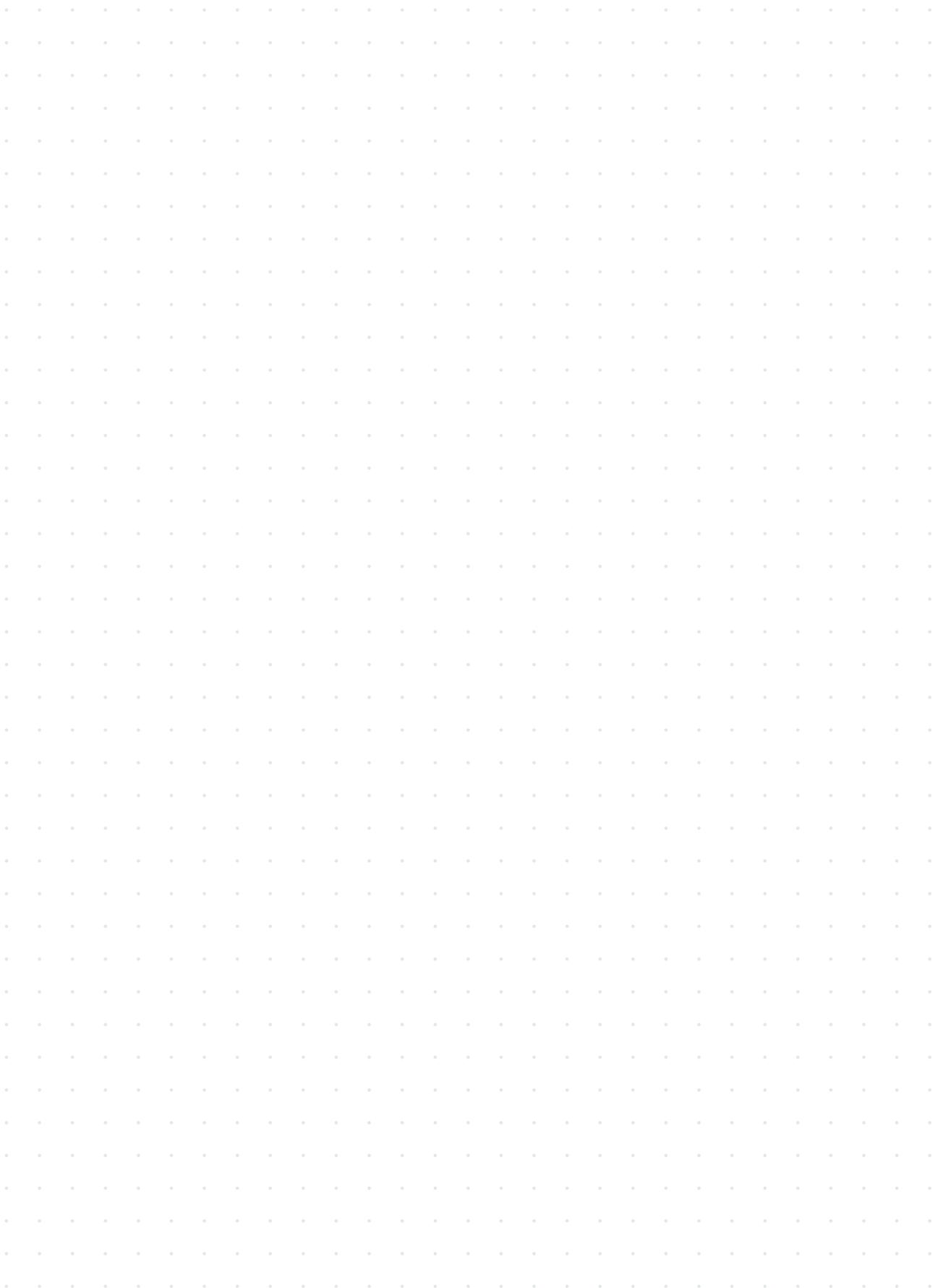
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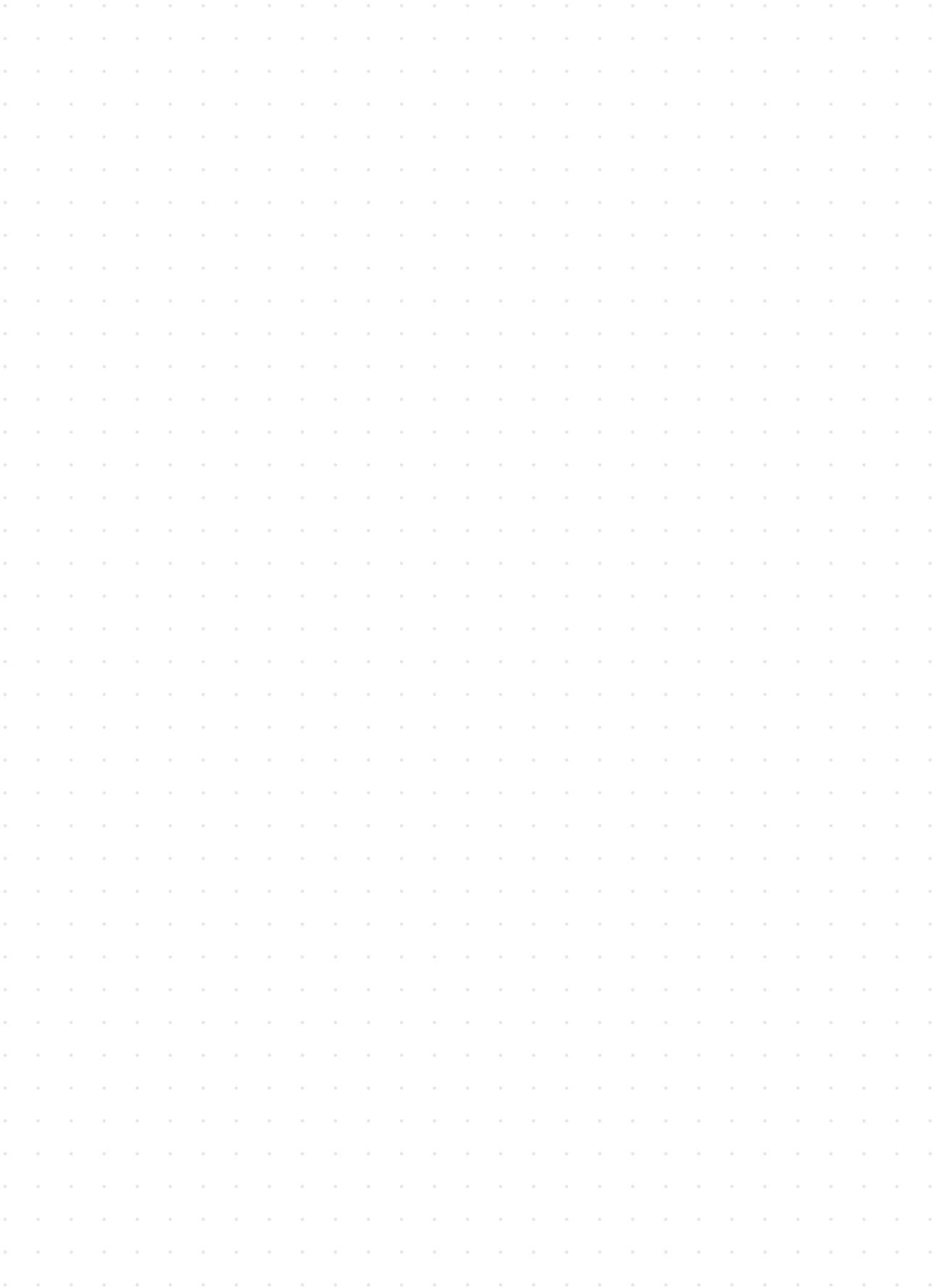
