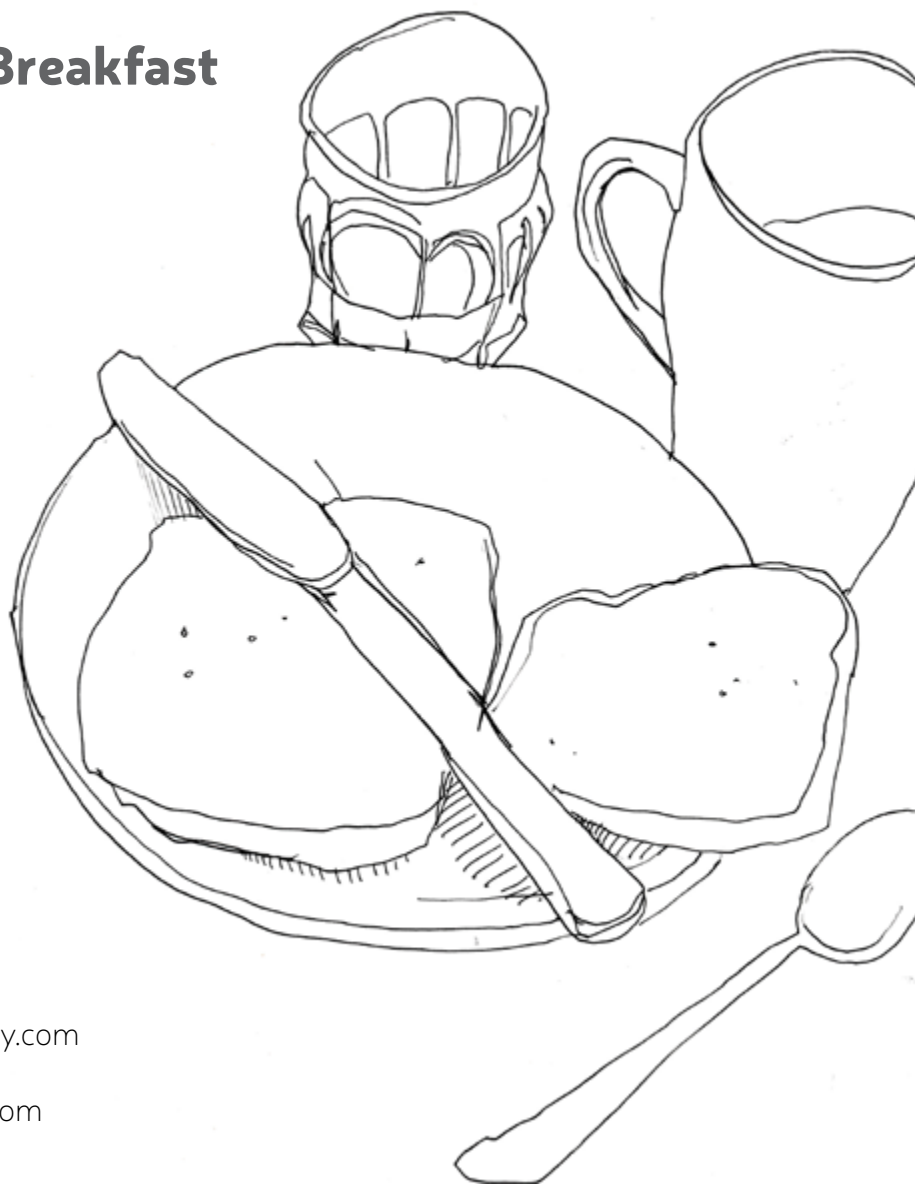


## Art Before Breakfast

*Use this space for drawing*



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“But I don’t have **time** to draw...”

