

Your free guide

# 12 sketch prompts - at your desk



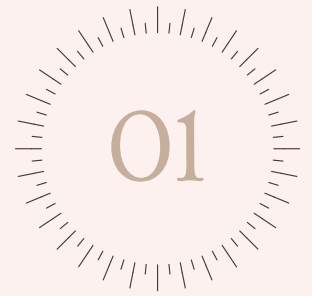
12

sketch prompts  
to try at your desk



# Materials

- printer paper
- pen
- marker

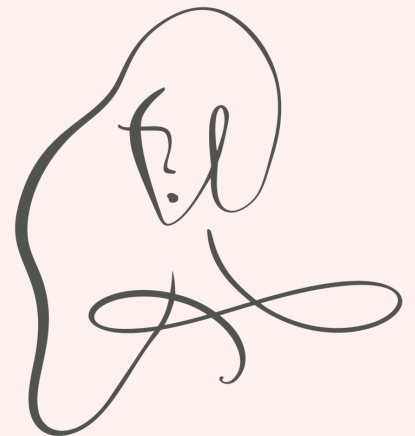


## Find a space that works for you

- outside break bench
- in the coffee corner
- in your car
- office restaurant
- lunch terrace
- nearest parc

or simply

- behind your desk



## Relax, focus, draw

- take a deep breath
- choose one topic
- focus on lines
- decide to not judge result
- follow your pen
- enjoy the progress
- close your book



and continue your day.

# How to start!

## A STEP-BY-STEP GUIDE

01

### SWITCH OFF

Find a space free from distractions or shut down tech.

02

### FLAT

Make sure there is a flat surface for notebook balance.

03

### FRESH AIR

If you're lucky and you can go outdoors, do it and take in some fresh air.

04

### CALMNESS

Make your space calm with essential oils or rosewater spray.

05

### JUST ONE

Pick one of the prompts.

*I always say:*

*"A sketch a day keeps the doctor away."*



# How to start!

## A STEP-BY-STEP GUIDE

06

### PERMISSION

Commit to giving yourself permission to try and make mistakes without judgment.

07

### LINES

Focus on lines. Keep it short and simple. Sketch max. 5 minutes.

08

### ME-TIME

Choose to be happy with this mini-moment of me-time, no matter how your sketch looks.

09

### ONE BOOKLET

Keep all your sketches in one area, ideally one book. Take it everywhere.

10

### PRO-TIP

Remember: Creation does not equal evaluation.

