

# No Excuses Art Journaling

*Making Time for Creativity*

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**NORTH LIGHT BOOKS**  
Cincinnati, Ohio  
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BONUS CONTENT

## COMPLETE THESE ASSIGNMENTS EACH MONTH OF THE YEAR.

### WRITING PROMPT

Rewrite a poem or quotes on one of your pages using:

1. All lower case
2. All upper case
3. Switch color every stanza
4. Write with your opposite hand
5. Try a dip pen
6. Make your letters very wide
7. Make your letters very narrow
8. Capitalize every 5th letter
9. Print only
10. Cursive only
11. Alternate between printing and cursive every other word
12. Alternate between upper and lower case every other word

### MONTHLY COLLAGE

Make a collage using torn out magazine or printed images.

### BEGINNINGS ASSIGNMENT

At the beginning of the month, create a color palette that represents the month.

Make a list of words that come to mind that represent the month.

List images that come to mind about the month.

### MONTHLY ART ASSIGNMENTS

#### Weekly

Do one card peek each week.

#### Daily

Draw the color of the day.

Draw the word of the day.

Draw the weather.

# YEARLY INSERT



Scan the QR code to download a copy of this insert.

# JANUARY INSERT—BREATHE



Scan the QR code to download a copy of this insert.

## ASSIGNMENT

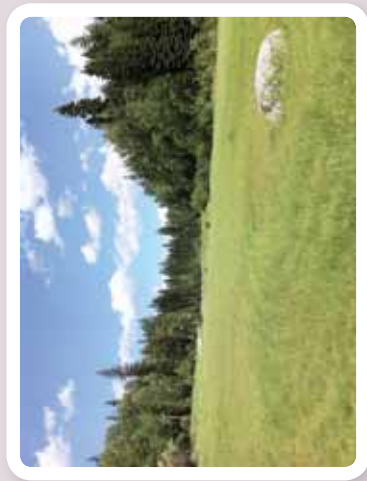
Collect images of scenes where you feel that you can breathe deeply.

Examples: forest, beach, countryside, temple

Now draw a little altar or shrine on your page—this can be a simple shelf or an intricate and ornate altar.

Cut out and glue down these images on your altar.

Create a page where you can go to catch your breath.



## WEEKLY TASK

Paint a card peek each week.

## DAILY ASSIGNMENTS

What color am I today?

Draw the weather.

Draw a daily design.

Write the word of the day.

## WRITING PROMPTS

"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure."

—Oprah Winfrey

"Smile, breathe and go slowly."

—Thich Nhat Hanh

"He lives most life whoever breathes most air."

—Elizabeth Barrett Browning

"I took a deep breath and listened to the old bray of my heart: I am, I am, I am."

—Sylvia Plath

"Only Breath" by Mawlana Jalaluddin Rumi

Not Christian or Jew or Muslim, not Hindu  
Buddhist, sufi, or zen. Not any religion

or cultural system. I am not from the East  
or the West, not out of the ocean or up

from the ground, not natural or ethereal, not  
composed of elements at all. I do not exist,

am not an entity in this world or in the next,  
did not descend from Adam and Eve or any

origin story. My place is placeless, a trace  
of the traceless. Neither body or soul.

I belong to the beloved, have seen the two  
worlds as one and that one call to and know,

first, last, outer, inner, only that  
breath breathing human being.

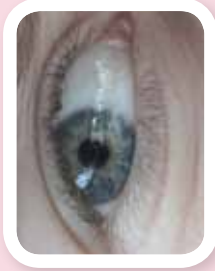
# FEBRUARY INSERT—SEE



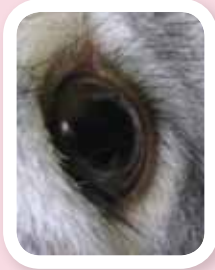
Scan the QR code to download a copy of this insert.

## ASSIGNMENT

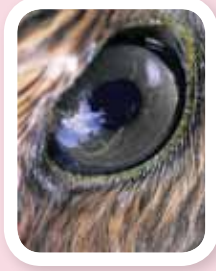
Draw detailed pictures of a variety of eyes:



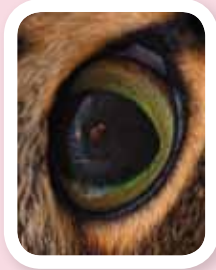
eye of a person



eye of a rabbit



eye of a hawk



eye of a cat

## WEEKLY TASKS

Paint a card peek each week.

## DAILY TASKS

What color am I today?

Draw the weather.

Draw a daily design.

Write the word of the day.

## WRITING PROMPTS

"Never lose an opportunity of seeing anything beautiful, for beauty is God's handwriting."  
—Ralph Waldo Emerson

"Judgments prevent us from seeing the good that lies beyond appearances."  
—Wayne Dyer

"Every closed eye is not sleeping, and every open eye is not seeing."  
—Bill Cosby

"The real voyage of discovery consists of not in seeking new landscapes but in having new eyes."  
—Marcel Proust

## WRITING PROMPTS

"Faith is the strength by which a shattered world shall emerge into the light."

