FREE DIGITAL EDITION

100 Days of Art

A Creative Path to Healing

by David Zak

This is the complete workbook, free.

Make art every day for 100 days.

One short session: feel, get a prompt, make, done.

Continue the journey at dailyartlog.com

one encouraging email a day for 100 days

Prefer paper? The print workbook is on Amazon.

100 Days of ART WORKBOOK

A Creative Path to Healing

David Zak

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Second Edition

This book is not a substitute for professional medical or psychological advice.
Always seek the guidance of qualified professionals with any questions you may have.



Thanks to Rebecca for suggesting that I make art for 100 days in a row to feel better. It made me remember who I am.



To make art is to heal.

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scrapwood
acrylic paint
oil paint sticks
REMEMBER
WHO
YOU
ARE
house paint
marker

MIXED MEDIA

Introduction

“I wonder if I could make art if I tried ”

If this resonates with you, welcome! This could be the next best step in your life.

During COVID I, like many people, felt stuck, depressed, anxious, and without direction.

My wife, Rebecca, suggested: *“Why not make art every day for 100 days?”* I’ve now done three ‘100 Days of Art’ Challenges, and each time leads to enlightenment.

Perhaps being creative would help me feel better? At the very least it would be a distraction, and I was sure it couldn’t hurt. I gave it a go, and the results were nothing short of transformative. Daily creativity gave me purpose, something to wake up to, and somewhere to put what I was feeling.

Making art for 100 days in a row built a positive habit that changed my behaviour, my mind, and my outlook. I want to share this simple but profound process with you, because if it worked for me, I believe it can work for anyone. Approach it with an open mind and **trust in the process.**

You can do this.

David Zak

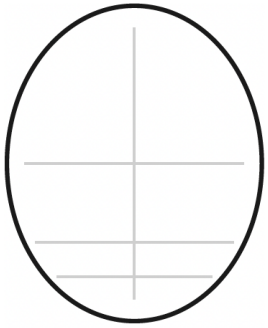
How to Use This Workbook

First, the most important thing to know: you don't make your art in this book. Your art happens outside these pages, on canvas, paper, wood, or whatever you choose, with the materials that suit you.

This workbook is home base. It's where you check in with how you feel, plan what you'll make, sketch a rough idea, track your progress, and keep yourself motivated. It runs alongside the art. It isn't the canvas.

Each day has a page. Record your mood, jot a thought, sketch a plan, and mark the day done. Over time you'll notice patterns, some days flow with ease, others are tougher, but keep going.

Consistency matters more than perfection. And expect two things to grow together: the art you can hold in your hands, and the way you feel while making it. Both are the point. When you're ready, create a final project as a beautiful bonus.



Draw how you feel on this face.



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The Benefits of Art

Art is transformative and healing. A daily creative practice has decreased my anxiety and depression, and it can do the same for you. Even if it feels unproductive at times, trust the process.

Art provides:

1. A way of healing
2. A mental-health boost, diverting attention from daily stress
3. A calming, kinesthetic experience
4. Flow: enhancing concentration and problem-solving
5. Discovery and surprise
6. Self-expression and communication
7. Joy from creating and being around art

I'm not just saying this. The next page shows what's happening in your brain.

The Science

Why a daily art practice really works, backed by research.

A way of healing

“Art therapy reduced symptoms of depression and fatigue in patients undergoing medical treatment.”

Bar-Sela et al. (2007), Psycho-Oncology, 16, 980–984.

A mental-health boost

“Art therapy can improve mental health by enhancing self-awareness, self-esteem, and emotional resilience.”

Health.com (2024).

A calming, kinesthetic experience

“Artistic activity provides a calming, hands-on experience that can ease anxiety and promote relaxation.”

The Guardian (2024).

Flow, focus & problem-solving



“Participation in the arts can lead to a state of flow, enhancing concentration and problem-solving.”

The Guardian (2024).

Discovery and surprise



“Artistic expression can lead to personal discovery and unexpected insight into yourself.”

Health.com (2024).

Self-expression and communication



“Art offers a way to express what’s hard to put into words.”

