


# Your 7 day Reflective Art Journal

*By Vaibhavi Bharadwaj*

Hello,

The soul purpose of this journal is to bring art and play into our every day lives in tiniest possible ways. With the extremely busy lives that we're all leading, and the many many turbulent moments that we've gone through in the past two years, and still continue to be in, I offer this seven day Art - based Journal guide to you to bring in art back into our lives in the most gentle way possible. This journal is designed for self - reflection purpose only. It's simple, easy to use, quick so that the use of arts can be something we can still be in touch with while carrying on with other important things. Most of us have had used arts as children and with time and other priorities, the play with colours took a backseat. Please seek help through therapy, or in the safety of a close trusted person if something difficult comes up. I invite you to engage with arts at your own pace, and enjoy the process.

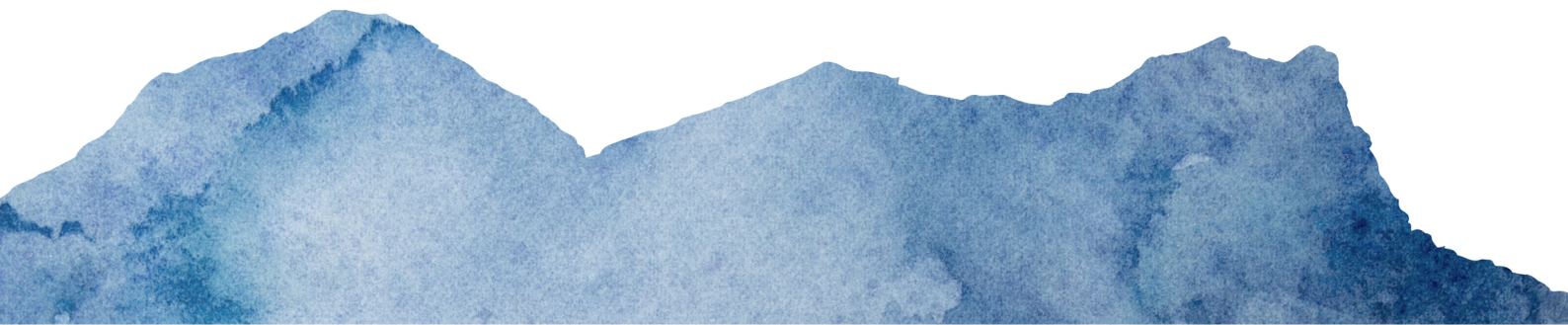
Love,  
vaibhavi



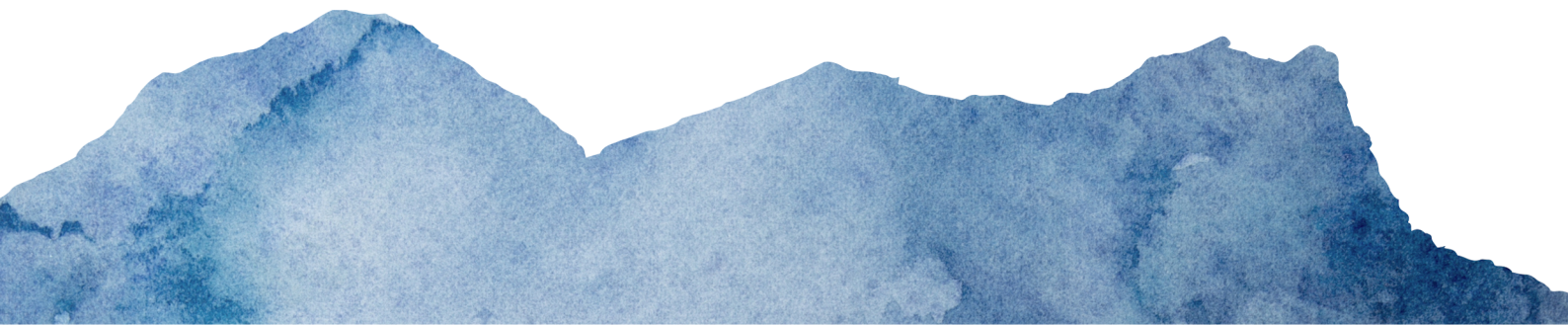
Dedicated to  
the kind soul of  
the one, who has  
departed for her  
heavenly abode.



Take a moment to think about the moment that defines safety for you. If safety was an object, what would it look like for you. There are no rules except for nothing is wrong or right here. The space is all yours.



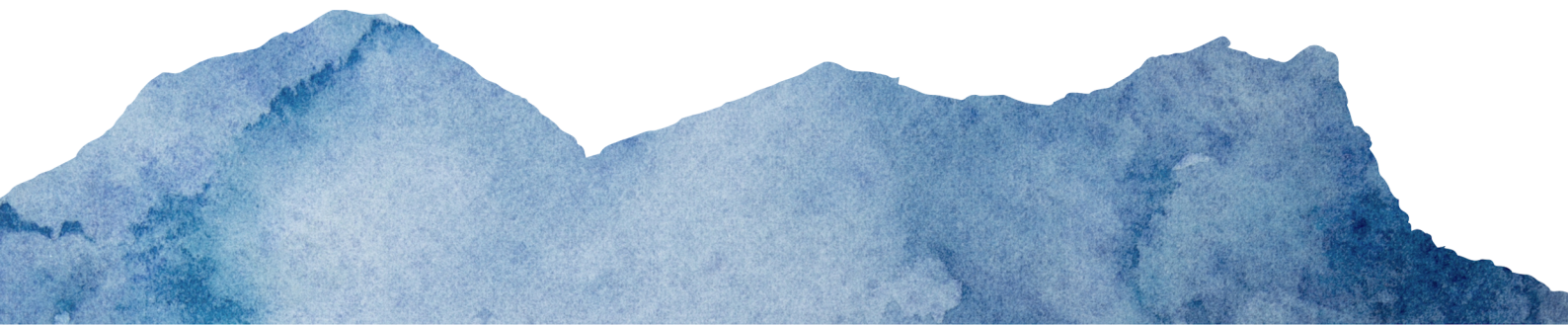
What are those little bundle of joys that have helped  
you sail through the difficult times. Take a moment to  
bring these joys into art here.





