Create a drawing using only one colour, in different shades

Draw a portrait of yourself

Write a story using only 100 different words

Pick a number 1-9. Write it on a piece of paper. Now transform that number into a flower.

Have someone draw a random shape then complete the drawing.

Think of a fruit you enjoy. Now think of 10 different things you can make with it. Share your recipes.

Create an entire meal using foods that start with the same letter.

Write a story or article where the first letter of each line only uses the letters of your initials.

What is the letter of your first name? How many different animals can you name that start with that same letter?

Write a list of 5 things. Now do them, starting with the last thing first.

Write a poem about your favourite movie.

Pick a colour. Draw one picture every day for a week that reminds you of that colour.

Come up with a plot for a horror story and write a 5-page screenplay about it.

Write an article about your favourite food, and why it should be everyone's favourite.

Draw a significant other as a cartoon.

Pick a colour or material you normally avoid and use it in excess.

Write a 300-word story about why you love your best friend in 30 minutes, while they time you.

Create a crossword puzzle that only uses letters from your name, and words that describe your current feelings.

Create a collage of 15 quotes that inspire you.

Write a song about your favourite season.

Pick words from your favourite song to create a poem.

Close your eyes and point to ten different words in newspaper. Cut those words out and write one sentence around each word.

If you were to write a memoir about yourself, how would it start? Write the first page.

What would the name of your alter ego be? Act out a scene pretending to be that person.

What is your favourite flavour of ice cream? Now think of 7 words that rhyme with that flavour.

Reflect and record the best part of your day, every day, for one month.

Draw an object without looking at the paper and without lifting your pen.

What was the first word you spoke? Use that word at least 25 times in one day.

Think of 5 things that make you happy and write a short story incorporating all of them.

What is your favourite summer activity? Write a poem about it.

Pick one subject and illustrate that thing in an entirely different way every day for thirty days.

Draw an illustration of your favourite outfit.

Ask a friend for their favourite ingredient and create a recipe around it.

How old are you? Whatever the number, write down that many tings that you love about yourself.

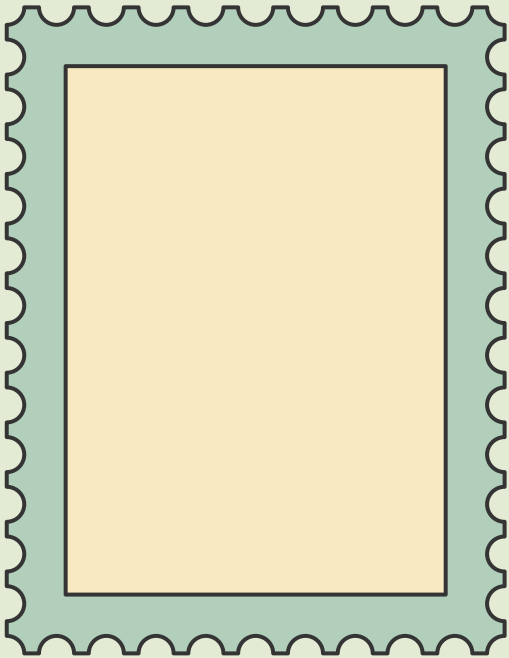
Create a mood board for a product you would like to create.

If you could design a billboard what would be on it? Draw a picture.

Take a close photo of someone you love and paint a portrait of it.

What are 5 things you have always wanted to try but never have?

"Commit yourself to lifelong learning.
The most valuable asset you'll ever have is your mind and what you put into it."
-Albert Einstein.