Health.com (2024).

Joy from creating



“Engaging with art, making it or simply looking, can bring joy and boost overall well-being.”

The Guardian (2024).

Here's Why It Works

Why does making art actually make you feel better? It isn't magic, and it isn't about talent. It's your biology.

YOUR BRAIN'S REWARD SYSTEM SWITCHES ON

Deep in your brain is a reward pathway, the same circuitry that makes food, music, and good company feel good. When researchers watched people's brains while they colored, doodled, and drew, this reward region lit up with activity, every time, compared to sitting still. Your brain treats the simple act of making marks as something worth doing.

IT'S THE DOING, NOT THE RESULT

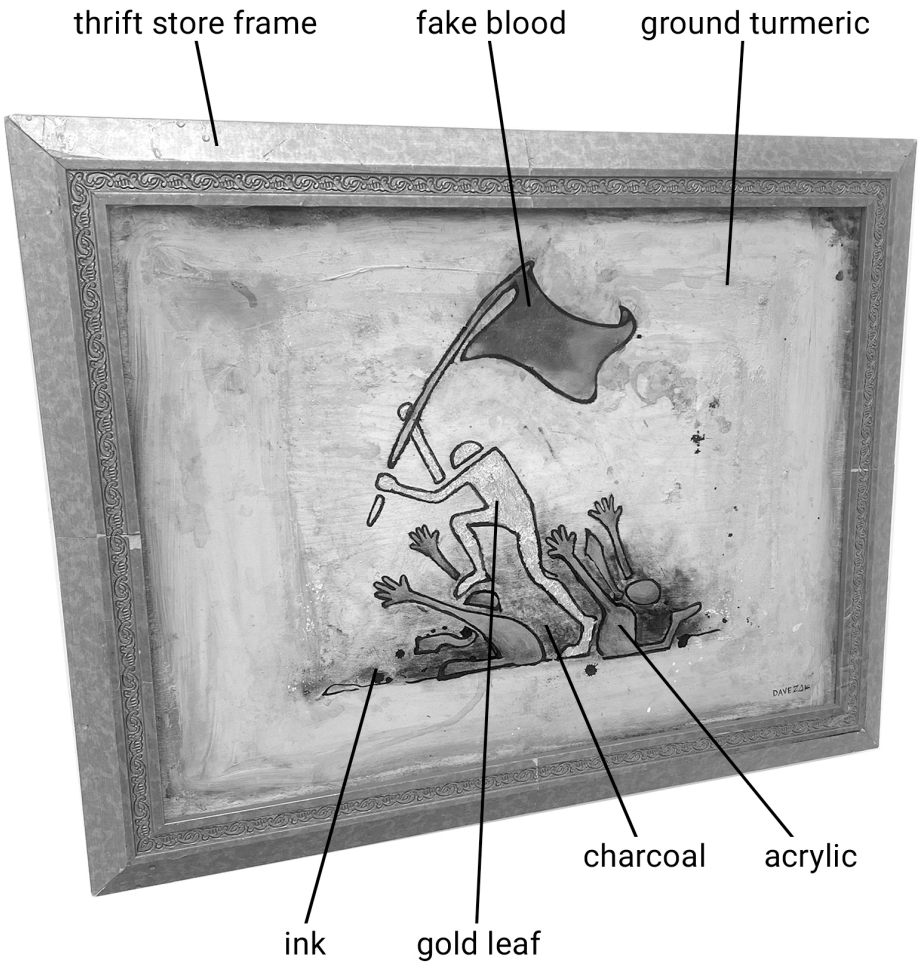
The reward showed up during the process, no matter how "good" the art was. It worked for people who had never made art before, just as much as for trained artists. You do not have to be talented. You just have to begin.

AND YOUR STRESS COMES DOWN

At the same time, art quiets the body's stress response. In one study, just 45 minutes of making art measurably lowered cortisol, the body's main stress hormone, in most people who took part. Again, prior experience made no difference. The calm is available to everyone.

