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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Doodling/Sketching Journal This doodle journal was designed to incorporate 2 skills - drawing and imagination. Learning to use your imagination is an important skill. Imagination is one of the first steps in achieving anything and is needed in the creation process. It is what will help you to find solutions to any obstacle you face or any goal you want to achieve. Doodling helps to bring our imagination to life. Doodling also helps with concentration, learning/memory, alleviating stress, refining our thoughts and increasing your creativity. Need help with what to sketch? Challenge yourself to draw something you saw during the day and then make up a little story about it. If you start with something you see, hear or eat during the day, the mind blocks will be removed and the creativity juice will began to flow. Other sketch/doodle suggestions. mind map a book, a lecture, a documentary sketch a goal/dream sketch ideas about a hobby map out/sketch a project do some brainstorming make a list/drawing of your favorite things Children learn to draw before they can read or write. The need to create, to express ourselves is part of the human experience.so if you need a break take a few moments to doodle. The doodle journal is designed to be used with pencils, colored pencils, colored pens, crayons and ink stamps. (It isn t designed for watercolors or markers.) There are several editions. If you struggle with a daily journal or need more than one page per day, pick an edition that has a title or date line. (The undated journals can also be used for brainstorming, project planning, story development and much more.) Journal/Book Dimensions = 8 x 10 (20.32...

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