Draw lunch as you eat it : 1 drawing

Draw the news as you watch it: 4 drawings

Skip 1 sitcom: 3 drawings

Skip 1 basketball game: 11 drawings

Overtime: 2 drawings

Draw in the locker room at the gym: 2 drawings

Draw the coffeemaker while you wait for the coffee to perk: 1 drawing

Draw in line at the supermarket: 1 drawing

Stay up an extra 10 minutes: 1 drawing

Get up 10 minutes early: 1 drawing

Draw during commercials: 6 drawings per hour

Draw every time you smoke a cigarette: 1 drawing

Draw till the waiter brings dessert: 1 drawing

Draw in the tub: 1-2 (waterproof) drawings

Draw on the phone: 2 drawings

Draw during a pedicure: 2 drawings

Draw in the doctor’s/ dentist’s/ therapist’s waiting room: 1 drawing

Draw at the red light: 1 drawing

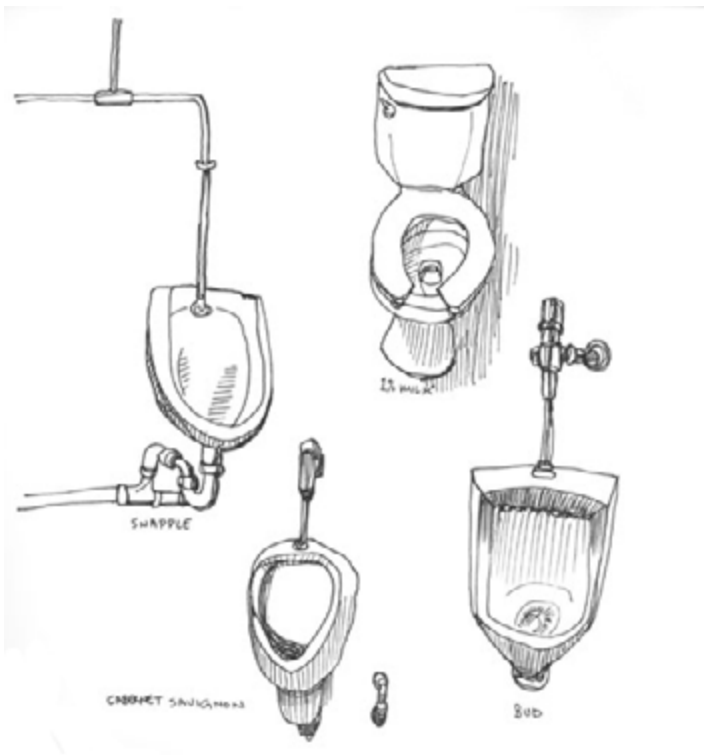
Get to work early, stay in the car: 1 drawing

Take the bus: 2 drawings

Draw while waiting for spouse to get ready: 2 drawings

Draw what you’re cooking while it cooks: 1 drawing

Draw on the john: 1 drawing



*“It is only by drawing often, drawing everything, drawing incessantly, that one fine day you discover to your surprise that you have rendered something in its true character.”*

*— Camille Pissarro*

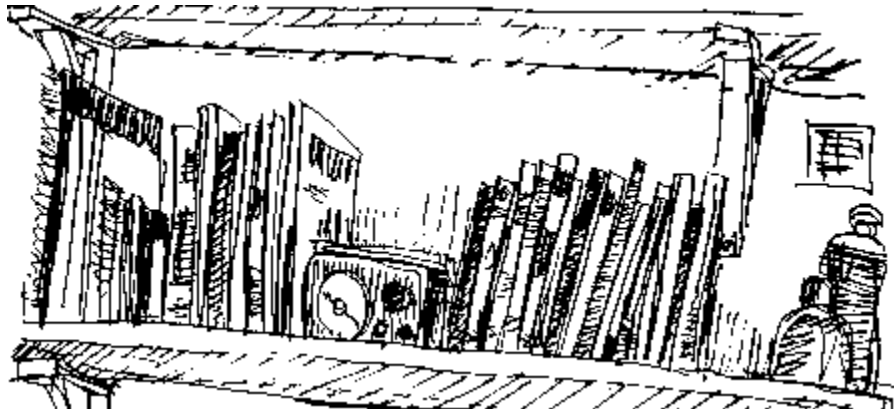
“But I don’t have **anything** to draw ...”