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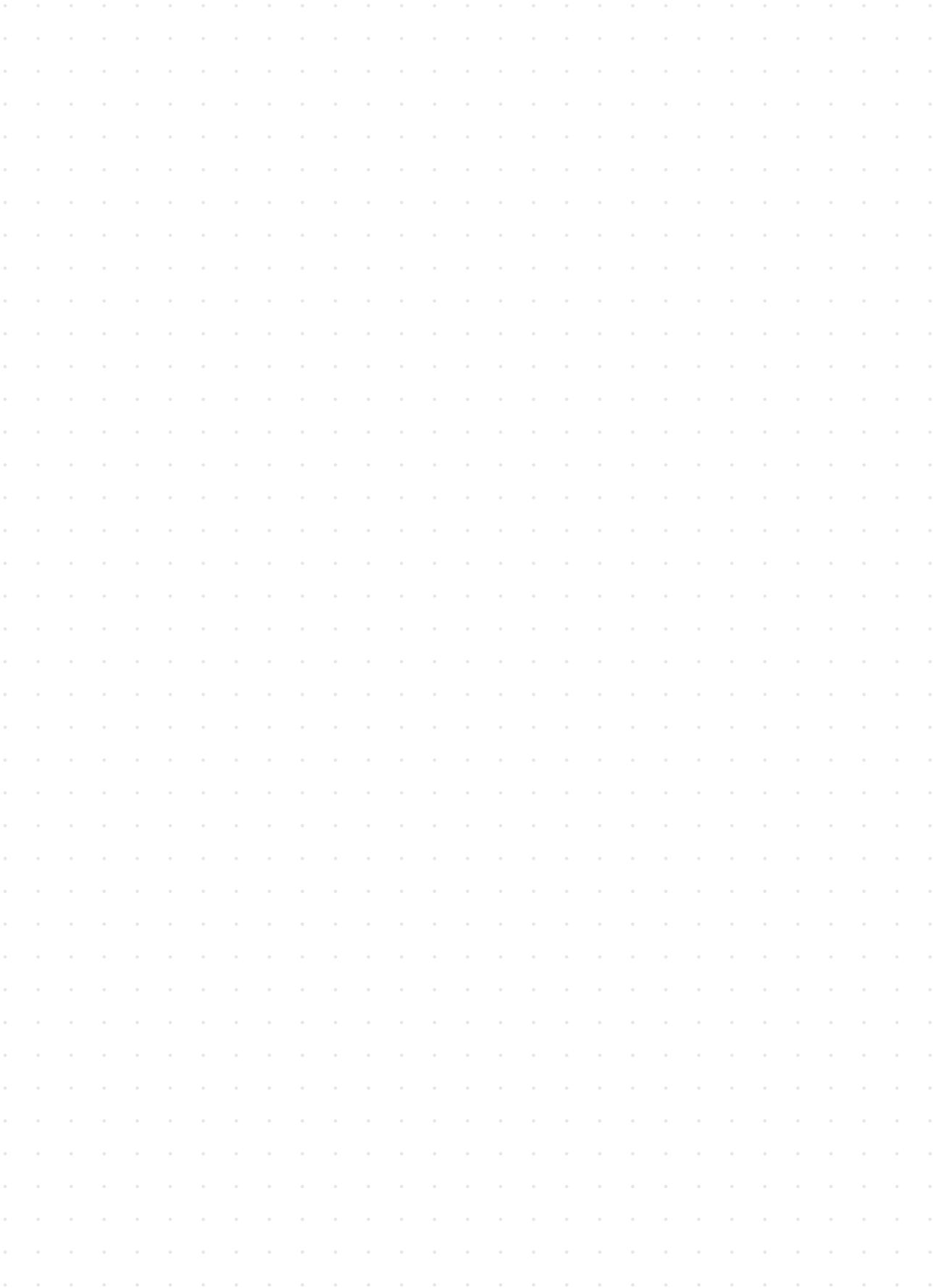
