

MORE/LESS

Visual Journal Activity

Imagine a New Year. Now Draw it.

An illustrated More/Less list is a relaxed version of the classic New Year's resolution list, and a way to envision the things you would like more of in your life.

You will do one journal page for MORE and one for LESS. Think of the things that you enjoyed this year (you can also imagine things that would bring you joy in the future). Once you have an idea, draw a simple icon to represent it in the MORE page. If you want more jogging in your life, maybe draw a sneaker. Do the same for the LESS page: if you want less social media, maybe draw a phone.

You will fill the page with your icons while taking into consideration the space and composition.

See examples below:



