



# No Excuses Art Journaling: Making Time for Creativity

*Gina Rossi Armfield*

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**Kiss those excuses goodbye!**

"I don't have time." "I don't know what to journal about." "I can't keep the momentum going."

Sound familiar? What are your excuses for not spending time with your art journal? Get ready to cast those excuses aside because **Gina Rossi Armfield's** *No Excuses Art Journaling* offers a no-fail approach to art journaling.

Using a day planner as your art journal, you'll find daily, weekly and monthly prompts that you can adapt to fit your real-life, busy schedule. Along the way, you'll learn fun and convenient techniques to add sketching, watercolor painting, collage and more into your journal, all while setting goals, creating art and chronicling your unique life.

Inside You'll Find:

More than 20 mixed-media art journaling techniques demonstrated step-by-step so you can add color, style and life ephemera to your journal.

6 pages of journaling prompts and tips for every month of the year.

Dozens of inspirational art journal pages by Gina and 12 guest artists to show how you can make the No Excuses program decidedly yours.

Grab your journal and pen, and kick your excuses to the curb!

## No Excuses Art Journaling: Making Time for Creativity Details

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Author : Gina Rossi Armfield

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# **From Reader Review No Excuses Art Journaling: Making Time for Creativity for online ebook**

## **Laura says**

I waffled between 3-4 stars for this book. There are some errors and vague information regarding material names in the beginning of the book which could confuse some beginners. I almost quit reading because of it, but decided to stick it out and I'm glad I did. Daily art journaling is something I've been struggling with. I enjoy it, but haven't been able to find the right format fit for the time I have available. The format and ideas in this book turned out to be a good fit for what I want to do. The information on this method of journaling was fantastic, and it's easy to cherry pick ideas that you want to use and leave out others that won't.

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## **Jamie says**

This is great in every way! If you have an interest in art journaling, documenting your life on a regular basis, and want an inspiring, easy-to-use book to get you started, this is it. It is now on my to-do list, possibly for 2015.

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## **Chris says**

1.5 stars. So-so - perfect if you're looking for a very structured approach to art journaling at \$50-\$97/year. No thanks, although I did enjoy some of the sample journal pages in the book.

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## **Elizabeth A says**

From the blurb: Using a day planner as your art journal, you'll find daily, weekly and monthly prompts that you can adapt to fit your real-life, busy schedule. Along the way, you'll learn fun and convenient techniques to add sketching, watercolor painting, collage and more into your journal, all while setting goals, creating art and chronicling your unique life.

This book is probably really good for the absolute beginner to art journaling. If you have never done it before, this book has simple instructions, prompts, and colorful examples to get you inspired. It is a little too contrived for my tastes, but I did enjoy seeing how various guest artists interpreted the prompts.

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## **Jhoanna says**

A fantastic easy primer on how to kickstart your daily art-making. Gives you a simple formula (with downloadable instructions & art prompts) to make a calendar-type art journal with monthly, weekly and daily art projects.

Gina Rossi Armfield champions a no-fuss, it's-okay-to-make-mistakes view of art journaling which makes her prompts ridiculously easy to follow. Daily "tasks" are things like: pick a color of the day, doodle a design and pick a word of the day - all totally doable and low stress.

It's brought tremendous joy and creativity to my life and reignited my passion for making art.

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### **Jen says**

Certainly a great book to get you started in art journaling. It has some great sample pages in the last section of the book, with examples of art journal artist's work and ideas (including one of my favourites, Jenny Doh).

It is very 'seasonal' - if you live in any part of the southern hemisphere, like Australia/NZ then you may find it a little irritating to have suggested themes and imagery that only suits the seasonal cycles of the north. It is also very Americanised (Thanksgiving, etc).

It does give you lots of exposure to washi tape, and may increase your collection exponentially (it did for me!). And there are a lot of prompts - daily, weekly and monthly. But it is a guide, so taking what you need from this book is the best way to use it. It's something that got me back into regular art journaling again this year, and I'll definitely refer to it randomly throughout the years. It's a great book for beginners, or those who need a 'getting back into it' guide.