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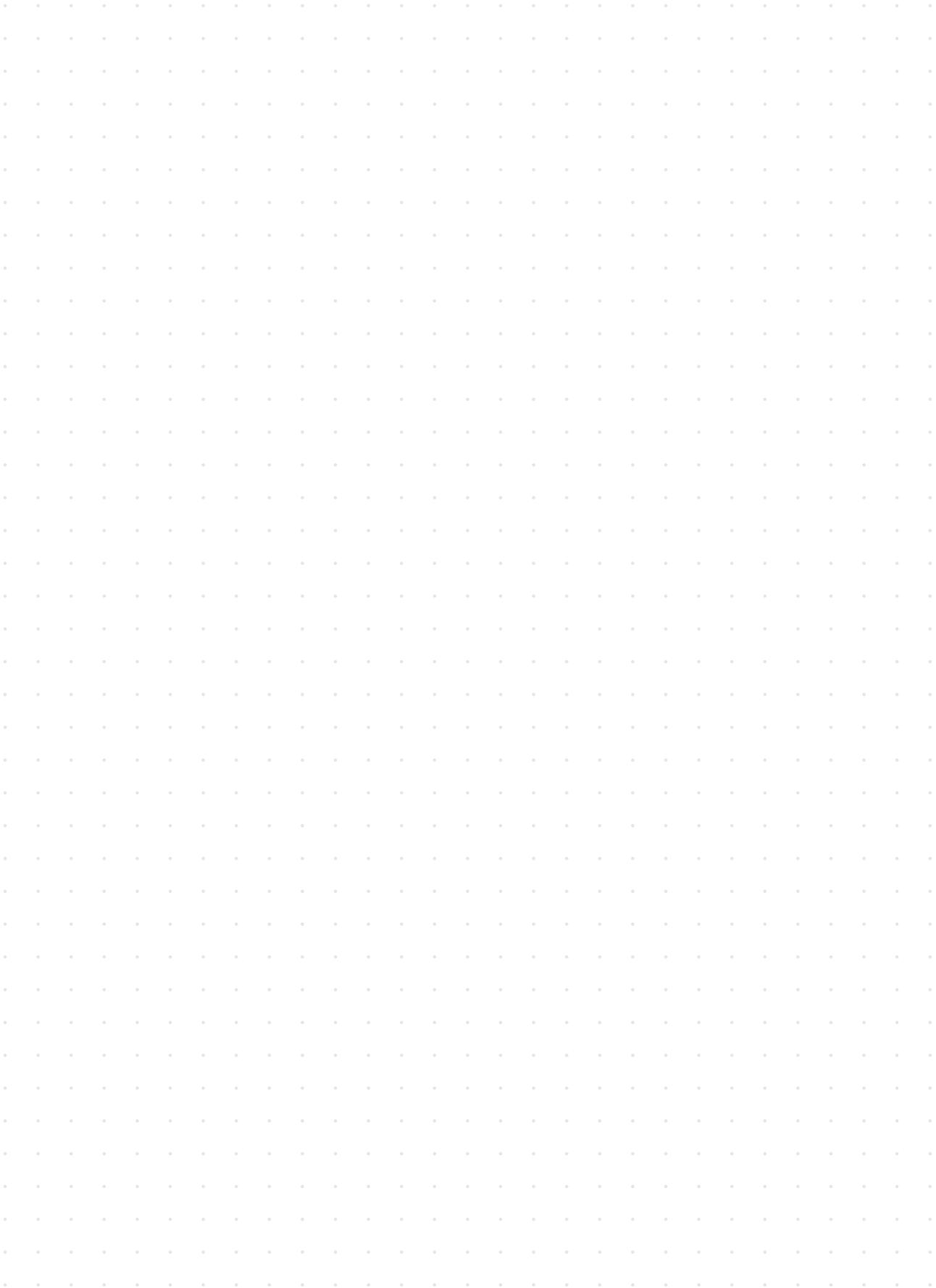
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