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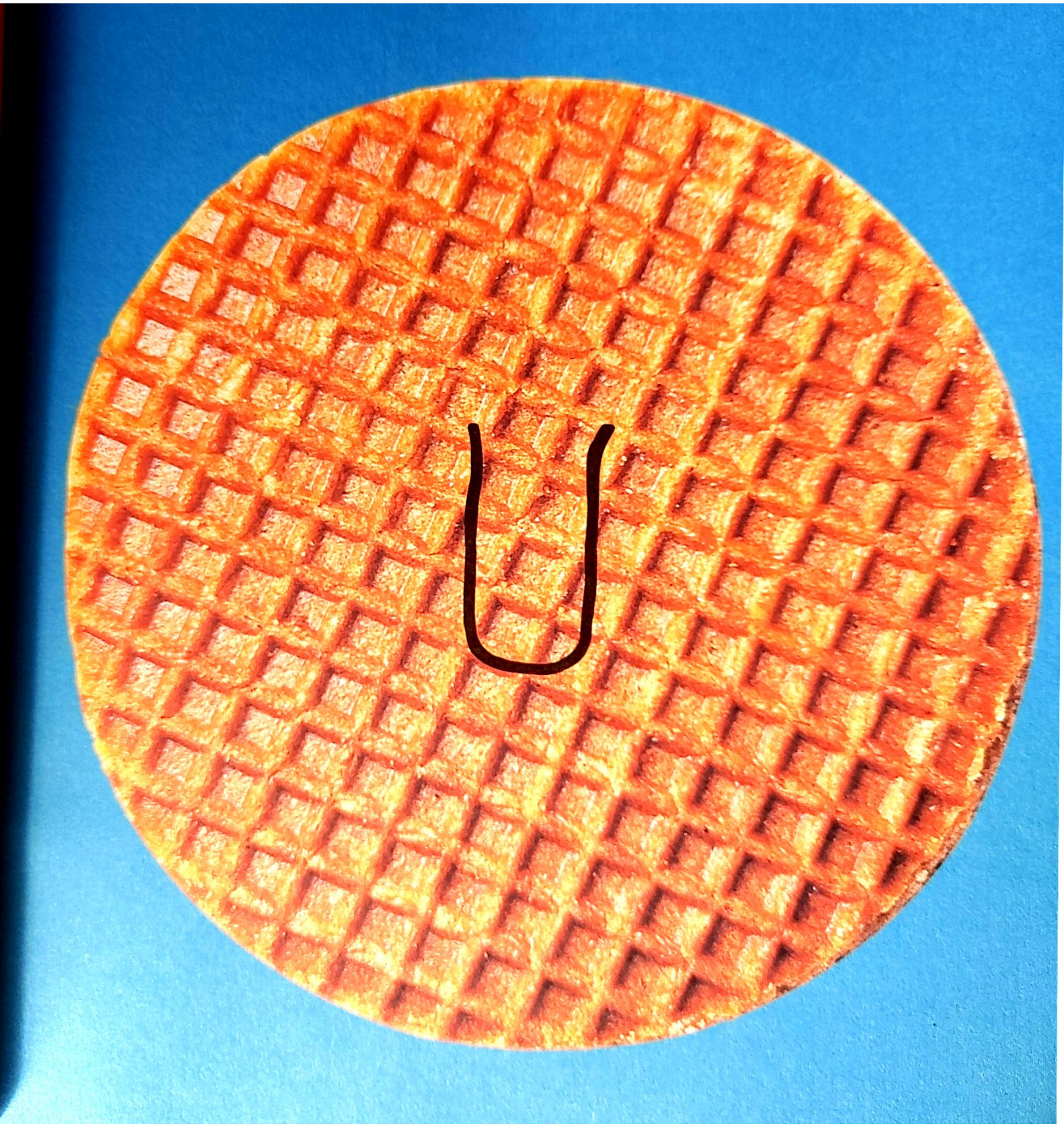