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### **Gina says**

Did not grab me when it was first published but like the take on easy ways to punch up your art journaling. Inspired me to just start where I was. Did not use a yearly planner as I thought the paper would be inferior but used a blank commercial journal instead. As a bookbinder, I am also concerned with the stress on the spine all the additions will cause but have methods of dealing with that. Liked the free Kindle copy and bought the paperback as well.

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### **Linda says**

another instructional book, but, hey, since I'm so far behind for the year, I'll use anything. Haven't actually used it, but, lots of fun ideas.

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### **Bekah says**

Offers some good beginners advice on materials to use and how to set up a planner-like art journal. I would have liked more inspiring journal prompts.

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## **Elisa says**

Has some useful ideas, but a bit too OC for me. I already pick my color for the day by what I wear; don't mind a word for the day; drawing the weather every day seems a tad boring. Plus Collage for the month, color palette for the month, weekly design cards, thematic grids (draw a different eye for every day in February)...

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## **Christine says**

Inspiring! This books leaves me with "no excuses", lol. There are lots of ideas for my journal that include small scale art projects and writing prompts. Tons of techniques and supplies to make those projects. I can't wait to try them all.

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## **Cindi P. says**

I began exploring art journaling during an online course with Brene Brown, The Gifts of Imperfection. That made me curious to know more, as well as the courage to try. I don't consider myself an artist. I am, as I believe all of us are, creative, though that remains dormant during the daily demands of life. I'm also not deeply crafty, nor do I have the patience to be. All that being said in an effort to encourage the art shy journalers, I enjoyed the book. It is good at step-by-step guidelines with enough examples to provide both a buffet of ideas and inspiration to pick and choose what to try, as well as describing tools and technique. I plan to explore what appealed to me in expanding my art journaling skills. And have fun trying. This is an encouraging training manual.

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## **Quinn says**

Before I met Gina Rossi Armfield, her book, No Excuses Art Journaling, had me hooked. After I met her at CHA (Craft and Hobby Association Convention in Anaheim), I felt I'd met someone I'd known for a long time and crossed paths with again. She's warm and happy to share her ideas. Over dinner, I got hooked on her style of art journaling and am having a lot of fun doing a "No-Excuses" journal of my own.

Her book is a flat-out, ingenious way to journal. There are easy step-by-step instructions. Take a book-size calendar, weekly preferable. Convert the datebook into a journal by adding the journaling program (a free download) by taping it into the datebook. Add envelopes in each month, to store snippets you will want to use as you go along.

Gina also gives you monthly theme pages with quotes, ideas and prompts to put in the calendar for each month. You then add watercolor paper so you can draw, collage or paint, as you decide.

That's just the beginning. Each month has a theme, there are tasks for each week. Feeling overwhelmed? No need. She just wants to make sure you aren't bored. You can do as much or as little as you want.

I decided to use a watercolor sketch book and added sticky-note weekly calendar pages. This page shows

some envelopes I made to hold painted leaves and feathers.

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To help you stay interested, she teaches you some techniques: how to carve your own rubber stamp, how to create collages, how to do contour drawings (so you can create sketches, which you also learn.

There are hints to work with photo strips, the color of the day, getting in touch with your emotions and drawing the weather. Just when you think you are going to pop if you don't grab a journal and get started, she gives examples of her own and from guest artists like Jenny Doh, Jennifer Joanou, Traci Lyn Huskamp, LK Ludwig, Susan Elliott--one for each month of the year.

Each artist chose a color palette to work with and answered a set of interview questions. You get an intimate look at each included artist and a view of their interpretation of the assignments.

The book is cheerful and peripatetic. You will want to use it as a reference, as a guide, as an inspiration.

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## **Heather Miller says**

### **a nice book**

this is a great book...it just wasnt what i was  
looking for. it would be great for someone more artistic.

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