



# DRAWING WORKBOOK

Peace and Positivity  
Through Coloring, Zentangle®,  
Mandalas, Doodling, and Other  
Meditative Arts



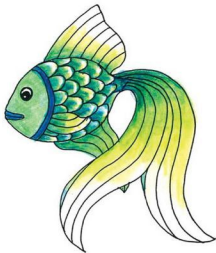
SUZANNE MCNEILL, CZT

## COLOR SCHEME IDEAS

Still not sure where to start coloring? Get inspired by some of these color scheme options to help you pick up the pencil or marker!



Warm colors



Cool colors



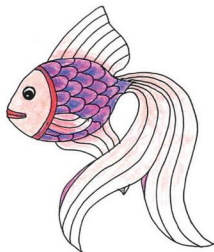
Monochromatic blue colors



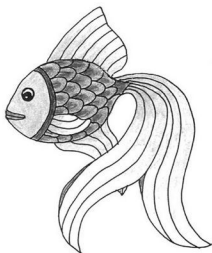
Natural colors



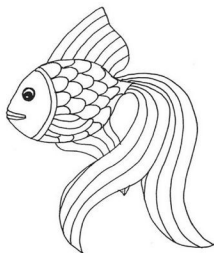
Rainbow colors



Mixed bright colors



Neutral gray colors



 Try coming up with your own color scheme.

## COLORING GALLERY

On these pages you'll see full-color examples of the coloring pages you'll get to color yourself on pages 18-25. Coloring is simple, relaxing fun—there are no deadlines, no rules, and no right or wrong decisions. Whether you're coloring your own doodles, sketches, Zentangle tiles, or other art, or coloring art made by someone else, no one is going to judge you for your work. Your art is unique and beautiful. So pick a color and go for it!

See pages 9, 50–57, and 66  
for more tips about coloring!



Colored pencils by Emily Adair



Colored pencils by Maria Persuitte



Colored pencils by Cindy Shepard





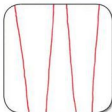
Beanstalk



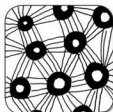
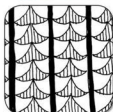
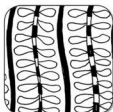
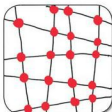
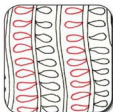
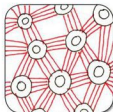
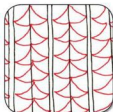
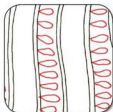
Tree Farm



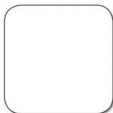
Network



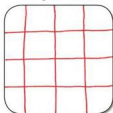
Connections



Draw each tangle.



Neighborhood



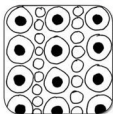
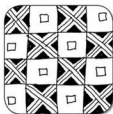
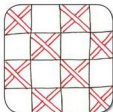
Sparkle



Paisley



Patio Paving



Draw each tangle.

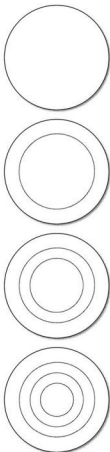




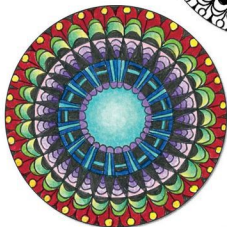
# MANDALAS

One of the wonderful benefits of practicing art is that you begin to notice your surroundings with new awareness. Just look around you. There are circles everywhere and in all sizes—soup cans, lids from bottles, teacups, dinner plates, and thread spools. You can use any of these things not only to inspire your drawing, but as items to trace to get differently-sized circles! Another option that I like to use is to make a circle with a plastic circle template that has many sizes of circle right there on it.

**Steps for drawing concentric circles.**

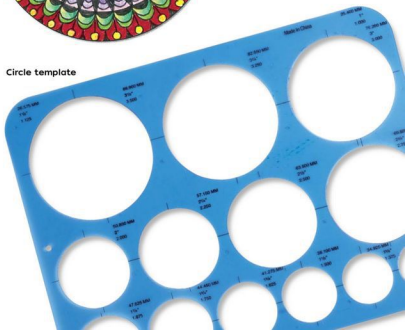


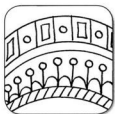
Black Micron pen



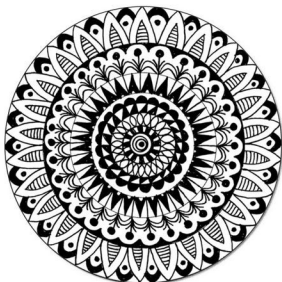
Colored pencils by  
Cindy Shepard

Circle template

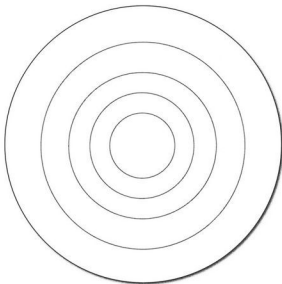




Sample patterns



Black Micron pen



Draw patterns in the mandala.

## JOURNALING

Capture your favorite sentiments and thoughts in simple and artful ways.



1. Draw guidelines. Sketch words with a pencil.



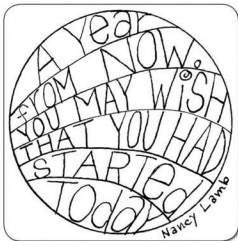
2. Trace over the pencil lines with a black Micron pen.



3. Erase the pencil lines and start to color.



4. Finish coloring the design.

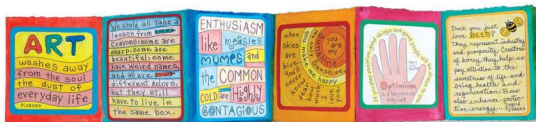


A quote can fit into any interesting frame.

## SENTIMENTS ACCORDION BOOK

If you ever have trouble choosing a subject for journaling, go back to the basics. Choose quotes and sentiments that reflect your life experiences and interests. Illustrate them and then paste them inside an accordion

board. Display this accordion so you can look at it frequently to get an emotional boost. Try putting it on your mantle, coffee table, or entryway table. Attractive notes brighten everyone's day.





## COLOR, DOODLE, DRAW, RELAX

Experience the Zen of creativity with today's most popular therapeutic art techniques. Inside you'll find step-by-step instructions for Zentangle®, mandalas, Doodly Grids, coloring, FloraBunda, and much more. Whether you have only a few minutes to spare or want to relax for hours, this big book will have you coloring and drawing your way to peace, calm, and mindfulness through art.

Clear how-to explanations and gorgeous color illustrations make it easy to find your Zen with colored pencils, markers, pens, crayons, or watercolor pencils. Sample projects will guide and inspire you, with plenty of space right inside the book to experiment with color, pattern, and form. These simple art techniques will help you to relax, feel more positive, and enjoy the moment. So get in your creative zone with therapy that's fun!

### Discover the wonderful mental, spiritual, and physical benefits of meditative art:

- Best practices for eight therapeutic drawing techniques
- Mindful, relaxing art that is uniquely yours and fun to do
- Doodly Grids, sketching, Zentangle, coloring, FloraBunda, and more
- Sample projects, drawing guides, and step-by-step instructions

Suzanne McNeill, CZT, has authored more than 200 art and craft books, including more than 20 books about Zentangle® and drawing. She has been voted Designer of the Year and received the Industry Achievement Award from the Craft & Hobby Association.



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