So a little reward, a little less stress, repeated daily for 100 days. That is how a small habit slowly rebuilds how you feel.

Kaimal et al. (2017), The Arts in Psychotherapy; Kaimal, Ray & Muniz (2016), Art Therapy. See References.


thrift store frame
fake blood
ground turmeric
charcoal
acrylic
ink
gold leaf

MIXED MEDIA

What Is Your Art?

SO WHAT THE HECK DO I MAKE?

Art takes many forms. The key is to choose something that engages your hands and lets you physically connect with materials: brush on canvas, pencil on paper, clay in your hands.

Unsure where to start? Think about what excites you. Love color? Try painting. Enjoy structure? Try sculpture or woodworking. On a budget? Drawing, journaling, and collage are accessible and powerful.

Circle anything you'd like to try:

Painting Drawing Watercolor Acrylics Collage

Mixed Media Pottery Ceramics Sculpture Sketching

Illustration Doodling Lettering Calligraphy Printmaking

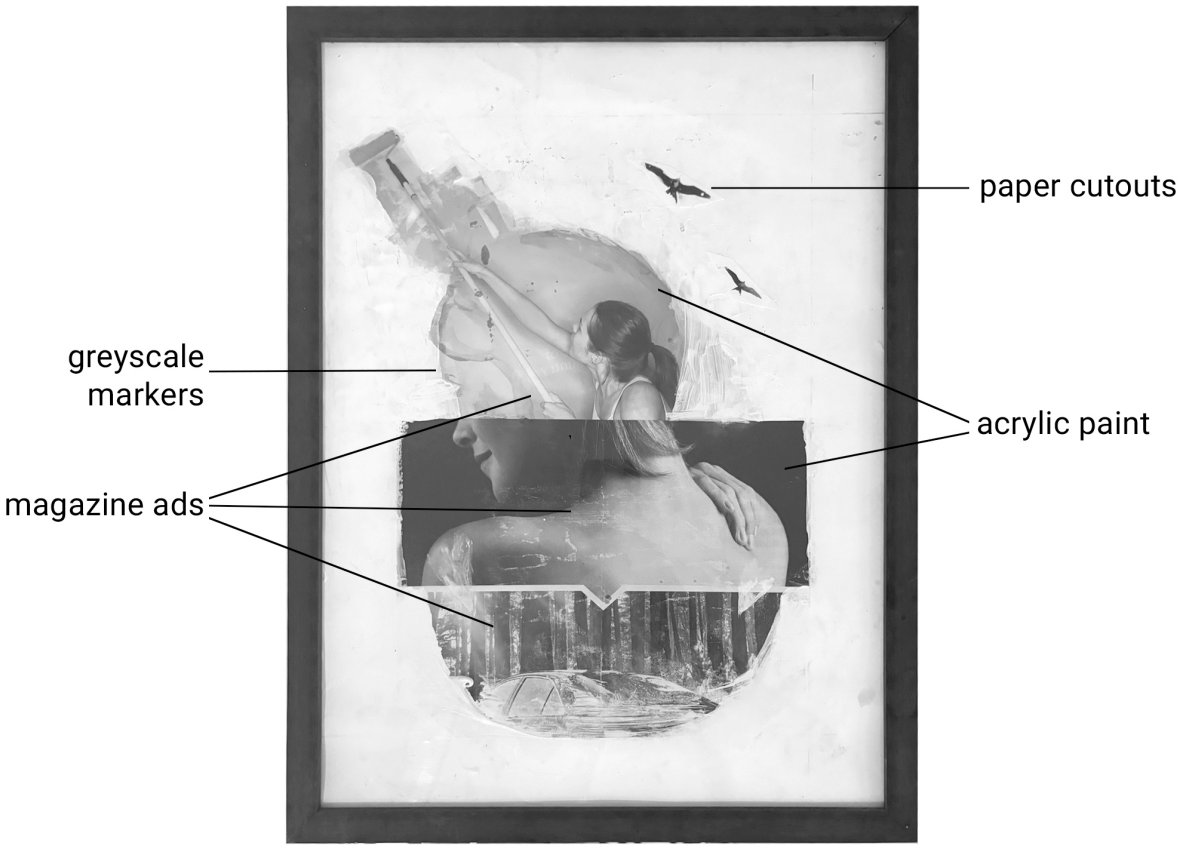
Linocut Photography Woodworking Carving Weaving

