30 Day Sketchbook Challenge

***Note:** The exercises included in this list are meant to take anywhere from 30 minutes to an hour to complete and increase in difficulty as they go. You may jump around if you wish, but skipping days is not recommended. The goal of this challenge isn't only to improve your drawing and creative skills, but to get you in the habit of using your sketchbook *daily*. You may use whichever art supplies you enjoy most and can take each exercise as far as you'd like! Enjoy!

- [ ] **Abstract exploration.** Create an interesting visual composition using *only* color, shape and visual texture. Use any supplies you have on hand to create your textures (sponges, crumpled paper dipped in paint, etc.).

- [ ] **Pattern.** Using either geometric or organic shapes, design a pattern and fill up your page with it.
Click here to check out my "Watercolor Pattern" tutorial video.

- [ ] **Collage.** Collect pieces of newspaper, magazines, wrappers, etc. throughout your day and use these to create a collage. Feel free to use other drawing or painting mediums if you wish.

- [ ] **Outline drawings.** Pick 3-5 simple objects from around your home and draw them in a simple style, focusing on shape and proportion (keep these as pencil or ink sketches-no color or shading).
Click here to check out my "Drawing Class for Beginners" video.

- [ ] **Literal art.** Pick a word that describes how you've been feeling lately, draw it, and use shape, color and line to create a composition around it that transmits this feeling.

- [ ] **Design the four elements.** Divide your page into four areas and fill each with designs that represent fire, earth, wind and water.

- [ ] **Inspired by music.** Play a song and create a piece inspired by it. It can be completely abstract or representational.

- [ ] **Book cover.** Re-design the cover of your favorite book. It's up to you if you want to get illustrative and draw characters/settings, or if you want to use primarily typography, color, shape, etc.

- [ ] **Collection of botanical items.** Take a walk outside and collect 5 different leaves and/or flowers and draw them. Color or paint them.

- [ ] **Speed drawing of an object.** Pick any simple object (a piece of fruit, flower, etc.), set a timer for one minute and draw it. Do it at least 5 times. *Click here to check out my "Drawing Three Pears in 10 Minutes" video.*

- [ ] **Extreme close-up of an object.** Zoom into a high-quality image of any object you'd like and draw what you see. Color or paint it.

- [ ] **Food.** Draw one of your daily meals before you eat it! Beverage included. Color or paint it.

- [ ] **Fabric.** Take any type of fabric you have at home (towel, bed sheet, clothes, etc.), set it in front of you in an interesting way creating folds and shadows, and draw it as realistically as you can using a pencil. Focus on recreating values (lights, darks, midtones) effectively.

- [ ] **Still life.** Using a few pieces of fruit and/or vegetables and a bed sheet/fabric as neutral back-drop, create a still life arrangement and draw it using pencil. *Click here to check out my blog post and video on "Why Drawing from Direct Observation is Essential and 10 Tips to Improve".*

- [ ] **Your shoe.** Pick a shoe, place it on a table in front of you and draw it.

- [ ] **Glass of water.** Set a glass of water on the table in front of you and draw it as best as you can using a pencil.

- [ ] **The sky.** Sit by your nearest window and paint the sky as you see it using any medium you'd like. *I recommend using high-quality websites like unsplash.com or pexels.com.

- [ ] **Landscape.** Pick an image of a landscape, draw a light sketch, and paint it using any medium you'd like. *Check out my "Simple Watercolor Landscape for Beginners" tutorial here.*

- [ ] **Human figure *armatures*.** Draw over-simplified skeletons or armatures of human figures in dynamic poses using basic 3D geometric forms, lines, shapes that simulate actual body parts, or any combination of these. *Find full-body pictures of people online or in old magazines. *Check out my "Basic Body Proportions" tutorial here.*

- [ ] **Creature or robot.** Imagine a never-before-seen creature or robot and draw it. Color or paint it.

- [ ] **Insect.** Find a picture of your favorite insect, draw it, and paint it using your favorite color medium.

- [ ] **Mechanical object.** Pick a machine (anything from a toaster oven to a car) and draw it. Do your best to recreate those reflections and smooth surfaces.

- [ ] **A room.** Draw the room you're in, focusing on creating believable perspective and 3D forms.
Check out my blog post and video tutorial on "Drawing a Room Using 1-Point Perspective" here.

- [ ] **Your home.** Go outside and draw your house in *plein air* or take a picture of it to work inside. *Check out my tutorial on "How to Draw a house" here.*

- [ ] **The Color Wheel**. Using only the three Primary Colors (yellow, red and blue) to create all of your color mixtures, create a Color Wheel from scratch.

- [ ] **Animal.** Sit close-by to your pet and draw him/her. If he/she moves too much, you can take a picture and work from that.

- [ ] **Your non-dominant hand.** Place your non-dominant hand in a resting position on the table/desk in front of you and draw it as best as you can using a pencil.

- [ ] **Your self-portrait.** Using a mirror or a picture of your face, draw yourself in whatever style you'd like (realism or stylized/cartoon). *Check out my tutorial "How I Sketch a Face Step-by-Step" here.*

- [ ] **Surrealism.** Draw a scene inspired by a crazy dream you had. If you don't remember dreams, get inspired by the work of surrealist artists to create a strange, dream-like composition. Color or paint it.

- [ ] **Create an artwork inspired by your favorite visual artist.** Pick one of your favorite illustrators/painters, take note of the three most notable characteristics in his/her work and apply them to your own original piece.

Congrats for completing this challenge!

Make sure to follow me over on Instagram
and post your favorite pieces.
I *love* featuring your work in my Stories.
***Tag me in your post (@erika_lancaster_art)**
so that I can see your work and cheer you on!