Contents of kitchen cabinet, fridge, bedside table, medicine cabinet  
All of your shoes, clothes  
Covers of ten favorite books  
Every significant front door of every place you’ve lived or worked  
Everything you eat today  
Contents of your bag, pockets  
Every tree on your block, labeled with its official Latin name  
Every car on your block  
Views out each window in your home  
Clutter on your desk  
A map of your neighborhood  
A map of the house you grew up in  
Every appliance in your house  
Every toilet in your house  
Series: every cup, mug, vase and lamp  
Your hands, feet, face, body  
The exterior of each place you buy lunch  
Your car’s engine  
Every pen and pencil in your desk  
Every present you got on your last birthday  
All of your sports equipment  
Every chair in your house  
Every outlet and all its plugs  
Everything that belongs to a pet: food, toys, clothes, bed, medicine, cage, etc.  
All the liquor in your cabinet  
The portraits in your yearbook  
Ten pieces of a broken cookie  
Ten manhole covers  
Ten hydrants  
Portraits of your spouse, kids, pets asleep  
Each component of a sandwich, individually, then assembled  
All your jewelry and watches  
Every hat you own  
Every bill and coin in your pocket  
Ten things from any catalog in your mailbox  
A plate of spaghetti  
The laundry: clothes, machines, detergent, etc.  
You



# Draw one thing each day

1 - Draw a shoe 2 - Draw a desk lamp or other lamp 3 - Purses, Wallets or Bags 4 - Draw your mug or cup 5 - Draw your bed 6 - Draw your favorite well-loved object ... or a childhood toy 7 - Draw a bottle, jar or tin from the kitchen 8 - Draw your watch or other piece of jewelry 9 - Draw a bit of "organized chaos" - your messy desk, your table stacked with books, etc. 10 - Draw your hand or hands (or someone else's if you like) 11 - Draw your glasses or sunglasses 12 - Draw what you ate for dinner 13 - Draw your telephone (land line, cell, old-fashioned?) 14 - Draw what you see in the morning when you get up 15 - Draw a tree or trees, leaves or branches 16 - Draw a favorite tool 17 - Draw a musical instrument 18 - Draw the view from a window of your house, apartment, office, etc. 19 - Draw something you've made 20 - Draw something "Dad" - in honor of Fathers Day 21 - Draw something old, antique or vintage 22 - Draw a piece of clothing 23 - Draw your foot 24 - Draw a piece of fruit 25 - Draw a glass (the kind you drink from) 26 - Draw anything you like. If you want to draw a vegetable, that's fine, too. 27 - Draw a book or anything else you want. 28 - Draw an appliance or anything else you like. 29 - Draw something architectural or anything else. 30 - Draw a chair or anything else you feel like. 31 - Draw something you collect 32 - Draw something metallic 33 - Draw an eye 34 - Draw a fall leaf 35 - Draw a bicycle or a part of one 36 - Draw out in public 37 - Draw some keys 38 - Draw something related to Halloween, All Souls Day, Dia de los Muertos, All Saints, etc. 39 - Draw at a museum 40 - Draw your toothbrush 41 - Draw something with folds 42 - Draw a landmark of your city 43 - Draw something china or ceramic 44 - Draw an animal - a pet, a zoo animal, a stuffed one ... 45 - Draw your medicine cabinet (the inside of it) 46 - Draw something holiday themed (Hanukah, Christmas, Kwanzaa, winter solstice) 47 - Draw a challenge from the past year 1-46 that you didn't try before 48 - Draw something that represents your new year's goal or resolution 49 - Draw your refrigerator interior (and contents) or exterior (and what's on the door) 50 - Draw your home's entryway and journal your thoughts and feelings about "homecoming." 51 - Draw your TV and favorite show playing. Journal about why you like that show etc. 52 - Draw a dog (yours or a friend's or anyone's) and journal about your dog relationships. 53 - Draw a mouth and journal about speaking out or holding one's tongue ... 54 - Draw someone or something you love - and journal about it. 55 - Draw a doorknob, plain or fancy 56 - Draw a self portrait 57 - Draw a picture frame and the picture in it. Write about why it's special to you. 58 - Draw a hat, cap or other headgear. Is it sentimental? Write about it. 59 - Draw a sign or spring (or fall if you live in the southern hemisphere.) 60 - Draw an automobile or a part of one 61 - Draw a grouping of 2 or more of similar objects 62 - Draw a previous challenge in a different medium than you usually use. 63 - Go on a nature walk, pick up items, draw what you find 64 - Draw your sink - at home, work or wherever 65 - Draw your nose, a friend's or a stranger's. Or a pet's. 66 - Draw a fire hydrant and make a journal entry about fire fighters 67 - Draw something Mom - your mother, something that reminds you of motherhood. Journal, too. 68 - Draw your computer 69 - Draw a beverage and write a little about it. 70 - Draw what you're afraid of. Write about it, if you dare. 71 - Draw something representing your favorite sport. 72 - Draw somewhere new. Go somewhere new to you and draw what you find. Write about it, too. 73 - Draw a mailbox and write about the most important piece of real world mail you've ever received (not email - snail mail.) 74 - Draw some clouds and write about them 75 - Draw the ingredients and/or process of a favorite recipe - and journal about it. 76 - Draw some flowers (or colorful showy foliage if you're in the S. hemisphere and don't find flowers in bloom.) 77 - Draw something cold or cool. Chill, people. 78 - Draw a souvenir of a place you've been. Journal a bit about your memories of the place. 79 - Draw an ear, or two or three or more 80 - Draw something that makes you happy, and write about it, too. 81 - Draw a streetlight 82 - Draw your artspace - drawing board, desk, studio, table - draw where you create. 83 - Draw a nearby body of water - ocean, lake, pond, river 84 - Draw some bread and write about it if you like. 85 - Draw a store in your neighborhood - inside, outside or both. 86 - Draw a traffic sign 87 - Draw your lunch and journal about it. 88 - Draw something breezy - something that blows in the wind - a flag, leaves, your choice... 89 - Draw a button or buttons 90 - Draw something with wings 91 - Draw an apple 92 - Draw a brown paper bag 93 - Draw an egg carton, with or without eggs in it. 94 - Draw a spoon and journal a little about it 95 - Draw a holiday card 96 - Draw something sweet 97 - Draw a present you have received. Why is it special? 98 - Free choice. Draw anything you like. We're all busy before the holidays. 99 - Draw something that represents a new year's resolution of yours 100 - Draw or paint a landscape 101 - Draw a bar of soap 102 - Draw a power plug 103 - Draw some exercise equipment you use. 104 - Draw some salt and pepper shakers