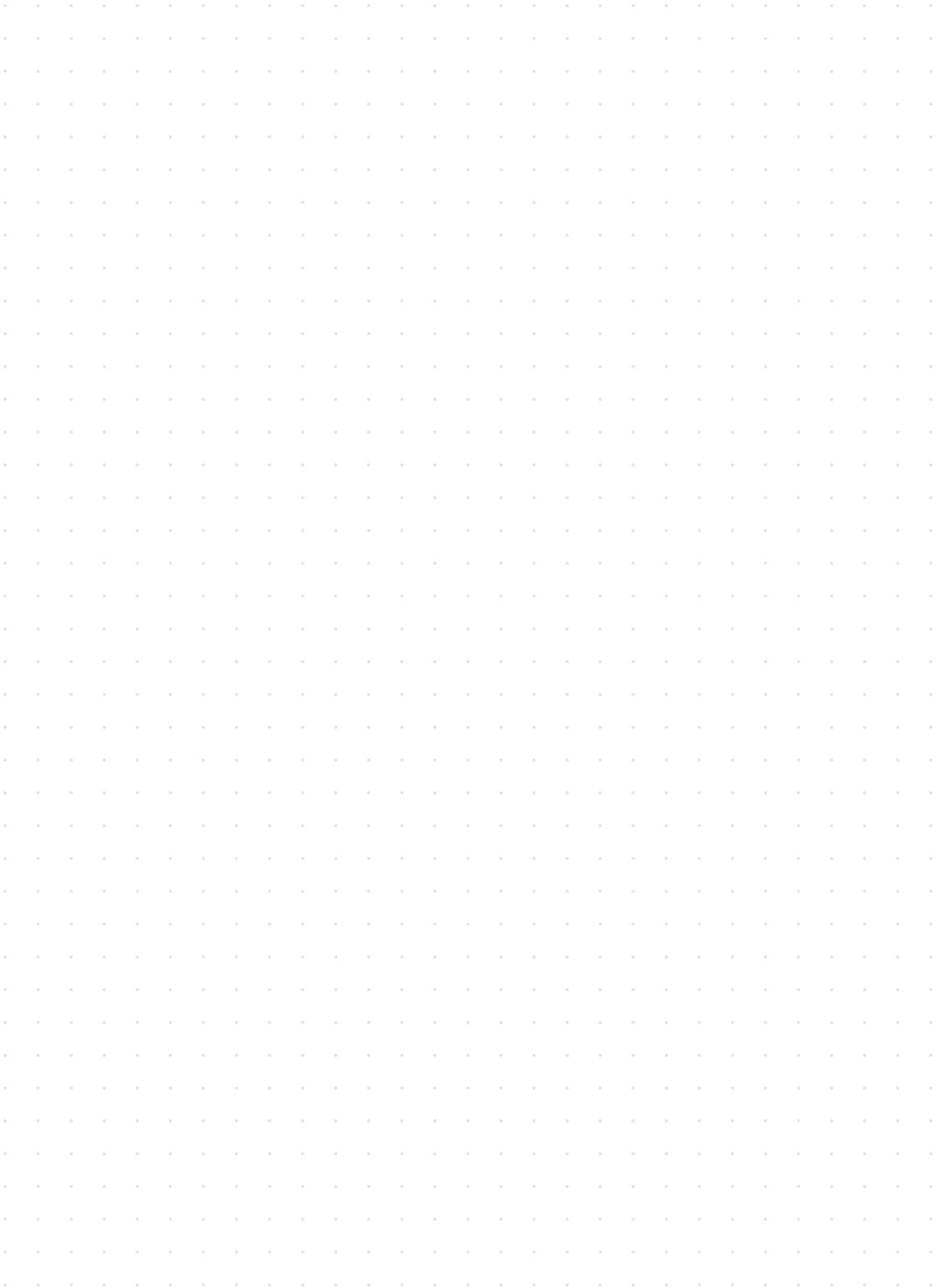
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