Embroidery Quilting Sewing Knitting Macramé Jewelry

Beadwork Mosaic Stained Glass Origami Paper Art

Comics Animation Digital Art Pastels Charcoal

Journaling Zentangle


paper cutouts
greyscale markers
acrylic paint
magazine ads

MIXED MEDIA

A Way to Begin

A MIXED-MEDIA STARTER KIT

You can't go wrong with **mixed media**: the freedom to combine whatever you have. Tick off what you own, and gather the rest a little at a time.

Paper & Surfaces where it happens

- ☐ A mixed-media pad or sketchbook
- ☐ A few sheets of cardstock
- ☐ Whatever paper is already home

Drawing everyday tools

- ☐ Pencils: HB and a soft 2B/4B
- ☐ A good eraser
- ☐ Black fine-liner pens or markers
- ☐ A stick of charcoal, if curious

Collage & Found Bits texture & surprise

- ☐ Old magazines & newspaper
- ☐ Scrap paper, packaging, stubs
- ☐ Anything with color or texture

Color start small

- ☐ A small watercolor set
- ☐ Acrylics: red, blue, yellow, black, white
- ☐ Oil pastels or crayons
- ☐ Colored pencils

Tools the helpers

- ☐ A few brushes (dollar-store work great)
- ☐ A glue stick & scissors
- ☐ Masking or washi tape
- ☐ A palette: a paper plate works

Nice to Have not required

- ☐ A water jar & an old rag
- ☐ An apron or old shirt

NO BUDGET? START ANYWAY.

A single pencil and one sheet of paper is enough to begin.
The dollar store and thrift shops are an artist's best friends.

Setting up

Getting ready is key. Like leaving your running shoes by the door, have your art supplies and your space ready. Here's how to set up for success:

Ⓐ **Where?**
Pick a dedicated space with good light where your art can thrive. Give it an honored place, and keep it tidy.

Ⓑ **What Art?**
Gather your materials: paints, pencils, paper, brushes. Mixed media is a great option. Keep supplies easy to reach.

Ⓒ **Vibe?**
Create an inspiring atmosphere. Good lighting, music, or a podcast can enhance the space.

Ⓓ **When?**
Set a routine. Find a time that works; set a 15-minute timer on tough days. Consistency is key.