—Helen Keller

"Good art is art that allows you to enter it from a variety of angles and to emerge with a variety of views."

—Mary Schlich

"I'm very representational some of the time, and a little all of the time. But when you're painting out of your unconscious, figures are bound to emerge."

—Jackson Pollock

"Only through art can we emerge from ourselves and know what another person sees."

—Marcel Proust

"Poem 888" by Emily Dickinson

When I have seen the Sun emerge

From His amazing House—

And leave a Day at every Door

A Deed, in every place—

Without the incident of Fame

Or accident of Noise—

The Earth has seemed to me a Drum,

Pursued of little Boys

## ASSIGNMENT

Divide a page into four sections.

Draw and watercolor/marker, etc., close-up images of butterfly wings.



## WEEKLY TASKS

Paint a card peek each week.

## DAILY TASKS

What color am I today?

Draw the weather.

Draw a design.

Write the word of the day.

# MARCH INSERT—EMERGE



Scan the QR code to download a copy of this insert.

# APRIL INSERT—REINVENTION



Scan the QR code to download a copy of this insert.

## ASSIGNMENT

Take an image of a painting, such as this one, and either print or copy it in black and white. Then reinvent it. Change the color. Add design elements. Extend the image.



## WEEKLY TASKS

Paint a card peek each week.

## DAILY TASKS

What color am I today?

Draw the weather.

Draw a daily design.

Write the word of the day.

## WRITING PROMPTS

"I am still making order out of chaos by reinvention."

—John le Carré

"It always seems impossible until it's done."

—Nelson Mandela

"Action is the foundational key to all success."

—Pablo Picasso

"I don't know the key to success, but the key to failure is trying to please everybody."

—Bill Cosby

"The way to get started is to quit talking and begin doing."

—Walt Disney

From "Reinvention" by James Grengs

this is my new declaration—

i am not

who you once thought i was.

nor am i

who you want me to be.

## WRITING PROMPTS

"May our heart's garden of awakening bloom with hundreds of flowers."

—Thich Nhat Hanh

"The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers."

—M. Scott Peck

From "Mindful" by Mary Oliver

It was what I was born for—  
to look, to listen,

to lose myself  
inside this soft world—

## ASSIGNMENT

Take a five-minute walk with your camera and snap a shot of everything that catches your eye. Print out the images and make a collage.



## WEEKLY TASKS

Paint a card peek each week.

## DAILY TASKS

What color am I today?

Draw the weather.

Draw a design.

Write the word of the day.

# MAY INSERT—AWARENESS



Scan the QR code to download a copy of this insert.

MAY

# JUNE INSERT—LISTEN



Scan the QR code to download a copy of this insert.

## WRITING PROMPTS

“When one has the feeling of dislike for evil, when one feels tranquil, one finds pleasure in listening to good teachings; when one has these feelings and appreciates them, one is free of fear.”  
—Buddha

“I like to listen. I have learned a great deal from listening carefully. Most people never listen.”  
—Ernest Hemingway

From “Listening” by William Stafford  
My father could hear a little animal step, or a moth in the dark against the screen, and every far sound called the listening out into places where the rest of us had never been.

## ASSIGNMENT

“A wise old owl sat on an oak; the more he saw the less he spoke; the less he spoke, the more he heard. Why aren’t we like that wise old bird?”  
—Edward Hersey Richards

Either draw or cut out and paste the owl image below and then write the quote around it or in the background.



## WEEKLY TASKS

Paint a card peek each week.

## DAILY TASKS

- What color am I today?
- Draw the weather.
- Draw a daily design.
- Write the word of the day.



## WRITING PROMPTS

"Analysis kills spontaneity. The grain once ground into flour springs and germinates no more."  
—Henri-Frederic Amiel

"Spontaneity is only a term for man's ignorance of the gods."  
—Samuel Butler

### Definition of SPONTANEITY

1: the quality or state of being spontaneous

2: voluntary or undetermined action or movement;  
also: its source

From "Spontaneous Me" by Walt Whitman

Spontaneous me, Nature,

The loving day, the mounting sun, the friend I am happy with,

The arm of my friend hanging idly over my shoulder,

The hillside whiten'd with blossoms of the mountain ash,

## ASSIGNMENT

Draw a blind contour of whatever you see in front of you at the moment.



## WEEKLY TASKS

Paint a card peek each week.

## DAILY TASKS

What color am I today?

Draw the weather.

Draw a daily design.

Write the word of the day.

# JULY INSERT—SPONTANEITY



Scan the QR code to download a copy of this insert.

# AUGUST INSERT—EMBRACE



Scan the QR code to download a copy of this insert and to learn more about “The Journey.”

