


Skissejournal



En 30-dagers veiledet dagbok



Friform

Laget med LoomJournals

Slik bruker du denne dagboken

Velkommen til dagboken din! Her er noen tips for å få mest mulig ut av den:

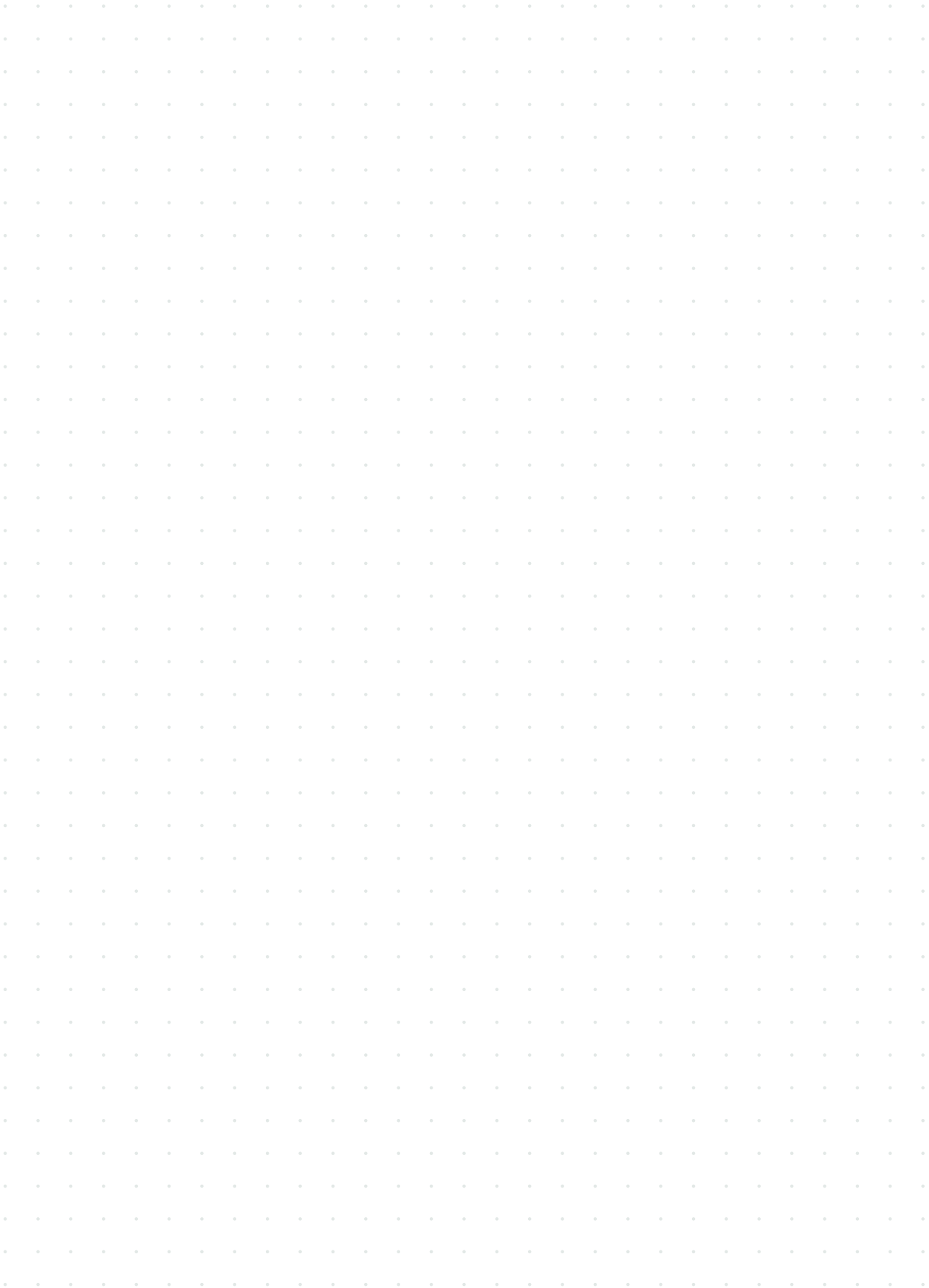
- 1 Sett av noen minutter hver dag til å skrive
- 2 Vær ærlig og skriv fritt uten å dømme deg selv
