

# september

soulfill monthly:  
thirty-one days of everyday art!  
• creative courage



| SUN                                                                                                                                                          | MON                                                                                                                                                             | TUE                                                                                                       | WED                                                                                                                                                 | THU                                                                                                | FRI                                                                                                                                                                           | SAT                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                              |                                                                                                                                                                 | 01<br>find a color near you. notice every place it appears in the room.                                   | 02<br>look at something close by. then further, then further again. see how far you can go.                                                         | 03<br>draw 10 small lines scattered on your paper. connect them with curves.                       | 04<br>find something near you with a repeated pattern. notice the shapes and lines in it.                                                                                     | 05<br>fill your page with a slow scribble. fill in any shapes with different colors.                          |
| 06<br>take a few minutes to trace the outlines of objects with your eyes. pause and breathe in at each change in direction, breathe out until the next turn. | 07<br>draw a line that doesn't cross over itself. if you get stuck, start a new one.                                                                            | 08<br>breathe in slowly. on the exhale, draw a loose, wandering line. let it go wherever. keep repeating. | 09<br>go through the colors of the rainbow. notice five things of each color around you.                                                            | 10<br>fill the page with loopy lines. switch to your non-dominant hand and feel the difference.    | 11<br>try a blind contour: as you follow the outline of an object, let your hand follow that same outline on your page. keep your eye on the object's outline, not your page. | 12<br>look at your hands for one minute. notice every line, every shape, every shadow.                        |
| 13<br>breathe in and draw a line, breathe out and change directions. create a tangle on your paper while breathing.                                          | 14<br>draw circles with your non-dominant hand.                                                                                                                 | 15<br>fill your page with a scribble. round the intersections.                                            | 16<br>draw a slow, single spiral, noticing the space between each round.                                                                            | 17<br>draw a page of overlapping triangles. fill every other one with lines.                       | 18<br>step outside. notice five things you can hear, four you can see, three you can touch.                                                                                   | 19<br>draw a wobbly grid. fill each square with a different texture — dots, lines, scribbles, cross-hatching. |
| 20<br>use the edge of your pencil to shade your paper from one side to the other. create various shades as you go.                                           | 21<br>draw lines from one edge of the paper to the other: top to bottom, side to side, top to side. then draw circles. color in some of the shapes you created. | 22<br>write a word on your paper. cover it with lines and scribbles until you can't see it anymore.       | 23<br>divide your paper in half. draw a simple design with your non-dominant hand on one side. mirror it with your dominant hand on the other side. | 24<br>create a wobbly grid. fill each square with tiny circles.                                    | 25<br>follow the edge of your paper with a line. continue the line until you get to the center.                                                                               | 26<br>draw without lifting your pen. don't plan where it goes.                                                |
| 27<br>pick a small shape. draw it multiple times without looking at your paper.                                                                              | 28<br>create a random, wobbly shape. try to recreate it several times in various sizes.                                                                         | 29<br>draw some loopy lines. trace them with your non-dominant hand.                                      | 30<br>draw with your eyes closed. fill the whole page.                                                                                              | 31<br>sit quietly for one minute before you draw anything. fill your paper with what came to mind. |                                                                                                                                                                               |                                                                                                               |
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