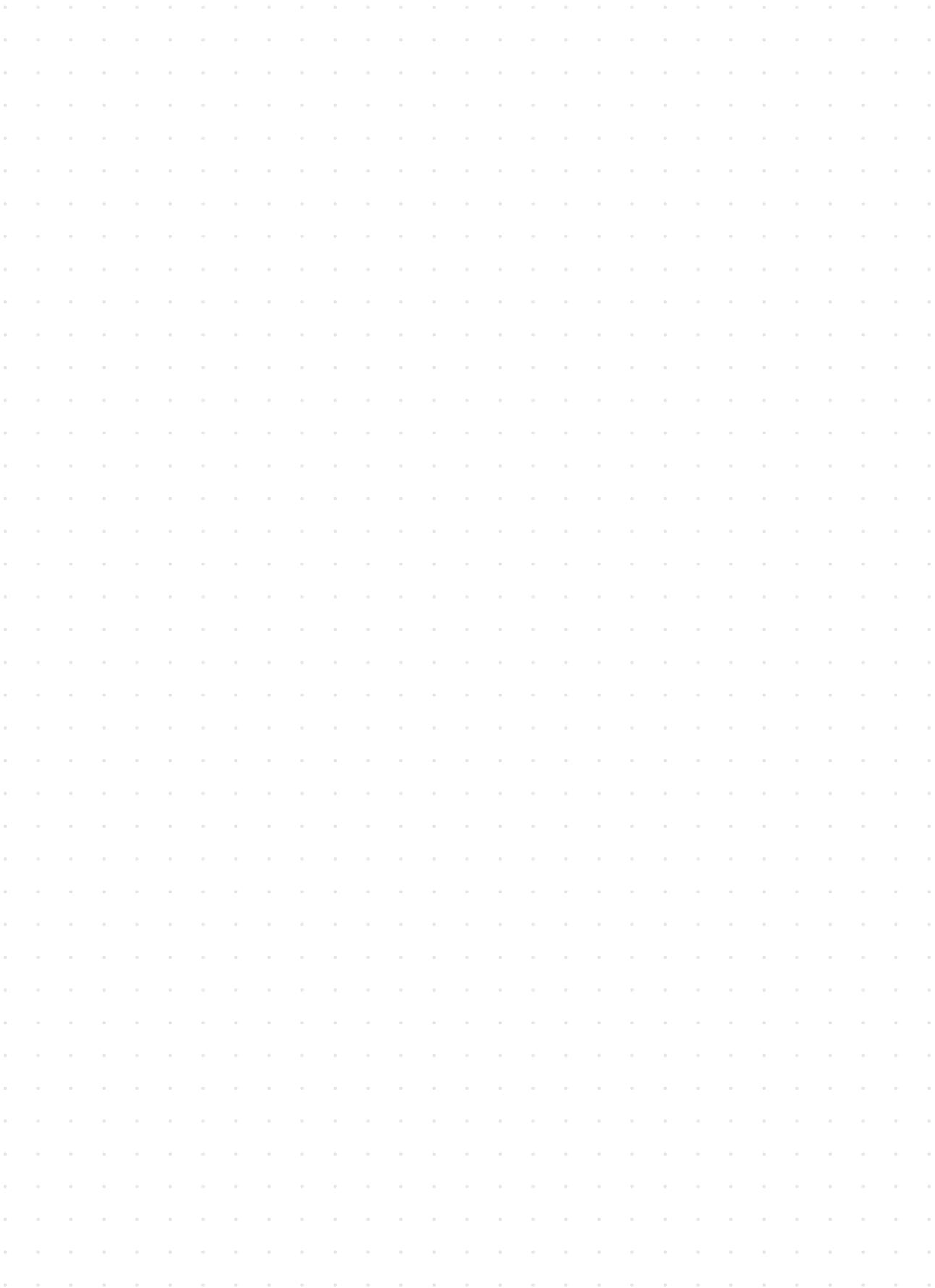
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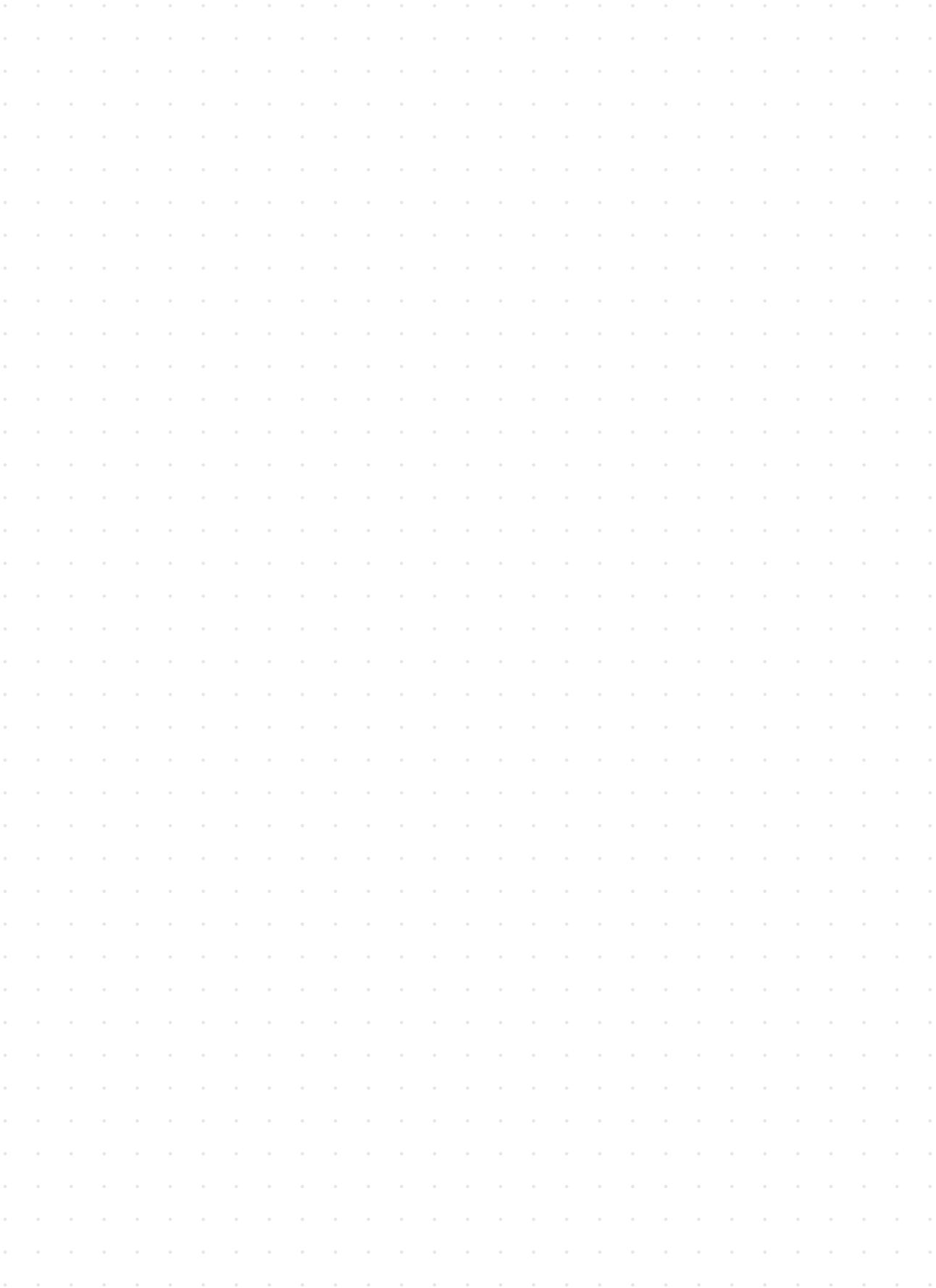
