



jane davenport

SHINE  
BRIGHT

JOURNAL PROMPTS 21



**Let's focus on the positive, embrace colour and draw with joy!**

Drawing and painting in response to a daily prompts can be a great way to rapidly improve your art skills and have fun along the way without a huge time commitment.

Work through each of the joy-inspired prompts and create whatever comes to mind.

Share on the 'Jane Davenport' Facebook Group and social media using the #shinebright #janedavenport

1. This little light of mine, let it shine!
2. At home in nature
3. Grow your happiness
4. I am looking forward to...
5. Right now, I am loving...
6. What puts a spring in your Step
7. A twinkle in your eye
8. The bloom in your cheek!
9. The sparkle within
10. Write a Permission Slip to flourish!
11. Paint your Superpowers!
12. What does feeling free look like?
13. Capture your creative Muse
14. Draw your ideal Art Space
15. My favourite art supplies
16. Tune in to your intuition
17. Draw your Creative path
18. I am happy in this moment!
19. Feeling connected looks like...?
20. What cares could drop away?
21. Creative cloud thoughts
22. Feeling the sunshine
23. My favourite details
24. Tomorrow is a new day
25. Begin with serenity
26. Drink in creative juice!
27. I am powered by love
28. I feed my inner rainbow
29. Nourish your beautiful body
30. My favourite treat.
31. Be too much!

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