

## **Your Journal**

Your journal is a record of your thought process as an artist and as an aspiring teacher. If you are not a “journal “ kind of person but instead collect your ideas on napkins or you keep a box of things that you find interesting and inspirational that is fine too. I have been using both written and sketch journals for the past 12 years or so and have found them to be really insightful into my growth as an artist and human being. Some things I keep in my journal include a list of books I have read, quotes that I like, a daily log of what has happened, even the weather sometimes. I try to carry it everywhere so I work really small. You can use anything for a journal. Even a cheap pocket size spiral notebook will work. If you have never kept one before try it for a few weeks. You don't have to write or draw everyday just take a few moments when you are waiting for the bus, or before class starts, or even before you go to bed.