- 3 Prøv å skrive til samme tid hver dag for å bygge en vane
- 4 Gå gjennom notatene dine ukentlig for å oppdage mønstre

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- Skriv ut journalen og ha den på pulten eller i vesken
 - Sett deg ned daglig — selv 5–10 minutter med skissering teller
 - Fyll inn motivledeteksten for å fokusere blikket før du tegner
 - Noter mediet ditt (blyant, blekk, akvarell) som referanse for fremtiden
 - Gå gjennom gamle sider månedlig for å se hvordan stilen din utvikler seg

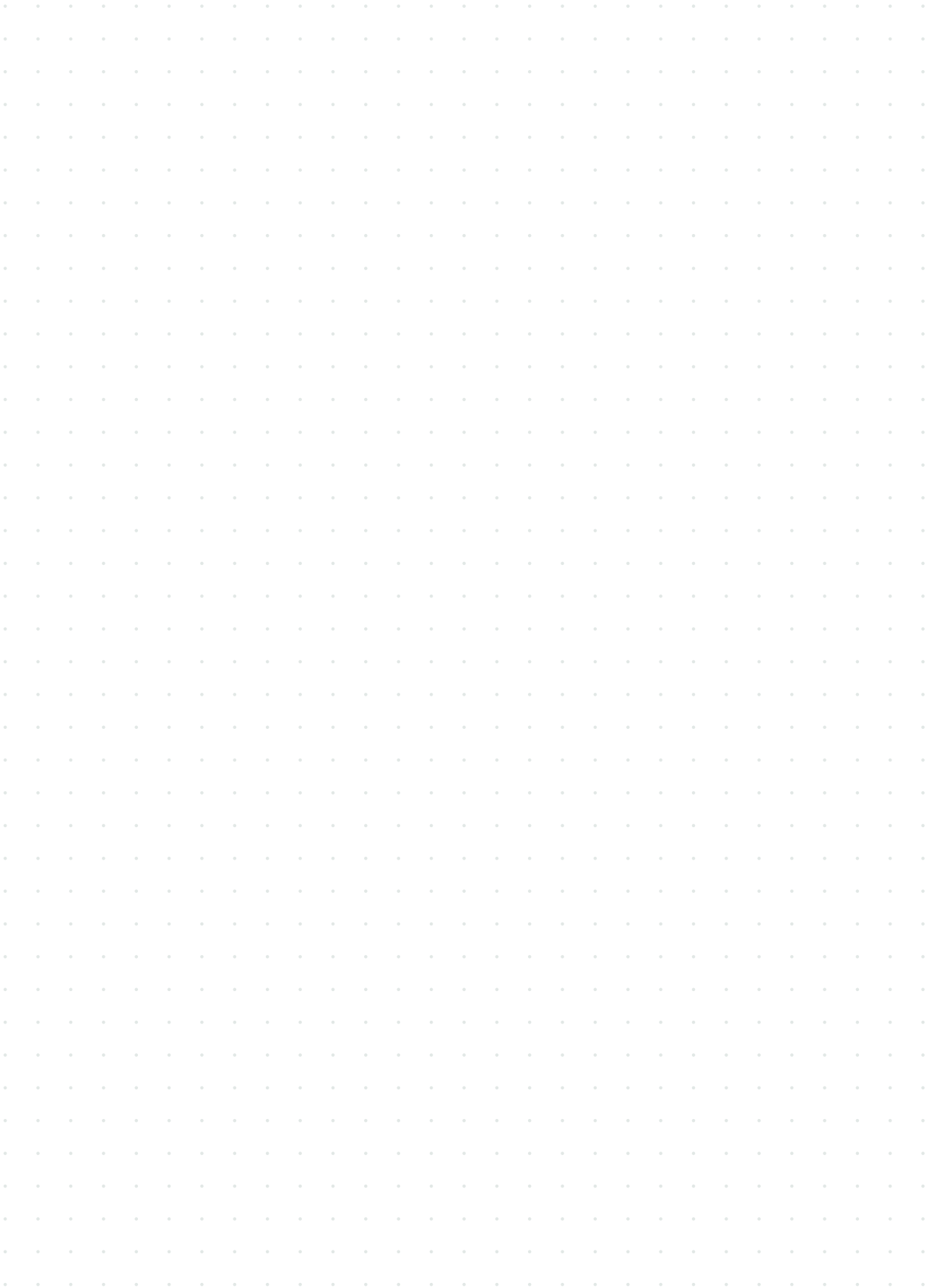


Skann for en detaljert guide om hvordan du bruker denne dagboken

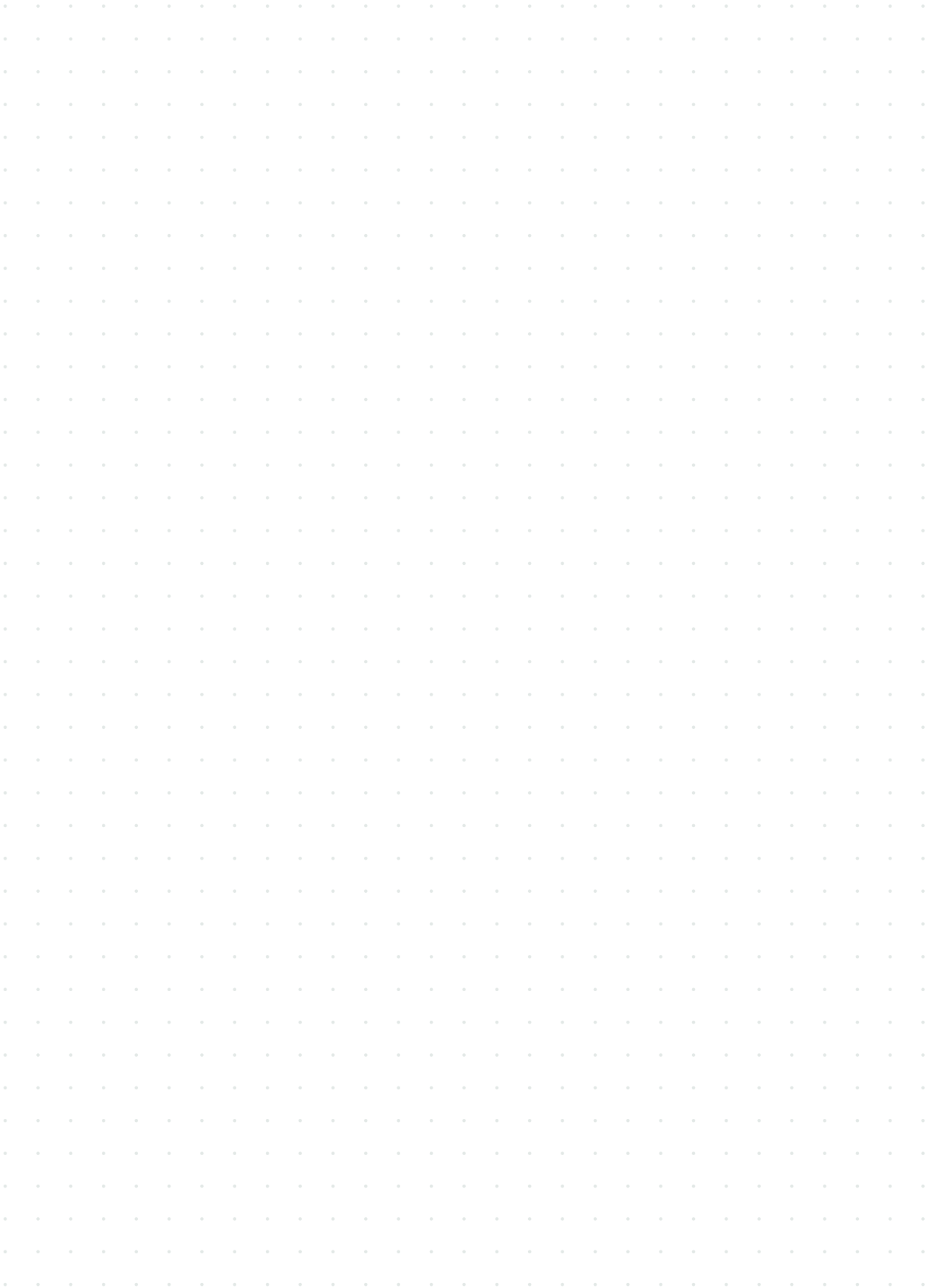