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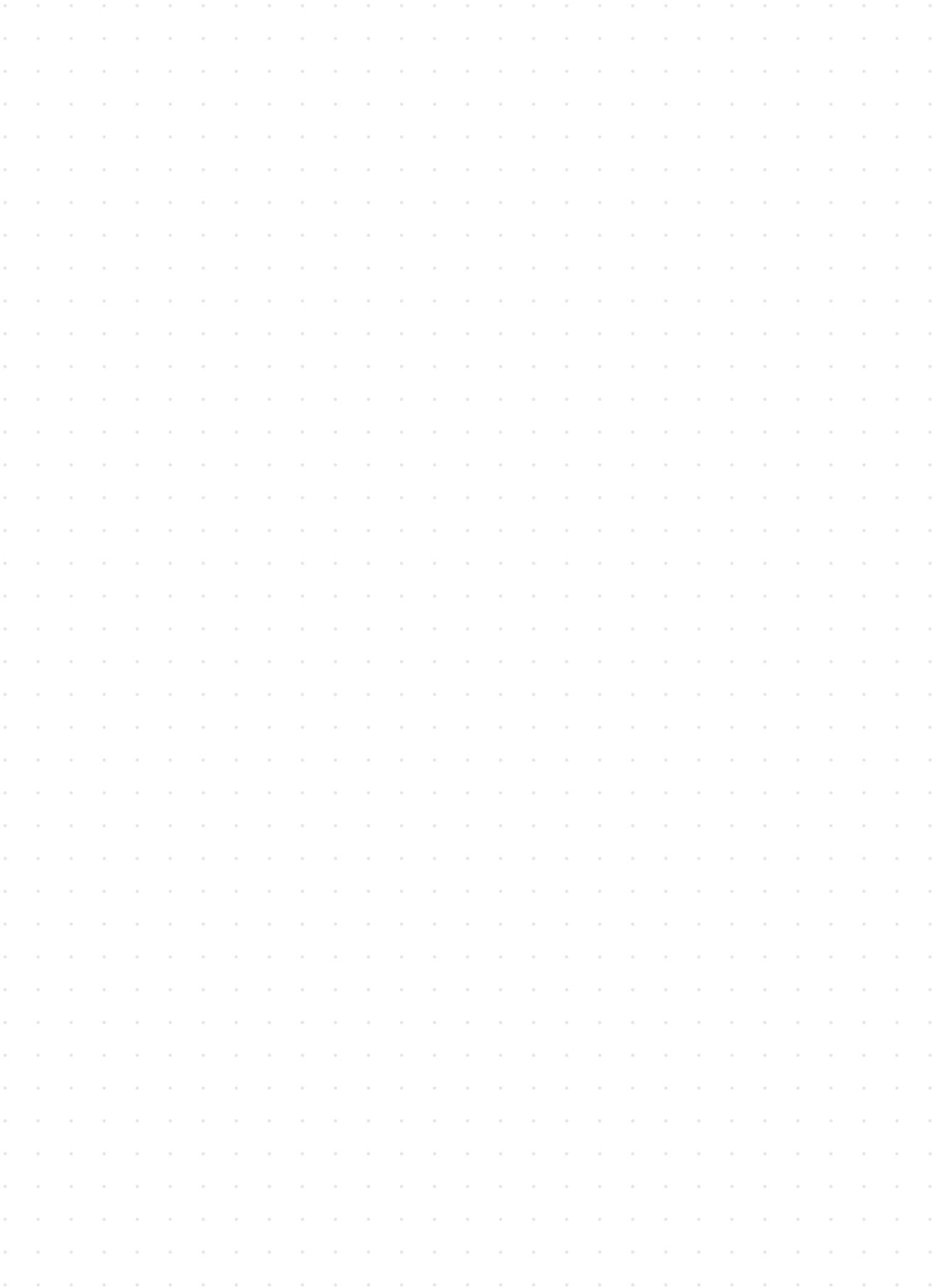