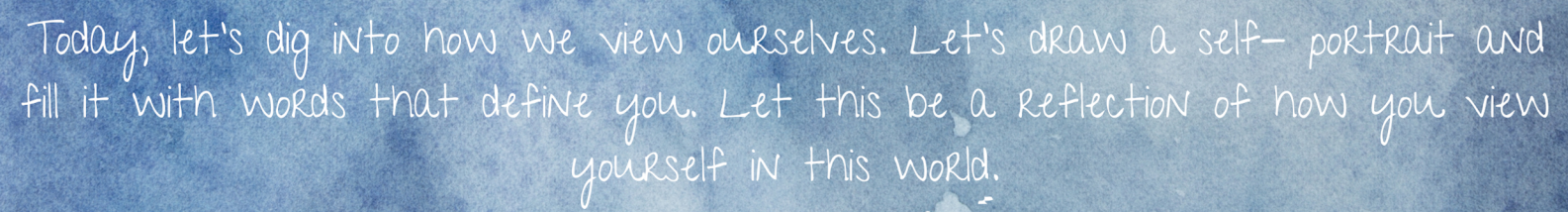
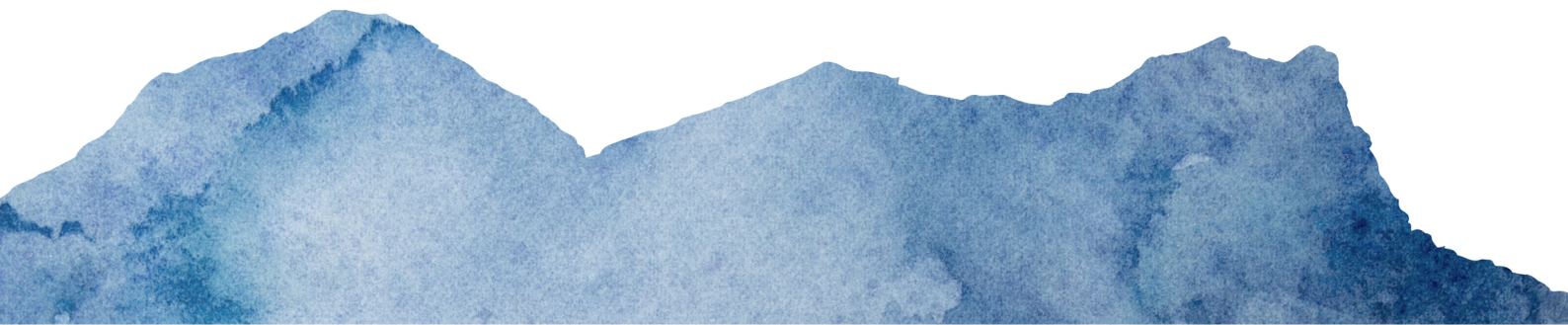
Let's go a little road down the memory lane and let's bring something from there that you're still in touch with. Maybe it's a friend, maybe it's a toy, or anything that you remember.

Draw something that has been the greatest pillar in your life. It can be anything. In any shape and form.

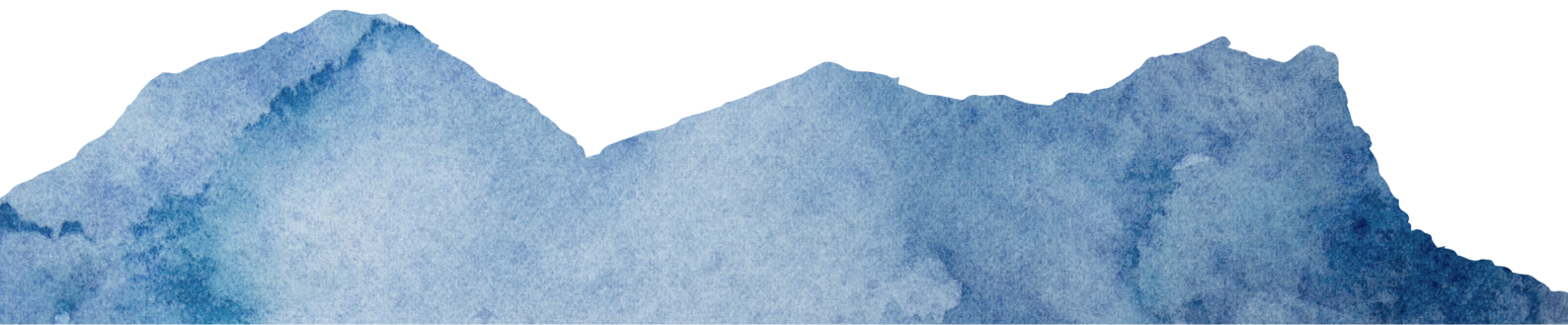




Today, let's dig into how we view ourselves. Let's draw a self-portrait and fill it with words that define you. Let this be a reflection of how you view yourself in this world.

A decorative blue watercolor border at the top of the page, with a torn paper effect separating it from the main white area.

Today, imagine this is your hand impression, and let's  
draw or write things on the inside, all those things that  
you've held on to, and outside of it, all the things that  
you had to let go.





Take this opportunity to draw out the little things that  
have nourished your mind and body. Maybe it's your  
bed, or the sun, or that videogame, or music.