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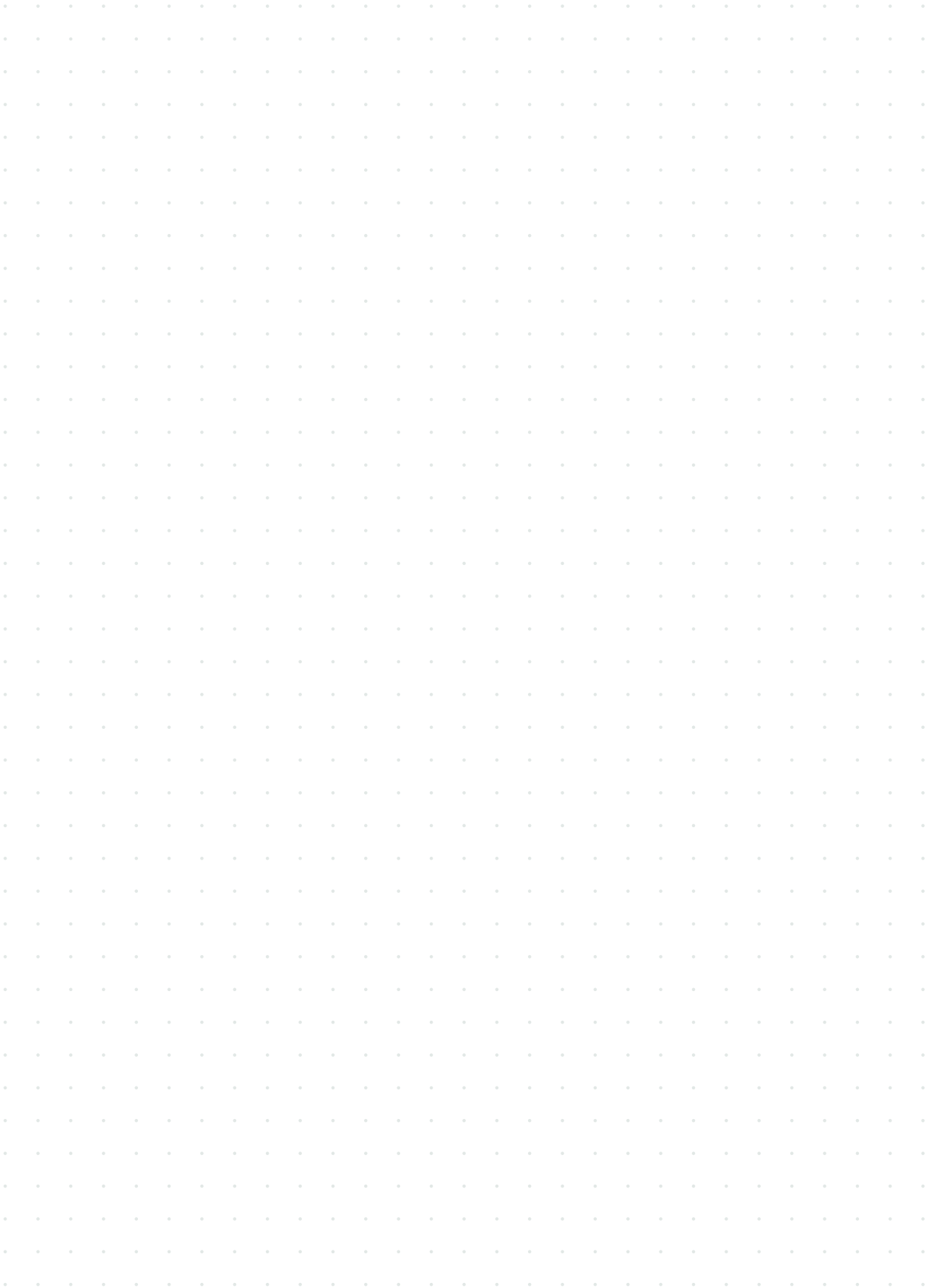
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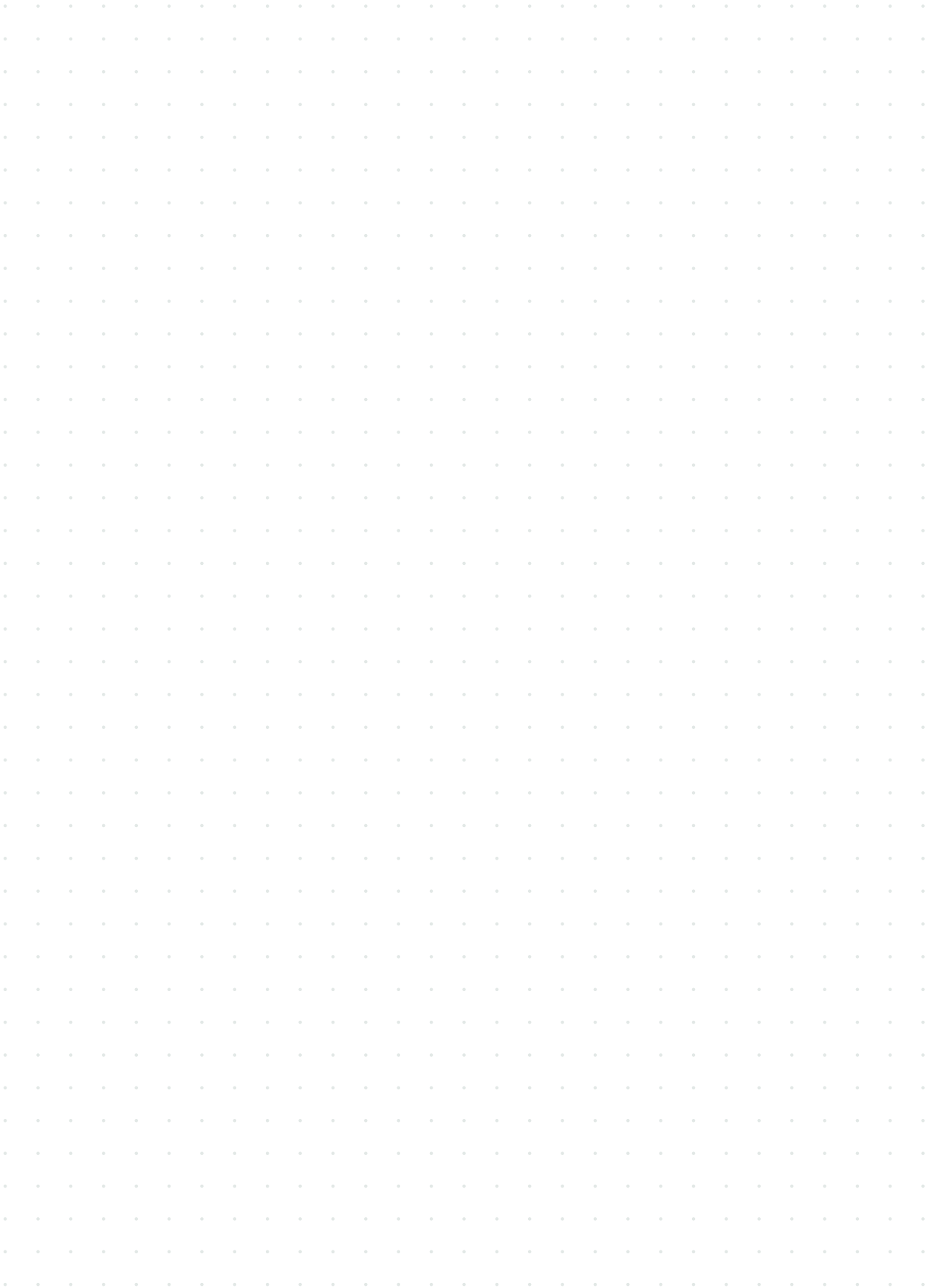
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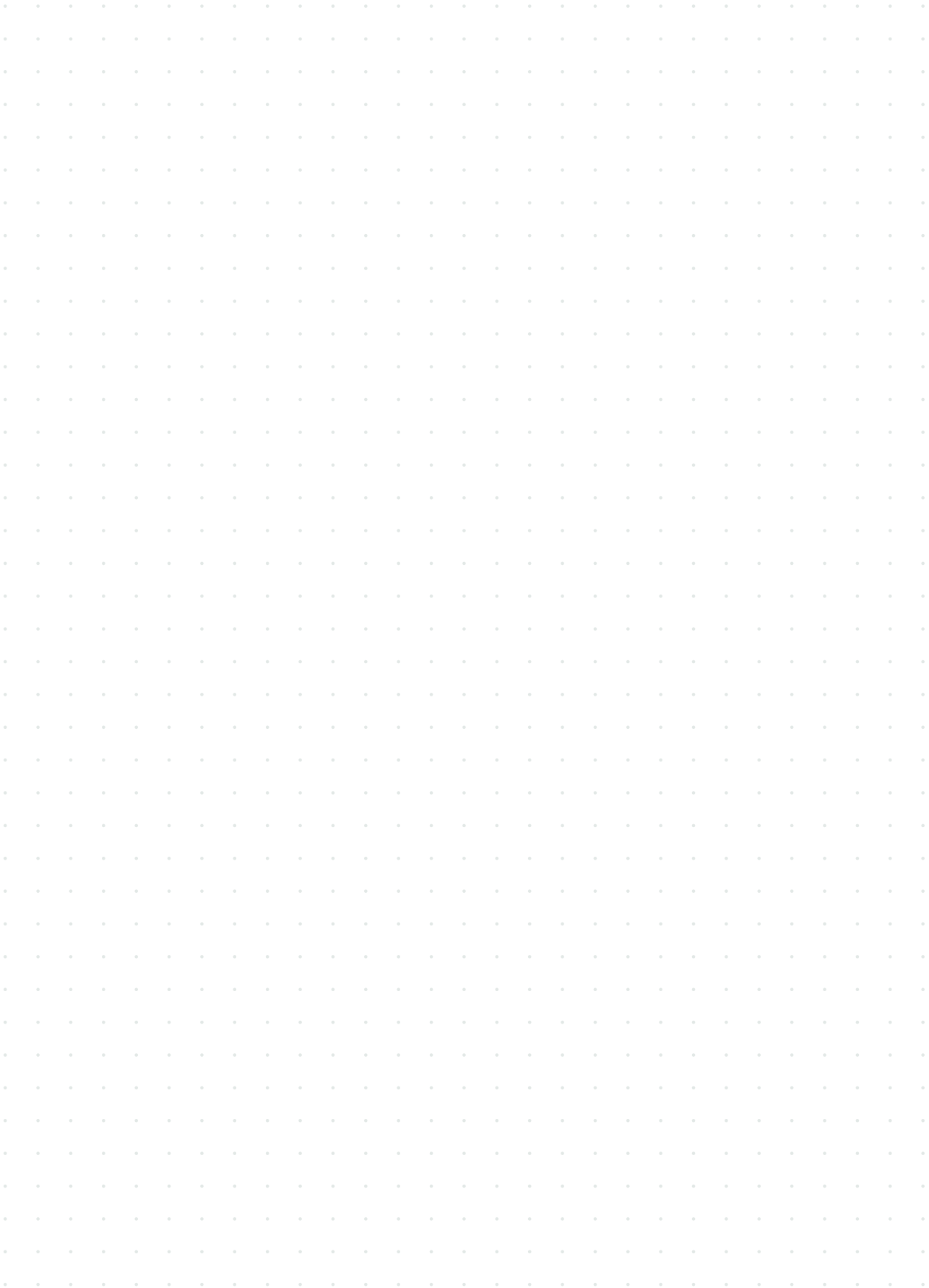