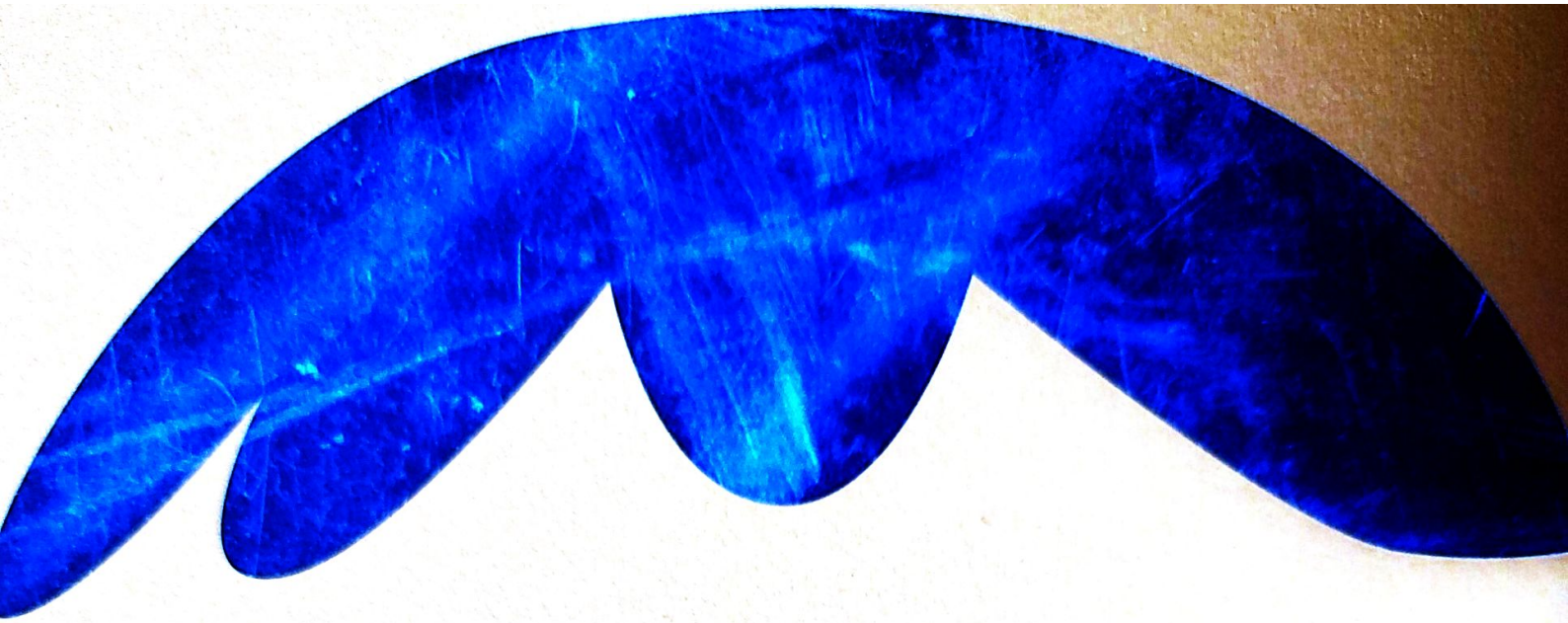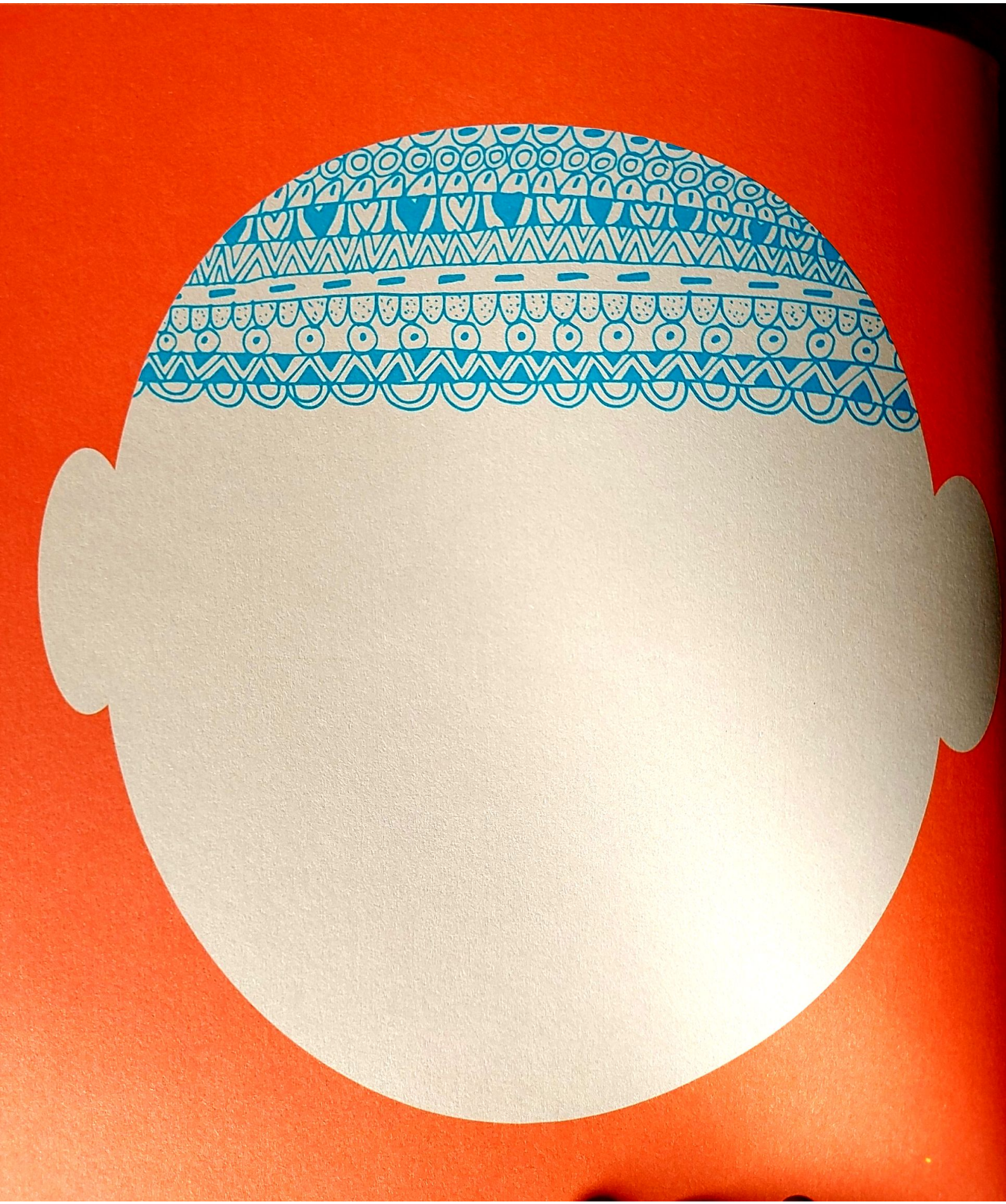