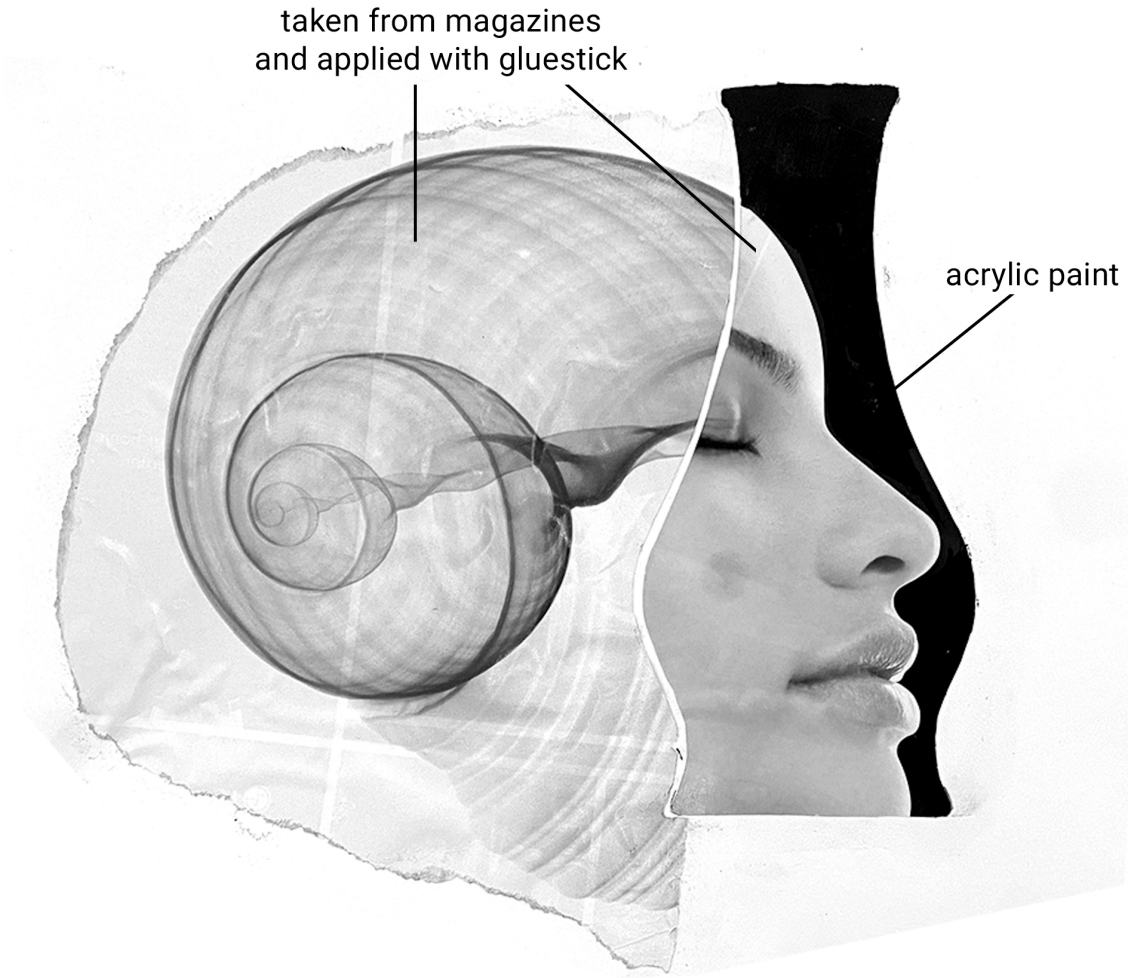
Setting Up Worksheet

A) Where?
Room · Furniture · Light

B) What Art?
Materials · Organization

C) Vibe?
Lighting · Audio

D) When?
Start date · Time of day


taken from magazines
and applied with gluestick
acrylic paint

MIXED MEDIA

Your Final Project

LOOKING AHEAD TO DAY 100

As you go, notice what you're drawn to, what pulls you in and keeps you interested. Do more of that. Over 100 days it adds up to a body of work, and when it does, why not share it?

What will you create?

- Put on an art show
- Go live on social media and share your journey
- Reflect on how creating every day has impacted you

Share what you make with the world. **Creativity is contagious.** You'll find more planning sheets in **the back of the book.**