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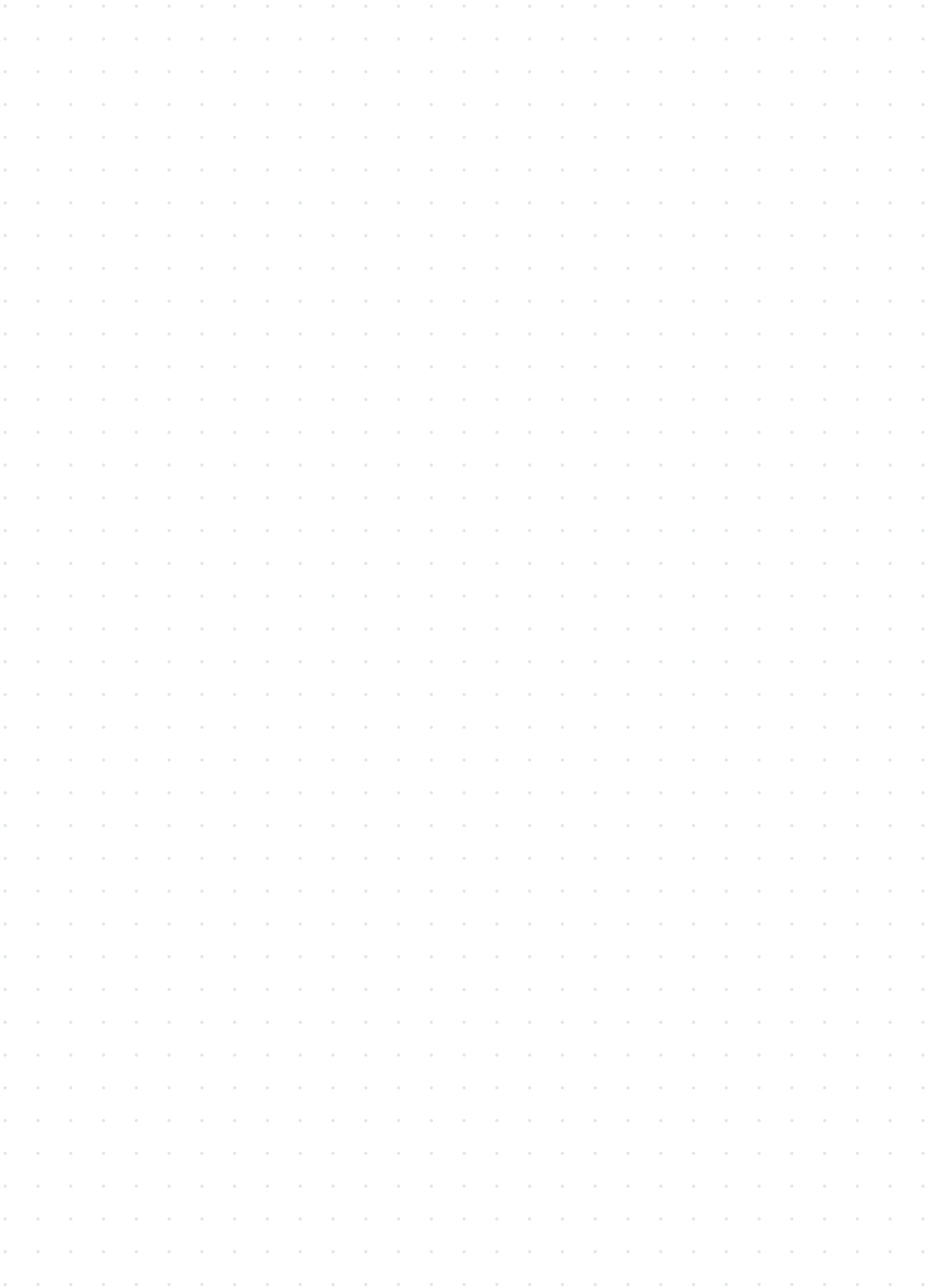
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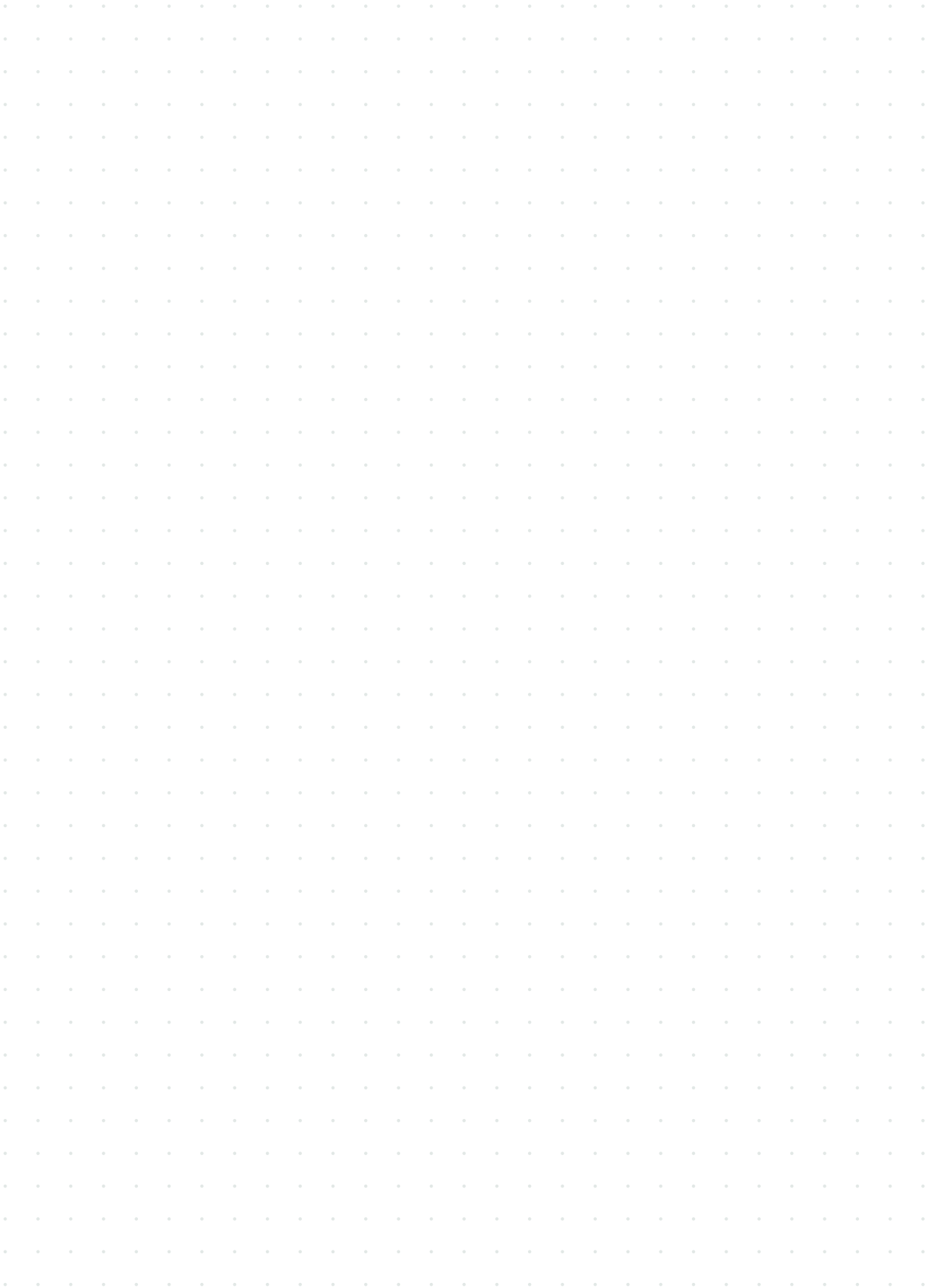
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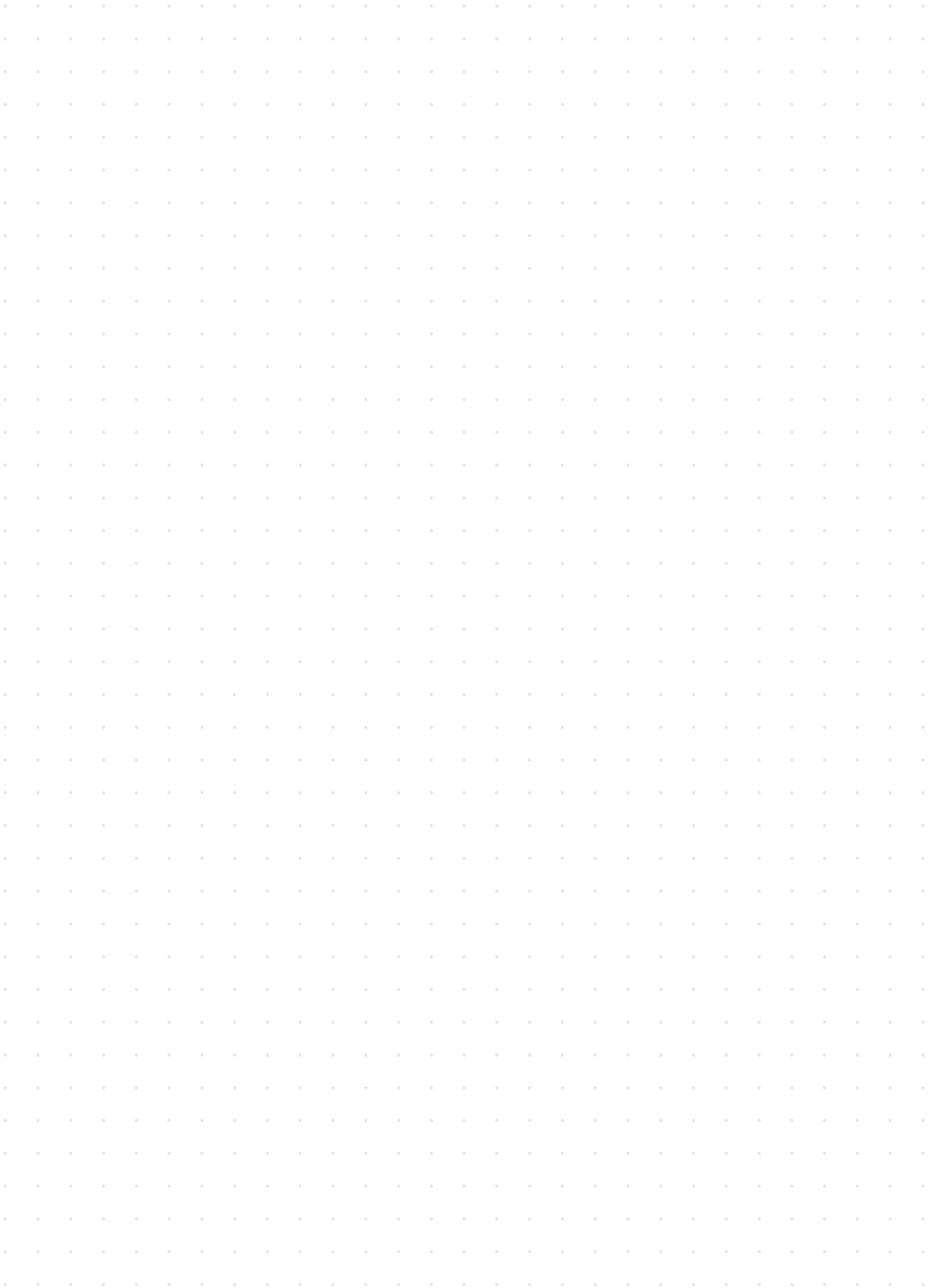
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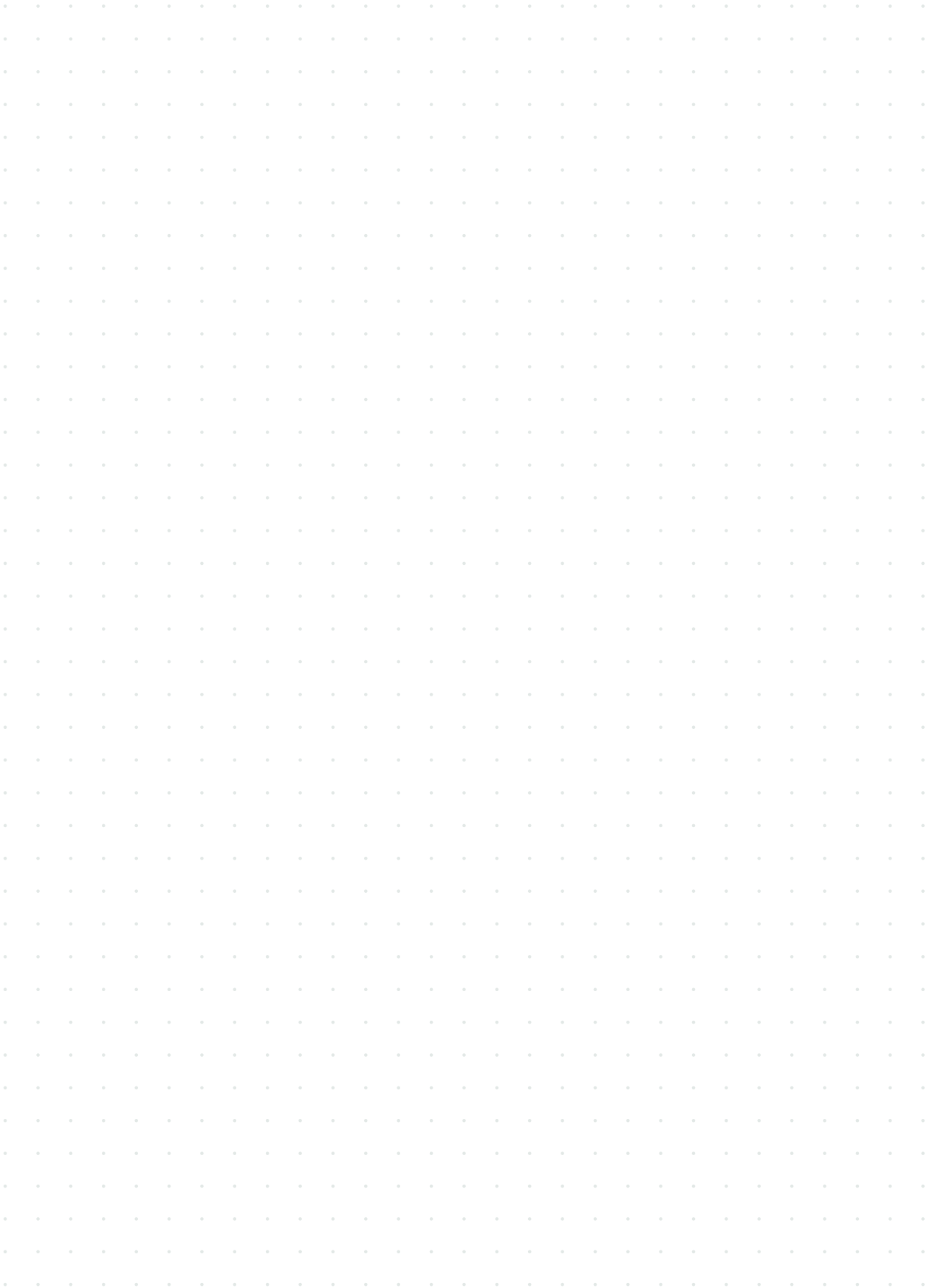
