Art Exercises For Your Journal This Week – Amy Oestreicher – amyoes.com

- Interpret the world “push”, draw it.
- Pour your breath, and any worries into a cup of hot tea. What would a birds eye view of your cup look like?
- Paint your morning intention
- Interpret a poem, put yourself in its landscape
- Doodle to music
- Don’t just jump into the food, open a window for it by setting my intention mindfully
- Learn about a country, paint my stay there, write as if I’m there
- Receive. Draw this.
- Draw in a different language. Draw characters from a language you don’t know.
- Find your way home. Draw a map.
- Look at the world as a puzzle you determine the meaning of. Draw one puzzle in that piece.

“purposeless play” of art means "waking up to the very life we're living, which is so excellent once one gets one's mind and one's desires out of its way. The true artist is never bored – they are always documenting the world, looking at things upside down, seeing life constantly changing and transforming every day.

Find art in the oddest of places
- collect objects based on how they reflect light
- collect multiples of one thing and observe the differences
- sketch your favorite street in detail
- create a color-coded map when you people-watch of where everyone and everything is in relation to you
- find two different objects and try to find as many connections in them as possible, like you are trying to figure out a mystery and these are the clues
- sketch shapes made by water
- sketch things you use in your ordinary routine daily
- find accidental art
- sketch something without looking at it – just on how it feels in your hand, put it in your pocket so you do not see it.
- Do a sketch where you bring inanimate objects to life – turn it into a cartoon, capture their hidden magical life
- Sketch food up close
- Find the human face in everything

Draw these quotes:
I don’t think it’s the size of our fears that makes us different, but rather how much fear is relevant to our lives.  
But aren’t we all magicians of our lives...each and every one of us who does something that we didn’t think we could do the day before?

We are born believing. A man bears beliefs, as a tree bears beauty. - Ralph Waldo Emerson
Nature is an infinite sphere of which the center is everywhere and the circumference nowhere.