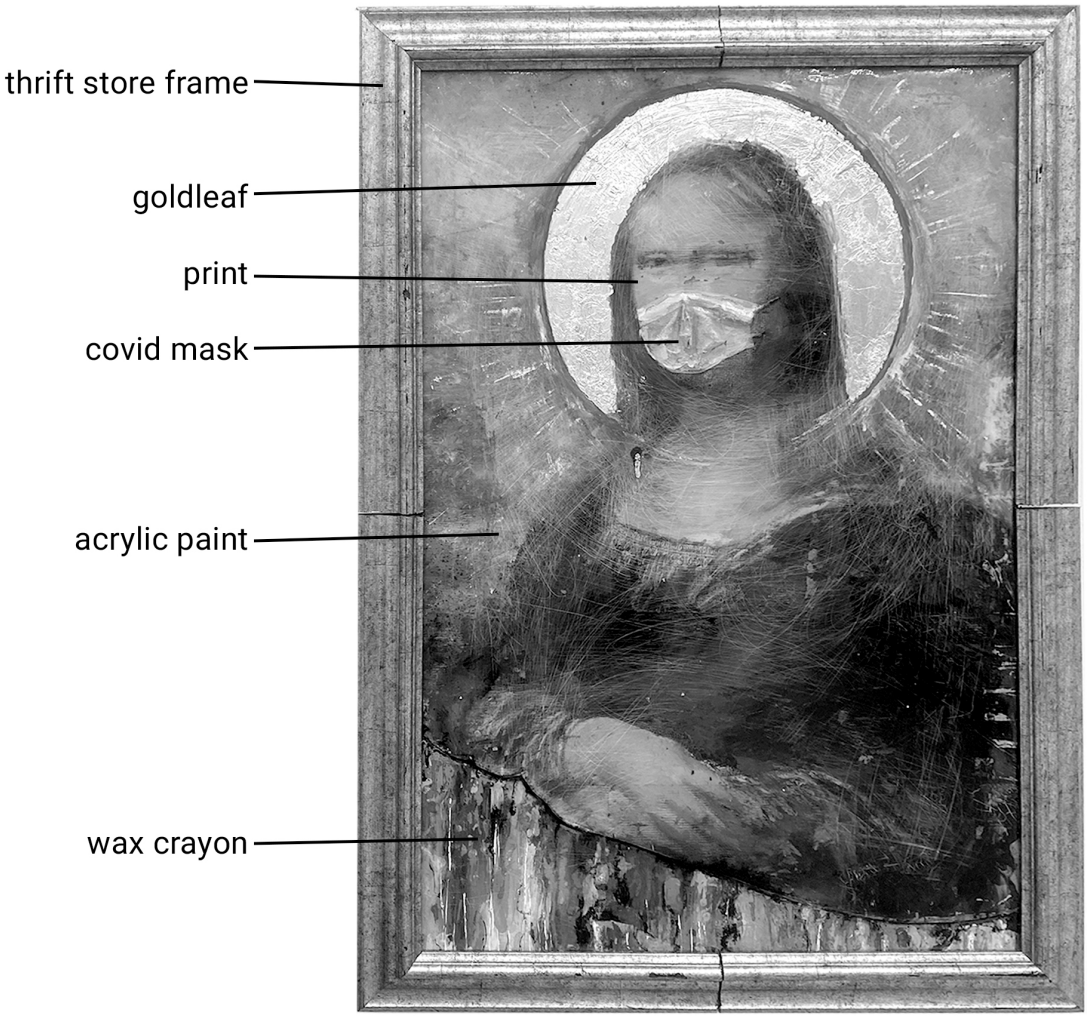
Here's one of my own Day 100 projects, a live video sharing all my work.
Scan the code to watch.
davidzak.com/finalproject

PART 2

The 100-Day Tracker

Your space to check in, plan, and track. Each page gives you a day number, a thought, a face for your mood, colors to circle, two little motifs to spark a doodle, and room to plan and reflect.

The art itself is made outside this book, with your own materials. These pages are where you keep the practice on course.