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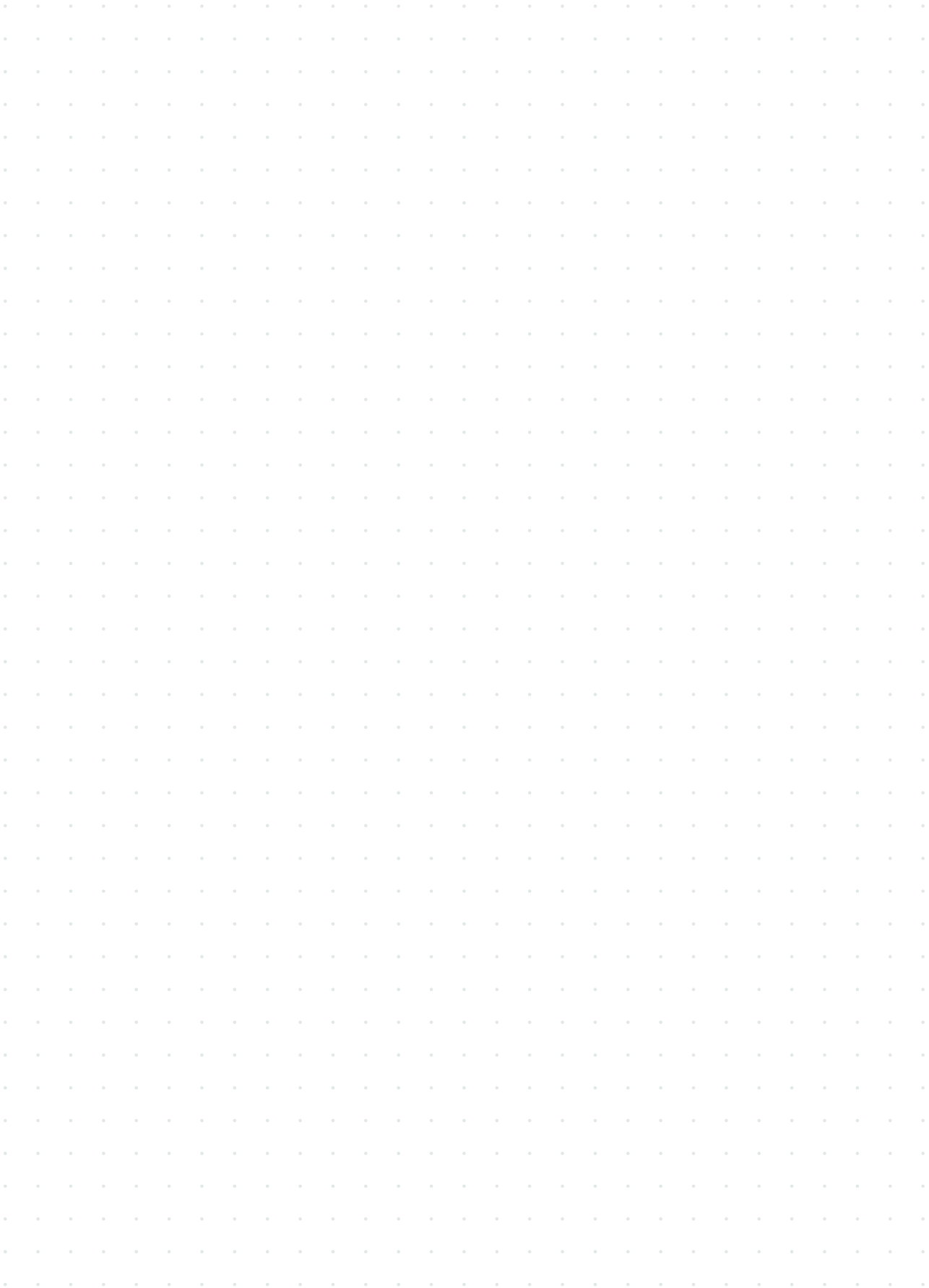
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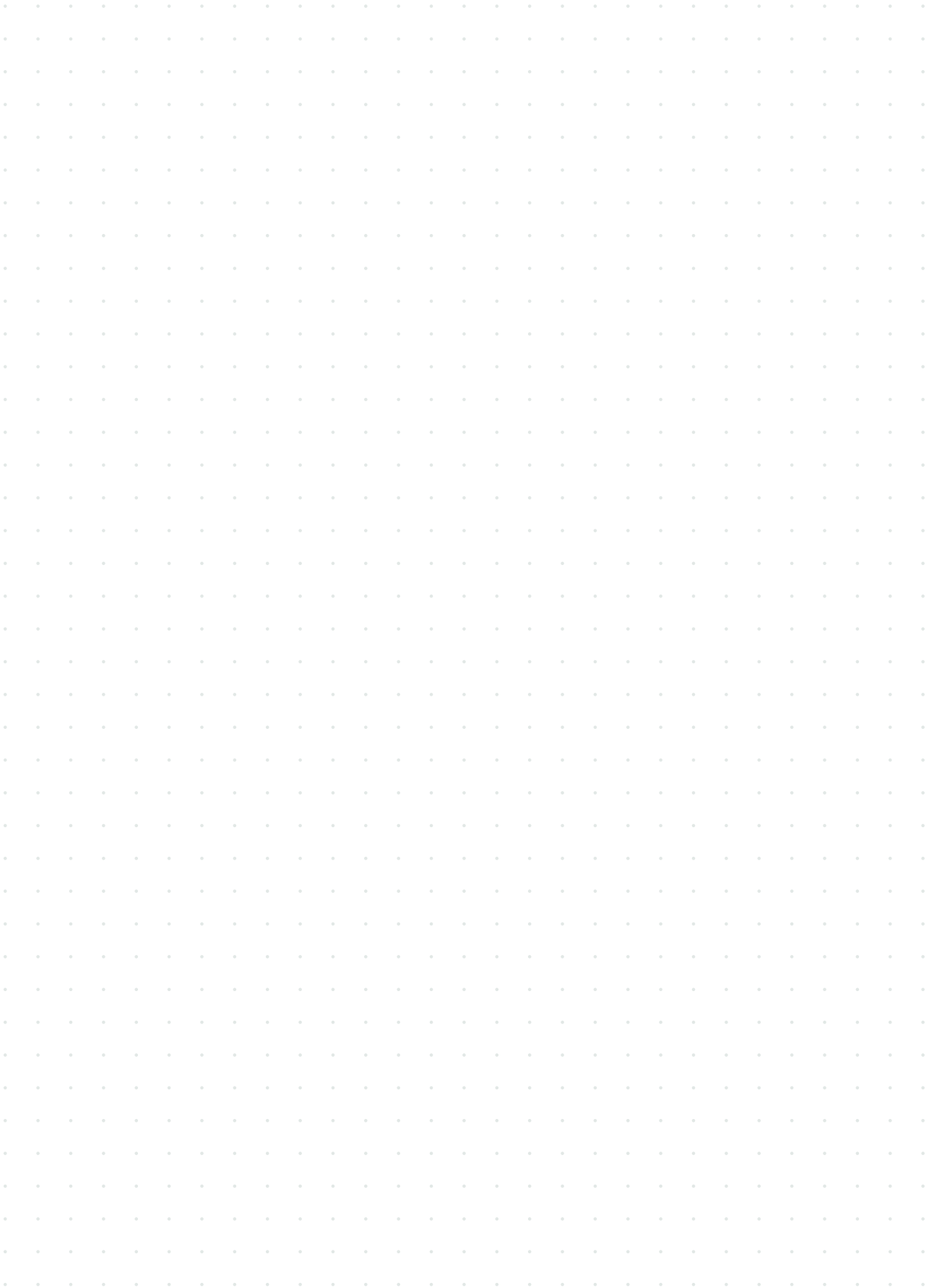
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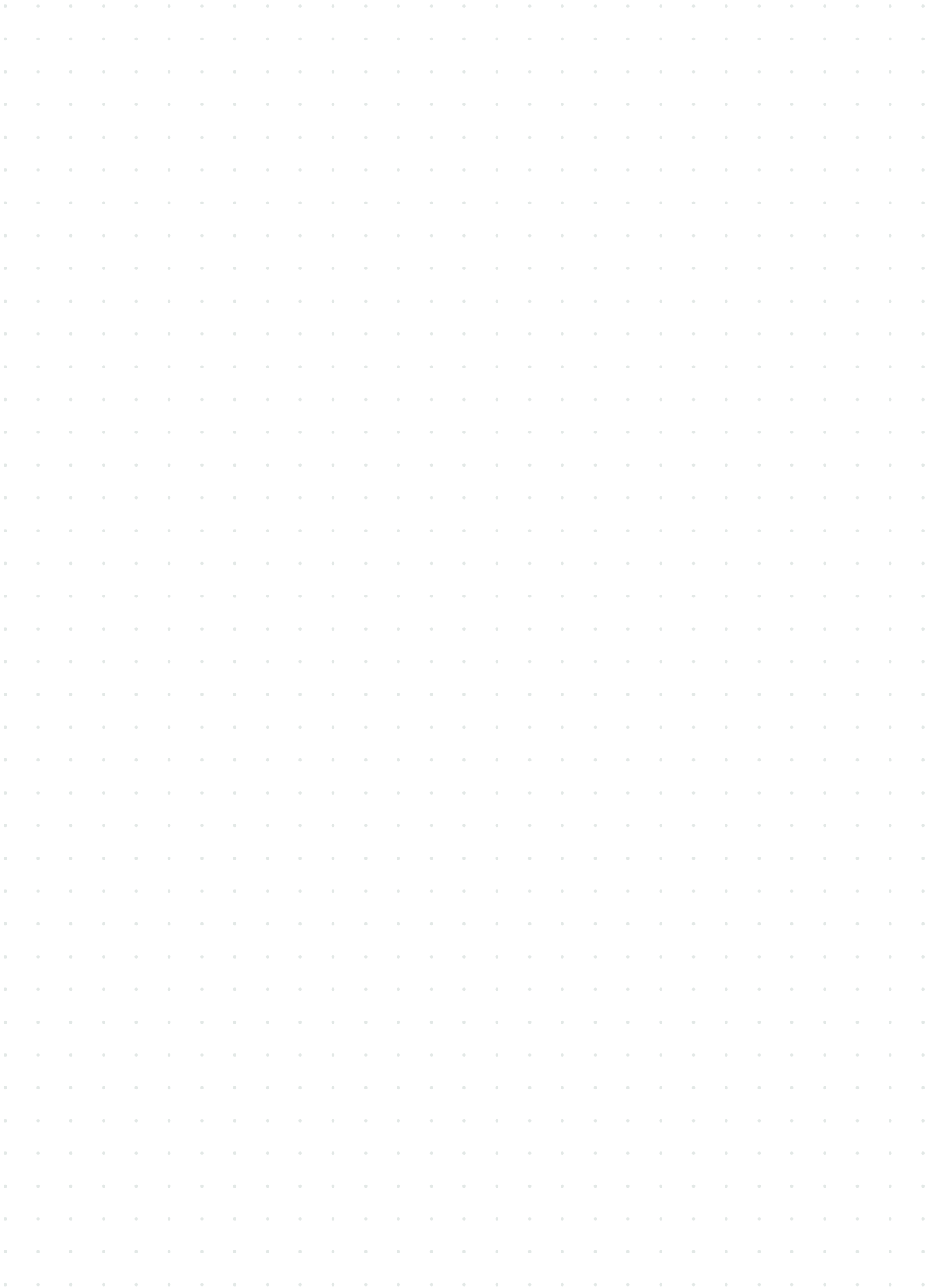
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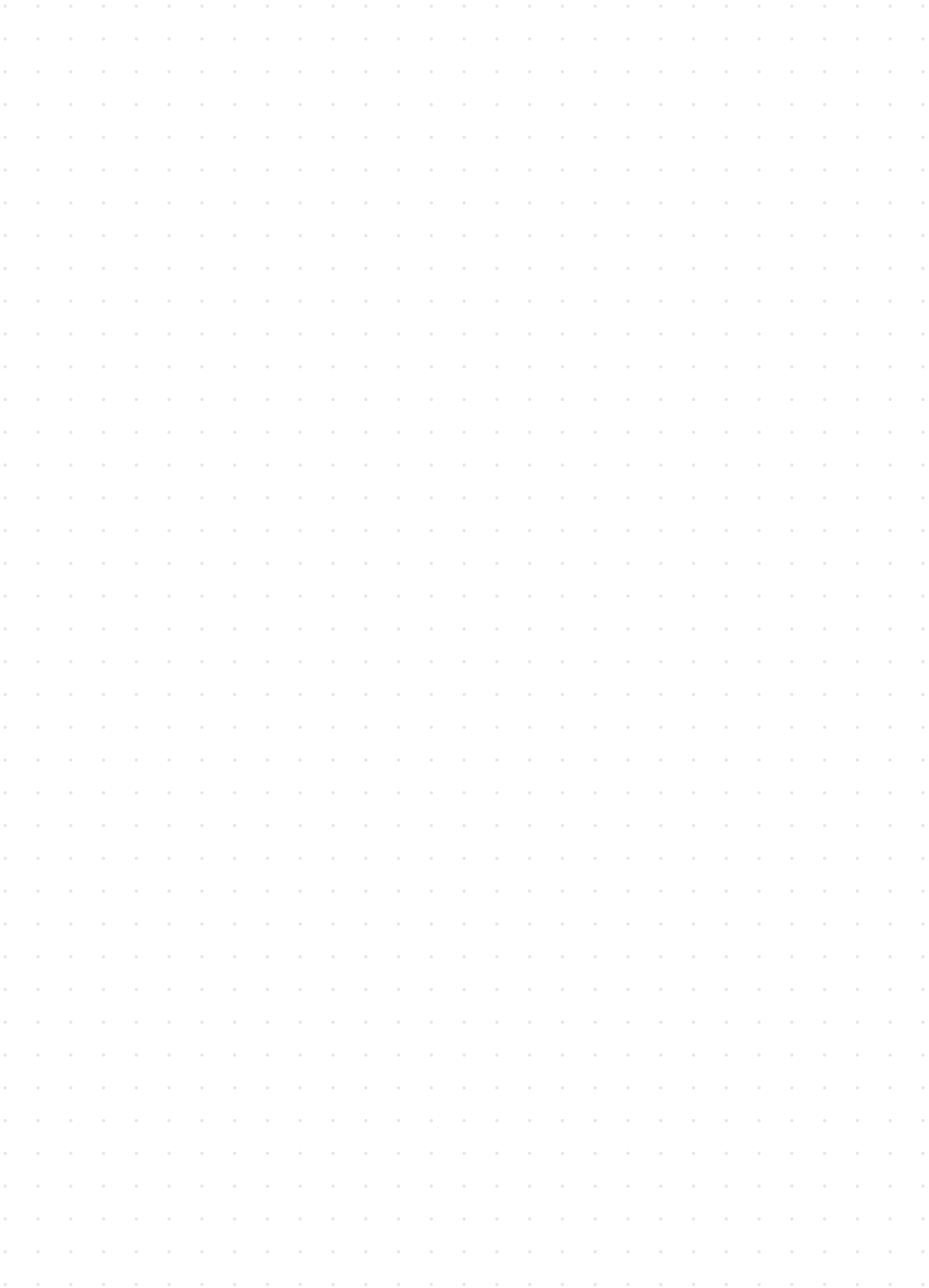