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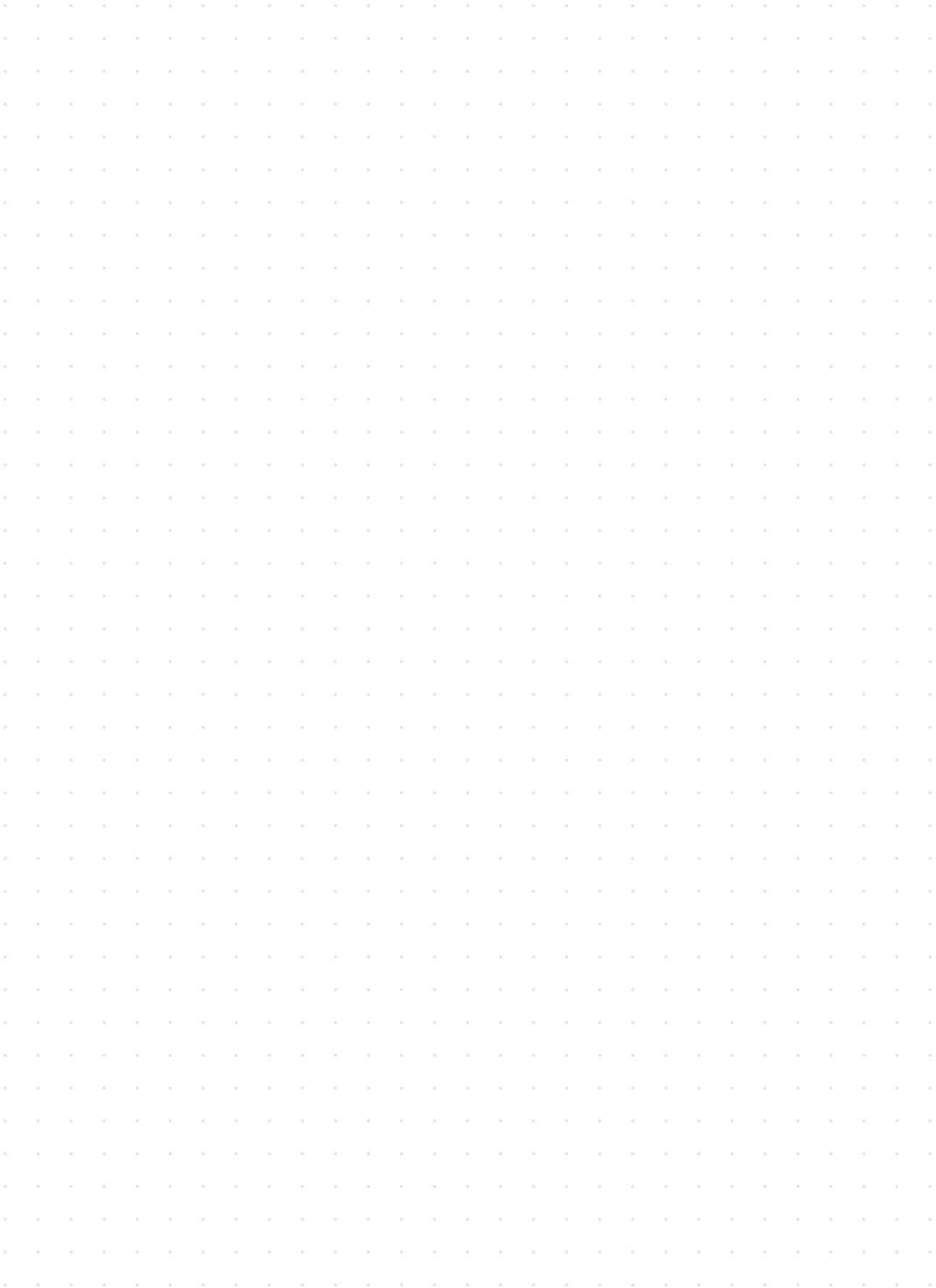
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