## ASSIGNMENT



Draw the image of hands embracing each other.  
Collage a page using images of hands with the writing prompt around it.

## WEEKLY TASKS

Paint a card peek each week.

## DAILY TASKS

- What color am I today?
- Draw the weather.
- Draw a daily design.
- Write the word of the day.

## WRITING PROMPTS

“Lovers embrace that which is between them rather than each other.”

—Kahlil Gibran

“You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.”

—Jan Glidewell

From “The Journey” by Mary Oliver

One day you finally knew  
what you had to do, and began,  
though the voices around you  
kept shouting

## WRITING PROMPTS

"The true harvest of my life is intangible—a little star dust caught, a portion of the rainbow I have clutched."

—Henry David Thoreau

"For the unlearned, old age is winter; for the learned, it is the season of the harvest."

—Talmud

"What we plant in the soil of contemplation, we shall reap in the harvest of action."

—Meister Eckhart

From "Under the Harvest Moon" by Carl Sandburg

Under the harvest moon,  
When the flagrant crimson  
Lurks in the dusk  
of the wild red leaves,  
Love, with little hands,  
comes and touches you



## ASSIGNMENT

Print out an image of the harvest moon and write the poem inside the sphere in a circular pattern.

## WEEKLY TASKS

Paint a card peek each week.

## DAILY TASKS

What color am I today?

Draw the weather.

Draw a daily design.

Write the word of the day.



Scan the QR code to download a copy of this insert and to learn more about "Under the Harvest Moon."

# OCTOBER INSERT—ENCHANTMENT

## WRITING PROMPTS

“Only those who truly love and who are truly strong can sustain their lives as a dream. You dwell in your own enchantment. Life throws stones at you, but your love and your dream change those stones into the flowers of discovery. Even if you lose, or are defeated by things, your triumph will always be exemplary. And if no one knows it, then there are places that do. People like you enrich the dreams of the worlds, and it is dreams that create history. People like you are unknowing transformers of things, protected by your own fairytale, by love.”  
—Ben Okri

From “A Song of Enchantment” by Walter de la Mare

A song of Enchantment I sang me there,  
In a green-green wood, by waters fair,  
Just as the words came up to me  
I sang it under the wild wood tree.

## ASSIGNMENT

Draw an enchanted home from your imagination. Draw the home that enchants your soul—your every wish.



## WEEKLY TASKS

Paint a card peek each week.

## DAILY TASKS

What color am I today?

Draw the weather.

Draw a daily design.

Write the word of the day.



Scan the QR code to download a copy of this insert and to learn more about “A Song of Enchantment.”

# NOVEMBER INSERT—GRACE



Scan the QR code to download a copy of this insert and to learn more about "Praying."

## ASSIGNMENT

Draw the image of a swan, paying attention to the curves and the shapes.



## WEEKLY TASKS

Paint a card peek each week.

## DAILY TASKS

What color am I today?

Draw the weather.

Draw a daily design.

Write the word of the day.

## WRITING PROMPTS

"A high station in life is earned by the gallantry with which appalling experiences are survived with grace."

—Tennessee Williams

"Beauty without grace is the hook without the bait."

—Ralph Waldo Emerson

From "Praying" by Mary Oliver

It doesn't have to be  
the blue iris, it could be  
weeds in a vacant lot, or a few  
small stones; just  
pay attention,

# DECEMBER INSERT—KINDNESS & GIFTS



Scan the QR code to download a copy of this insert and to learn more about “Kindness.”

## ASSIGNMENT

Draw the outline of a gift box and place inside gifts you would like to give to yourself, either in words or images.



## WEEKLY TASKS

Paint a card peek each week.

## DAILY TASKS

What color am I today?

Draw the weather.

Draw a daily design.

Write the word of the day.

## WRITING PROMPTS

“The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”  
—Albert Einstein

“The greatest gift is a portion of thyself.”

—Ralph Waldo Emerson

“The greatest gift is to give people your enlightenment, to share it. It has to be the greatest.”

—Buddha

From “Kindness” by Naomi Shihab Nye

Before you know what kindness really is  
you must lose things,  
feel the future dissolve in a moment  
like salt in a weakened broth.

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DISTRIBUTED IN THE U.K. AND EUROPE  
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DISTRIBUTED IN AUSTRALIA BY CAPRICORN LINK  
P.O. Box 704, S. Windsor NSW, 2756 Australia  
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ISBN-13: 978-1-4403-2513-7

Edited by Amy Jones  
Cover Design by Wendy Dunning  
Interior Design by Bethany Rainbolt  
Photography by Christine Polomsky and Al Parrish  
Production coordinated by Greg Nock

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## METRIC CONVERSION CHART

To convert	to	multiply by
Inches	Centimeters	2.54
Centimeters	Inches	0.4
Feet	Centimeters	30.5
Centimeters	Feet	0.03
Yards	Meters	0.9
Meters	Yards	1.1