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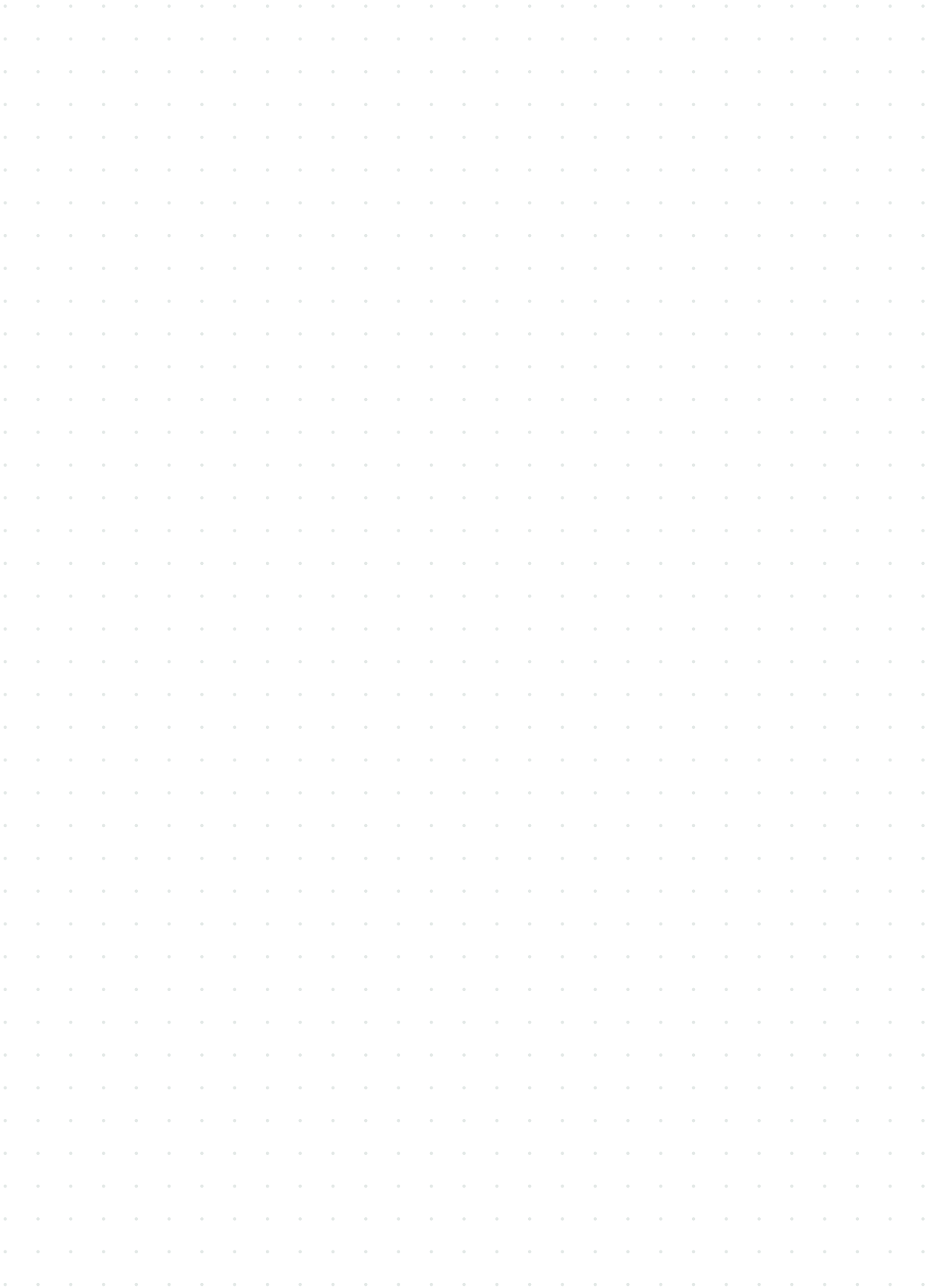
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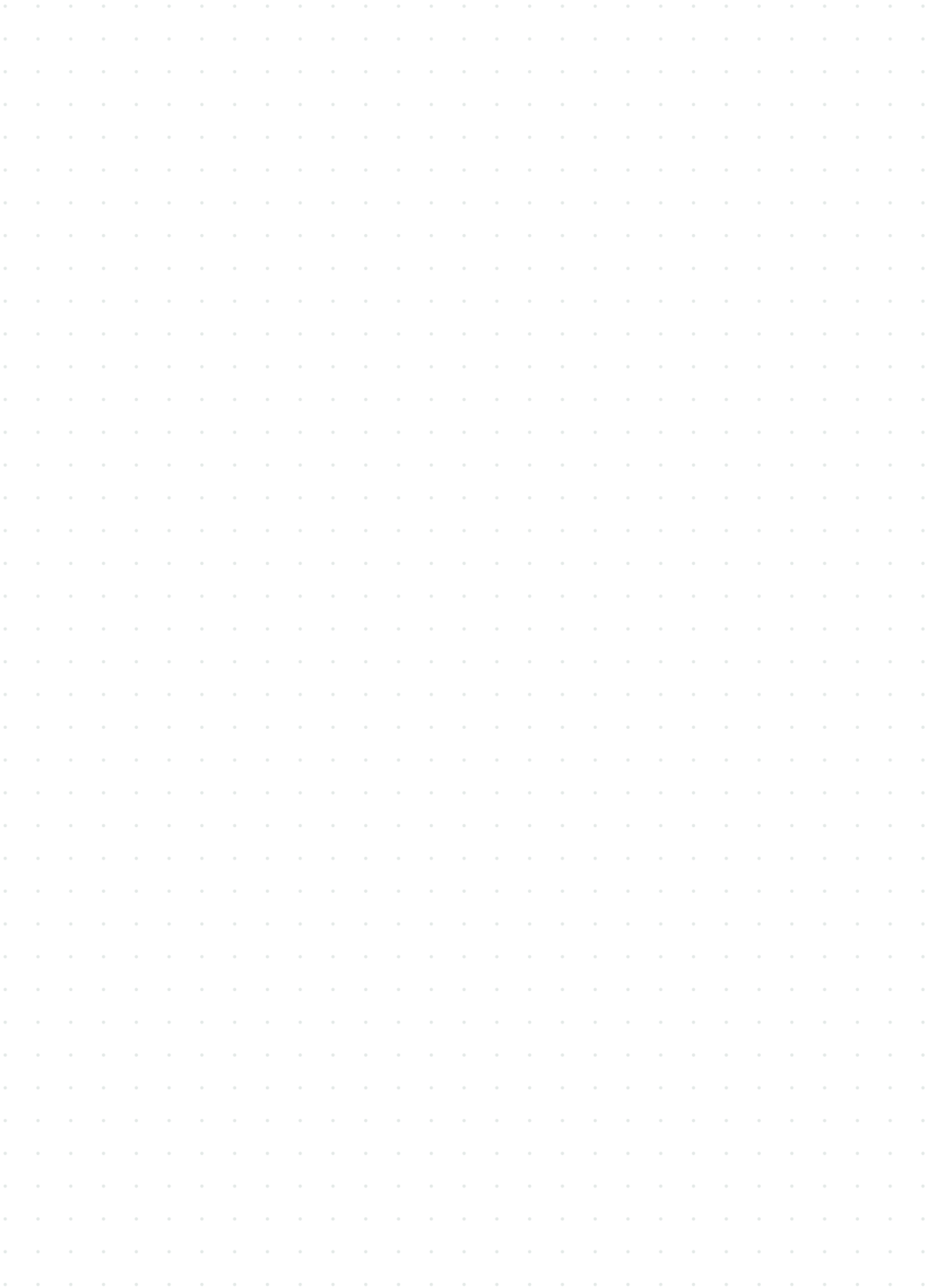
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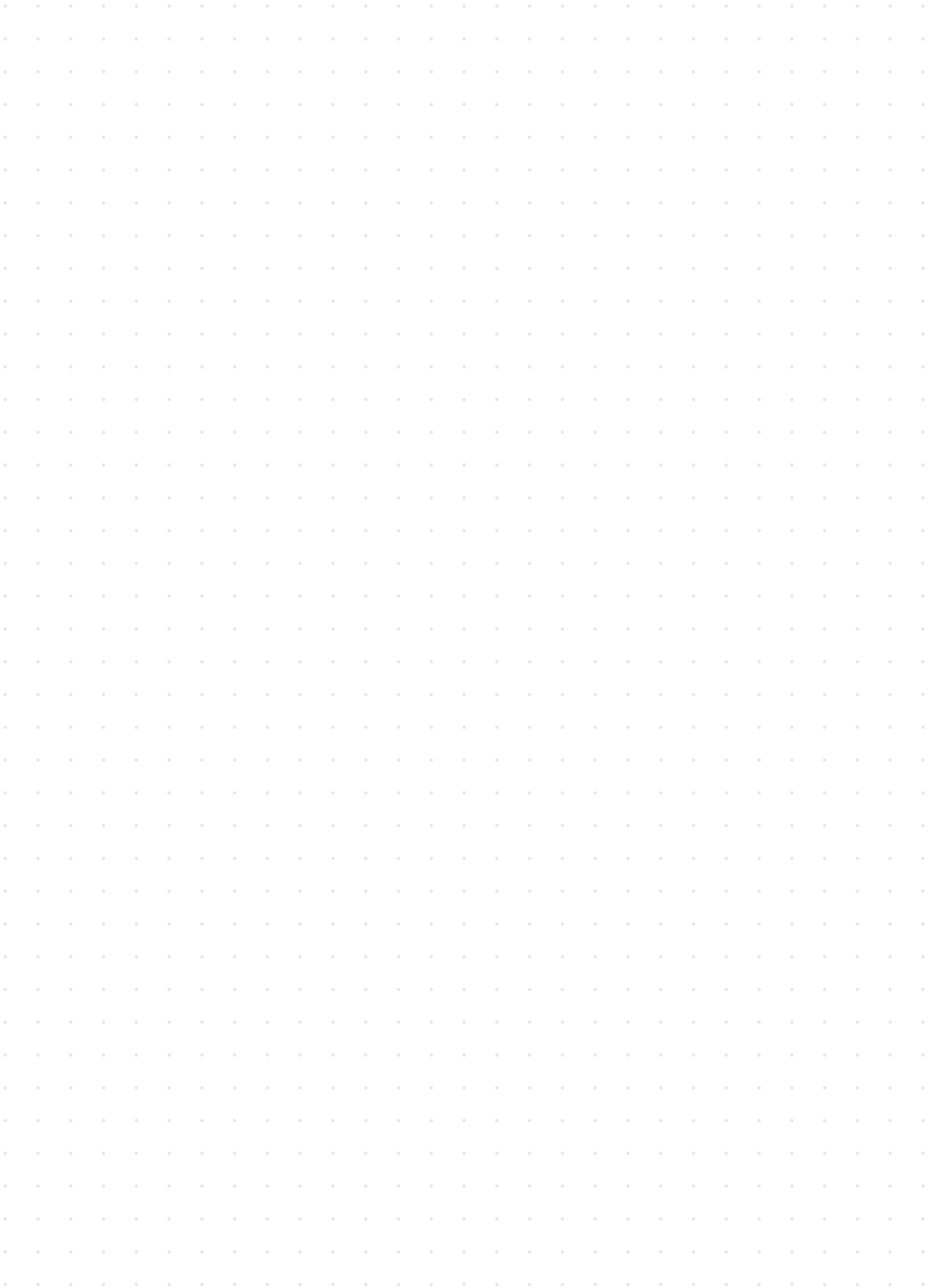