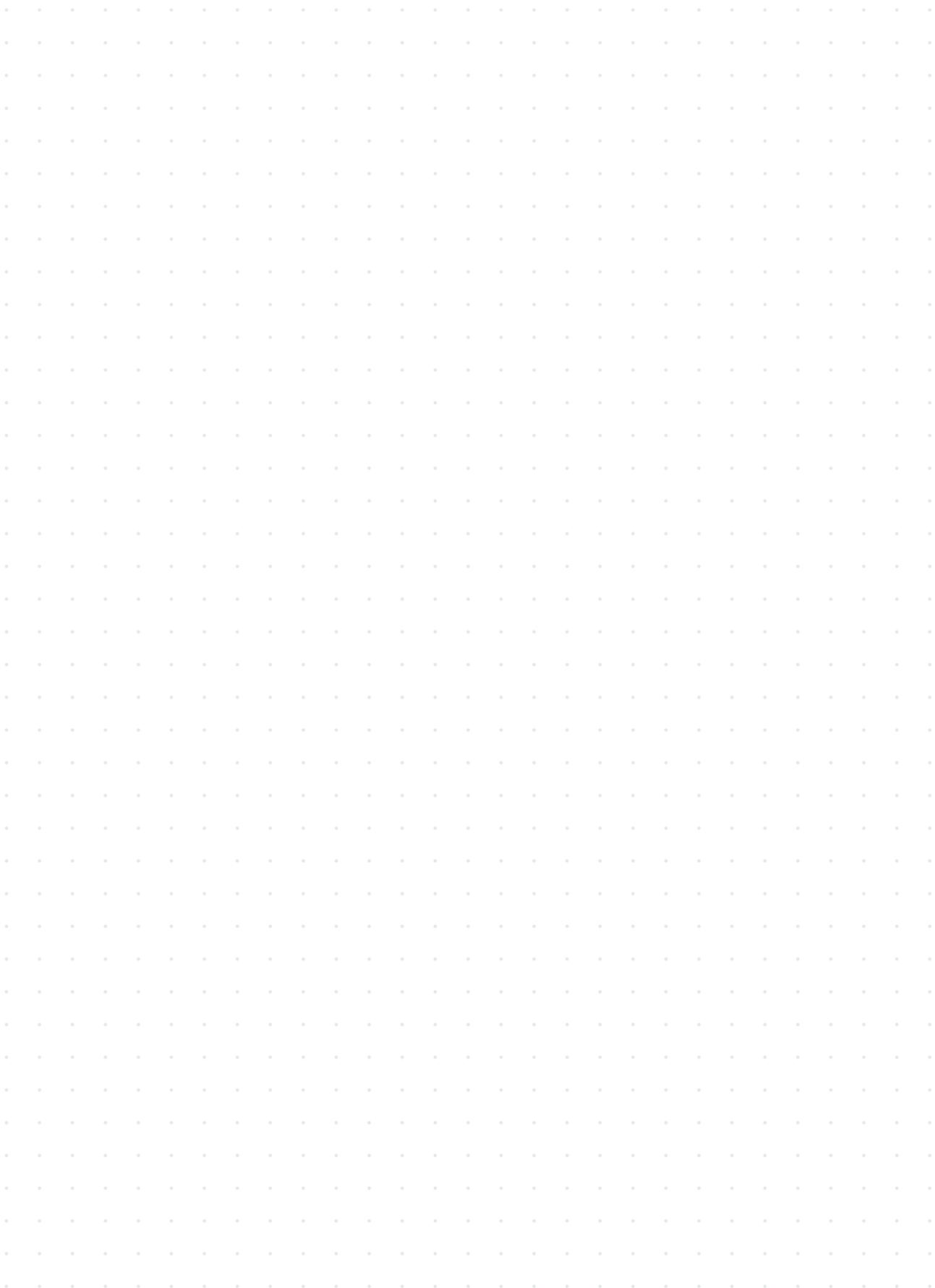
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