## Books that'll get you drawing:

"Art Before Breakfast: a zillion ways to be more creative no matter how busy you are:"  
by Danny Gregory

"An Illustrated Life: Drawing Inspiration From The Private Sketchbooks Of Artists, Illustrators And Designers" by Danny Gregory

"The Creative License: Giving Yourself Permission to Be the Artist You Truly Are" by Danny Gregory

"Everyday Matters" by Danny Gregory

"Sketch" by France Belleville

"Urban Watercolor Sketching" by Felix Scheinberger

"Drawing on the Right Side of the Brain" by Betty Edwards

"The Zen of Seeing" by Frederick Franck

"A Life in Hand: Creating the Illuminated Journal" by Hannah Hinchman

"How to Make a Journal of Your Life" by Dan Price

"Drawing for Older Children and Teens" by Mona Brookes

"Keys to Drawing with Imagination" by Bert Dodson

## Some useful online resources:

[dannygregory.com](http://dannygregory.com)

[dannygregorysblog.com](http://dannygregorysblog.com)

[sketchbookskool.com](http://sketchbookskool.com)

[facebook.com/groups/edmatters](https://facebook.com/groups/edmatters)

[facebook.com/groups/sketchbookskool](https://facebook.com/groups/sketchbookskool)

## Other cool online sketch-book drawing folks:

[tommykane.blogspot.com](http://tommykane.blogspot.com)

[rozwoundup.typepad.com](http://rozwoundup.typepad.com)

[wildyorkshire.co.uk](http://wildyorkshire.co.uk)

[prashart.blogspot.com](http://prashart.blogspot.com)