*I always say:*

*"A sketch a day keeps the doctor away."*



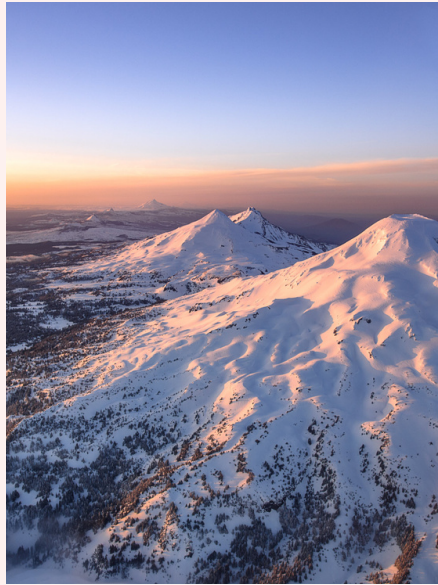


# At your desk evasion sketch

max.  
5  
minutes



A cup of coffee  
*Train your eye to just  
look at lines*



A mountain  
landscape



Linedrawing of your  
deskmaterial



Sweet flower parade  
*Start with circles here*



A pet



A bridge between  
buildings  
**REMEMBER**  
*keep it easy, just draw lines*

# DAILY SKETCH PAGE

**MONDAY**



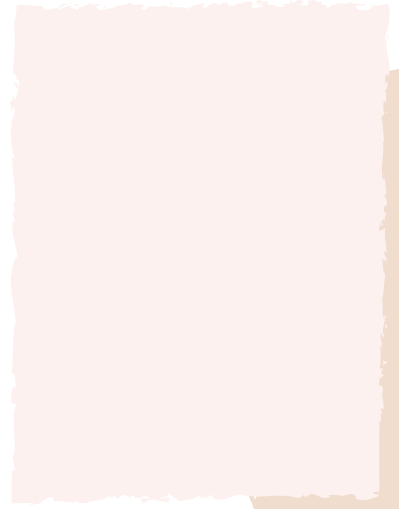
A cup of coffee

**TUESDAY**



A mountain landscape

**WEDNESDAY**



Linedrawing of your deskmaterial

**THURSDAY**



Sweet flower parade

**FRIDAY**



A pet

**SATURDAY**



A bridge between buidings

**SUNDAY REVIEW - LOOK BACK & ENJOY!**

*I always say:*

*"A sketch a day keeps the doctor away."*



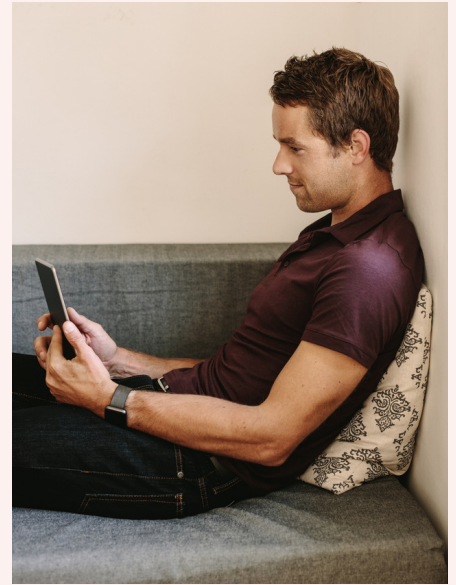
# At your desk evasion sketch



Large pinetrees  
with horizonline



Ocean view



A friend in  
relaxmodus

*Remember don't judge your work.  
Enjoy the trial and error*



Selfcare fun



Happy jump



Sketching = gifting  
yourself your  
unexplored talent



# DAILY SKETCH PAGE

**MONDAY**



Large pinetrees  
with horizonline

**THURSDAY**

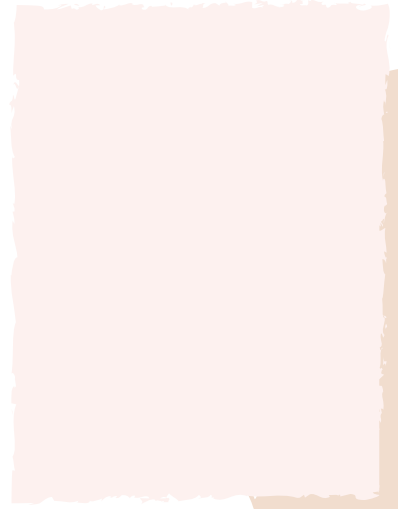
**TUESDAY**



Ocean view

**FRIDAY**

**WEDNESDAY**



A friend in  
relaxmodus

**SATURDAY**



Selfcare fun



Happy jump



Sketching = gifting  
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**SUNDAY REVIEW - LOOK BACK & ENJOY!**

*I always say:*

*"A sketch a day keeps the doctor away."*

# How to be happy with my (s)crappy!

## JUST BE KIND TO YOURSELF

01

### USE A TIMER

Really just draw max. 5 minutes.  
Do NOT continue.

02

### ACCEPT

Accept that beginners won't  
make masterpieces in 5  
minutes.

03

### LINES

Train your eyes and mind to see  
and ONLY draw the mainlines in  
the photos: an important  
drawing skill.

04

### PROGRESS

Sketch by sketch you sense  
more ease and progress. Even if  
a little is a win.

05

### INNERCRITIC

No reason for him/her to tackle  
you while you just draw lines  
only 5 minutes.

*What could become  
your ideal sketch moment?*



Hey there!

*free*  
This guide is sponsored by the  
Sketch It Out! Method ®

Hi! My name is Margaret and I help 'non-creative' people to get in creative shape in a sweet, short & simple 6 weeks course without any form of performance pressure.

It's fun so if you've ever thought "I'd love to be able to draw better" - click the link below and check out everything about this fun course. You've got this!

More info [here](#).



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