



# ★ Bookmarks ★

200 Themes and Dreams  
for Art Journals

by Marney K. Makridakis

also featuring art  
by Deb Silva

[www.ArtellaWordsAndArt.com](http://www.ArtellaWordsAndArt.com)

# *Ever feel “stumped” for art journal ideas?*

*Worry no more!*

*This eBook contains no fewer than 200 themes for your art journals, to guarantee that you’ll never be stumped again.*

*They are written as suggestions for themes of \*entire\* journals, but feel free to use them as triggers for individual journal pages, as well...or even other as ideas for art projects! Why not take one of these themes and use it as the inspiration for a painting, or collaging a coffee table?*

*The “themes and dreams” are listed in alphabetical order. You can read the book all the way through, or just dip in whenever you’d like to get some ideas. It’s totally up to you! There are also a few links scattered throughout, with suggestions of places to go for further inspiration.*

*And...because a picture is worth a thousand words, you’ll also find 70 photos of art journals created by myself and Deb Silva. I hope you’ll enjoy looking at them, and that you’ll get some new ideas for your own journals.*

*You can see more of Deb’s work in The Shoppes of Artella at*

*<http://www.ArtellaWordsAndArt.com/DebSilva.html> or on her blog,  
<http://creativelyamused.blogspot.com/>*

*Enjoy your adventure into BookLarks!!!*

*Happy art journaling!*

*~Marney*

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200 Themes & Dreams Start Here...

1. *Altered Book Journal* - allow the book's title and text to determine the theme of each page that you create
2. *Alphabet Journal* - create a spread for each letter
3. *Altered Faces Journal* - use photos and images from magazines and alter them to explore new angles and outlooks of the human persona.
4. *Altered Text Journal* - create a journal unified by all kinds of text used for your blank canvas
5. *Anger Journal* - use an art journal specifically for processing anger and strong emotion



*“Letter C” Alphabet Journal (Marney)*

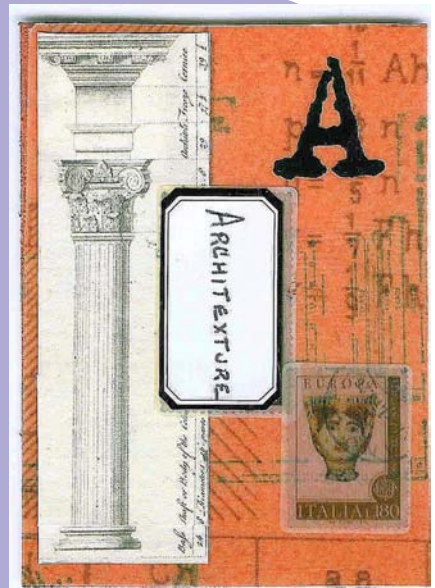


*Anger Journal (Deb)*



6. *Architecture Journal* - explore this interesting art and science in an intriguing journal all its own

7. *Armchair Travel Journal* - allow one specific journal to take you a way to place you've longed to visit



*Architecture Journal (Deb)*



*Armchair Travel Journal (Deb)*

8. *Art Supply Journal* - devote an entire journal to exploring a particular kind of art supplies, i.e., oil pastels, alcohol inks, etc.

9. *Assemblage Journal* - make the theme of this journal be the assemblage of found objects, and exploring form and function as you mix flat and 3-D media

10. *Astrological Journal* - explore your astrological chart, or the stars and cosmos in general

11. *Artist Trading Card Journal* - create a journal that houses your A. T. C.s (Artist Trading Cards) and the ones that you receive in swaps; create decorative borders and places for your own comments and embellishments

12. *Baby Journal* - create a journal about yourself as a baby, or about your own child, or about the energy of babies in general

13. *Backgrounds Journal* - Create a journal with the express intent of having extraordinary backgrounds to play on! Start by creating backgrounds and gathering backgrounds first, without any intention for what kind of art you'll eventually create on them. When you have an assortment of unusual, wonderful background pieces, bind them together. The example below shows a painted page and a page from a child's lesson book as just two of many fabulous pages, all bound together with a coil system from [www.coilconnection.com](http://www.coilconnection.com).



*Background Journal (Deb)*