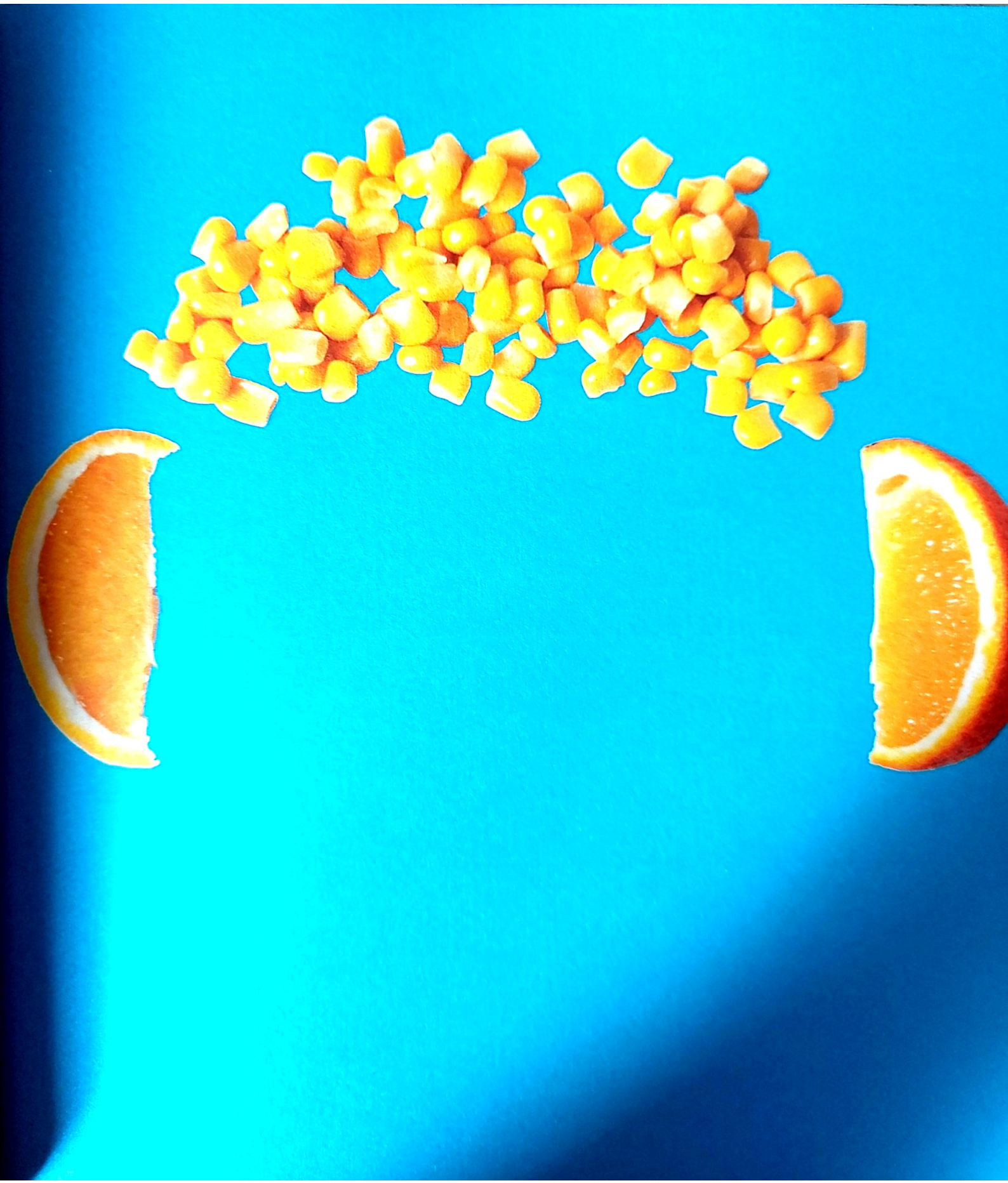
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