

may 2026

soulfill monthly:
thirty-one days of
everyday art!



SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
					step outside & notice 3 sounds	doodle in the margins of your to-do list
03	04	05	06	07	08	09
pause and notice the colors around you	listen to a song you've never heard before	notice one color everywhere around you	trace the outline of something in nature with your gaze	rearrange a small corner of your space to make it feel more beautiful	doodle with your non-dominant hand for one minute	find a pattern in nature, fabric, wallpaper, etc. and study it
10	11	12	13	14	15	16
notice the shapes the light makes in the room	fill a small piece of paper with wiggly lines	notice the texture of an object in your hands	draw a line that feels calm, a line that feels busy, and a line that feels soft - repeat	choose an object nearby, and sketch its shape without looking at the paper	doodle on a sticky note, and hide it to find later	create a border or frame around a note, a word, or list
17	18	19	20	21	22	23
listen for the quietest sound you can hear	notice the color, shape, or texture of what you're eating	let your hand draw on paper while you're mind rests	notice the feeling of water when you wash your hands	fill a corner of your paper with dots	draw a wavy line: up when you breathe in, down when you breathe out	pause and look at one object for one minute, as if it were in a museum
24	25	26	27	28	29	30
listen to your favorite song & share it with someone	choose a calming word & write it down in three different fonts	draw a big shape, then fill it with small ones	draw several circles, then fill each one with different faces	hum a song and notice how it feels in your body	fill a small piece of paper with spirals	take a minute to listen to sounds as far away as you can hear
31						
doodle for 30 seconds without lifting your pen						