

5 Day Mindful Doodles Challenge

Art prompts

Zen Garden

Create a digital doodle inspired by the tranquility of a Zen garden. Incorporate elements like raked sand, stones, and delicate plants to convey a sense of calm.

Nature's Harmony

Craft a digital doodle that captures the essence of nature in its purest form. Use organic shapes like leaves, flowers, and flowing water to create a harmonious composition.

Creative Flow

Begin with a single dot or line, and allow it to lead your doodling journey. Stay in the moment as you build upon each mark, embracing the unplanned, meditative flow.

Emotion in Color

Express an emotion through color. Create a digital doodle that reflects a specific emotion, whether it's joy, calm, excitement, or serenity.

Tranquil Mandala

Explore the creation of mandalas, focusing on symmetry and balance. Let your inner creativity flow as you design a mandala that resonates with a sense of tranquility.

If these don't resonate with you, there are additional options on the next page. It's most important to relax and enjoy your time, so do what feels best for you!



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Additional Prompts

- Infinite Spirals: Draw a series of intricate spirals and circular patterns that grow organically on your canvas. Embrace the meditative quality of repetitive shapes.
- Watercolor Bliss: Simulate the look of watercolor painting in your digital doodle. Create a piece that emulates the soft, flowing quality of watercolors, bringing about a sense of calm.
- Starry Night: Create a celestial scene filled with stars, constellations, and cosmic beauty. Find inspiration in the vastness of the universe and its calming effects.
- Falling Leaves: Design a digital doodle that captures the gentle descent of autumn leaves. Emphasize the soothing nature of the season.
- Rhythmic Patterns: Explore the world of rhythmic and repeating patterns in your digital doodle. Let the patterns lead you into a peaceful and contemplative state.
- Tranquil Tea Time: Capture the ambiance of a tranquil tea time with a digital doodle that includes teacups, tea leaves, or steam rising from a cup.
- Symphony of Lines: Create a digital doodle composed entirely of lines, varying in thickness and direction to create a harmonious and meditative visual experience.
- Healing Garden: Imagine a tranquil healing garden filled with soothing elements like flowers, herbs, and gentle breezes. Translate this vision into your digital doodle.