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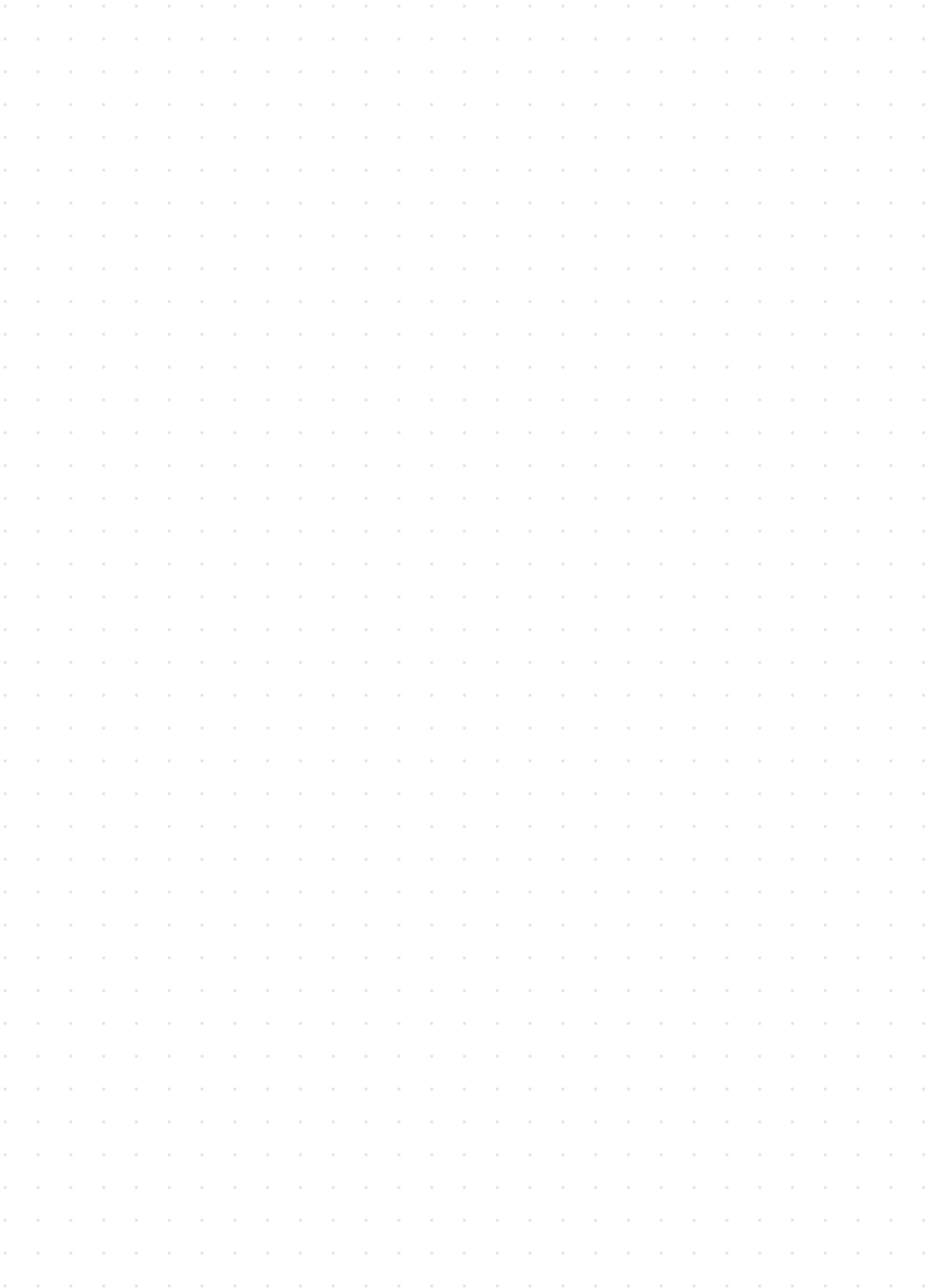
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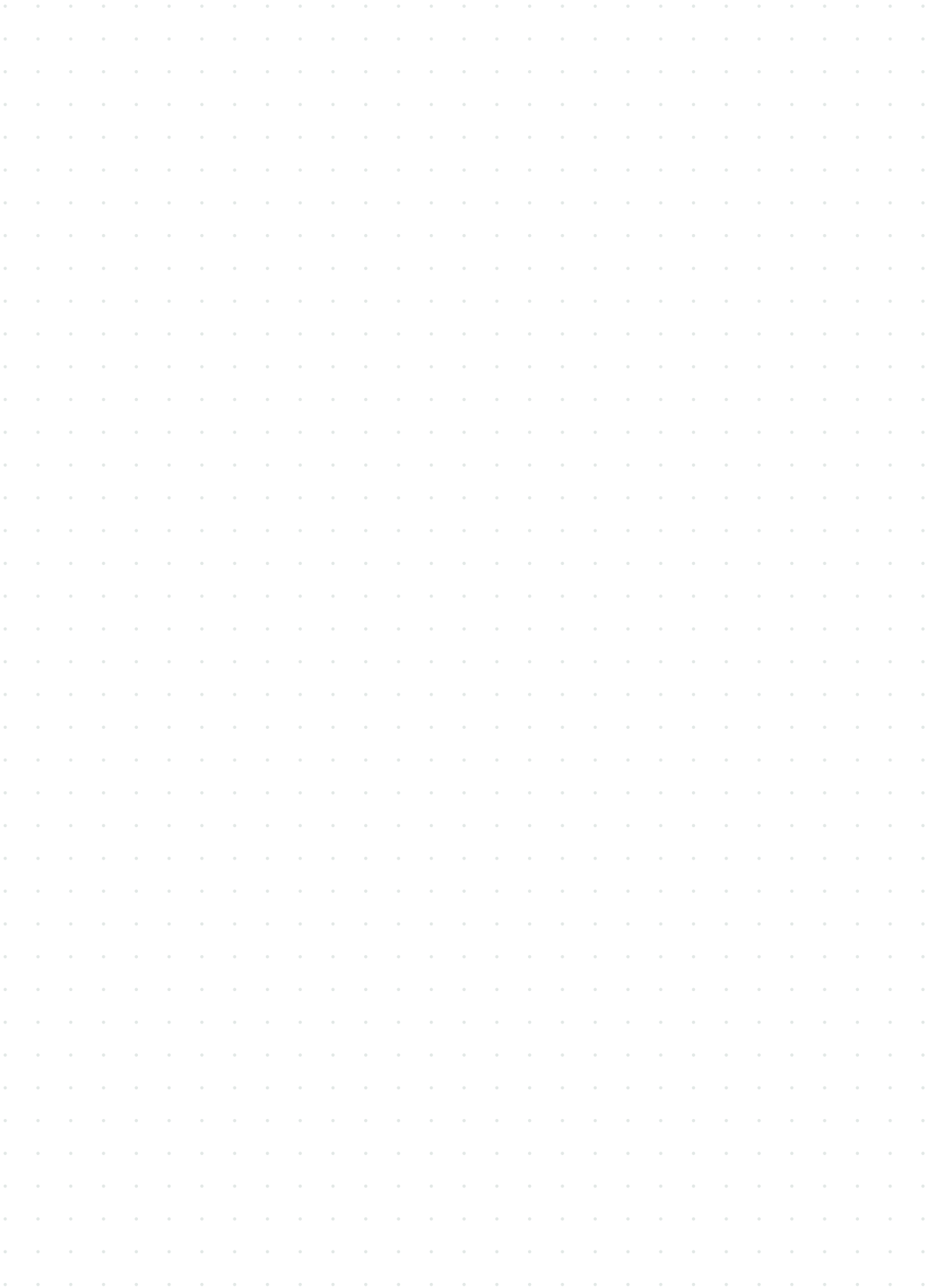
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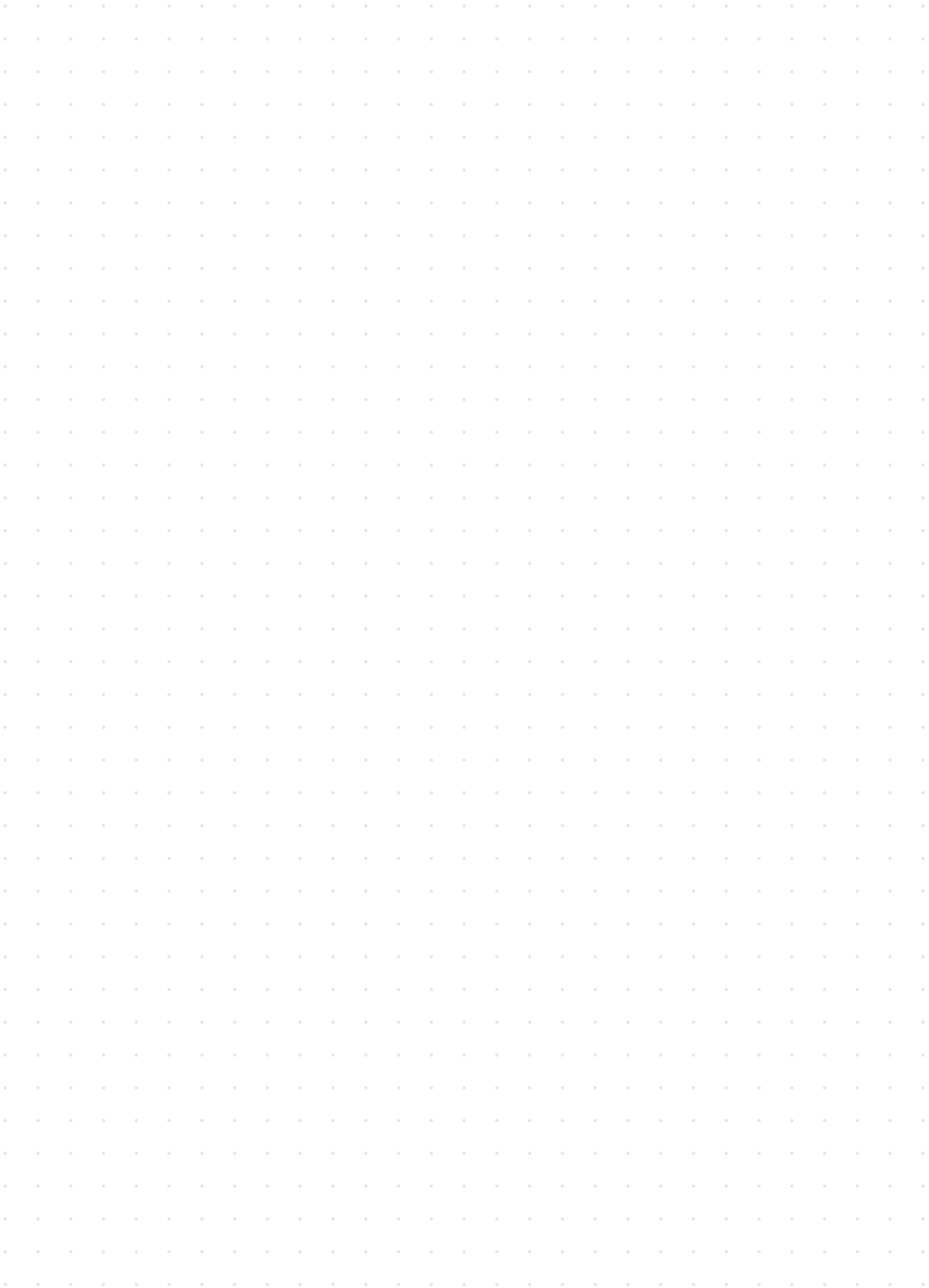
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