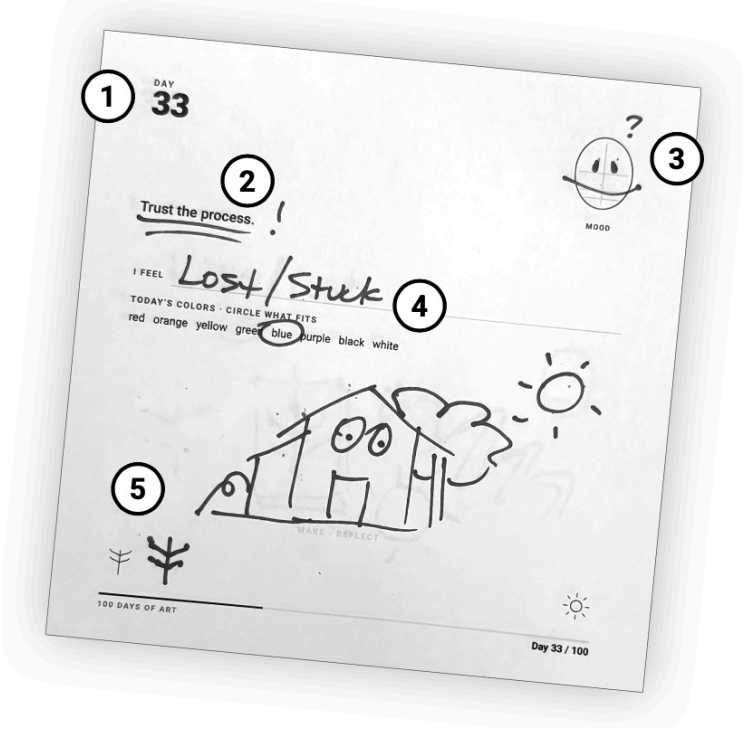

thrift store frame
goldleaf
print
covid mask
acrylic paint
wax crayon

MIXED MEDIA

How the Daily Tracker Works

Every day page includes:

1. **The day number** & a progress bar to track how far you've come.
2. **A thought** to spark reflection or give you a little hope.
3. **A face** to draw today's mood, however you feel.
4. **"I feel…" and colors** to capture your state in a word and a hue.
5. **Two style motifs** & open space to make art and take notes.



START!

You’re an artist now.

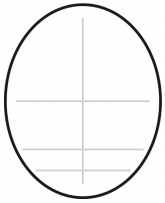
Make your first mark.

WHAT COLORS CAN MEAN

Red	energy, passion, urgency	**Blue**	peace, trust, sadness
Orange	warmth, enthusiasm, creativity	**Purple**	imagination, mystery, reflection
Yellow	optimism, joy, attention	**Black**	power, grief, depth
Green	calm, balance, renewal	**White**	clarity, space, new beginnings

DAY

1



MOOD

Start where you are. Today, focus on the joy of creating.

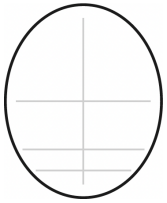
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
2



MOOD

Use what you have. Do what you can.

I FEEL

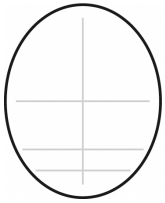
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

3



MOOD

Making art gives your brain something else to think about. Take a break from life's worries.

I FEEL

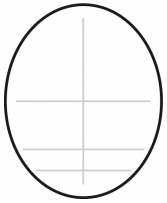
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

4



MOOD

Making art consistently puts you around art more often, and looking at art has real benefits too.

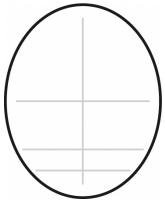
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
5



MOOD

You are not a “bad artist.” You’ve just lacked consistency.

I FEEL

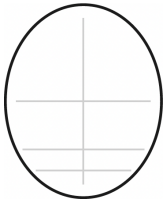
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

6



MOOD

Tell people about your 100-day goal. Ask them to check in on you. Being accountable helps.

I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

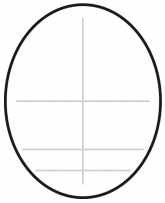
red orange yellow green blue purple black white

MAKE · REFLECT





DAY
7



MOOD

You’re doing this for yourself. A better you means the people around you are better too.

I FEEL

TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

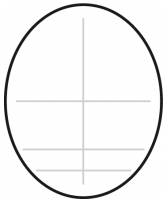
MAKE · REFLECT





DAY

8



MOOD

The cycle: Make Art → Make Mess → Clean Up / Set Up → Make Art → Make Mess…

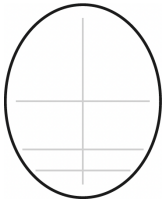
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
9



MOOD

If someone likes your art, it means they like you. Tell someone you like theirs.

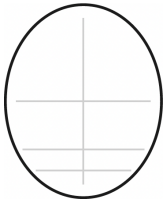
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
10



MOOD

What you are doing is important.

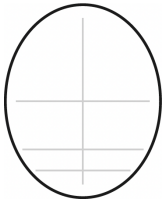
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
11



MOOD

Make your emotions. Happy art feels happy. Frantic art feels frantic. Dark art feels dark.

I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

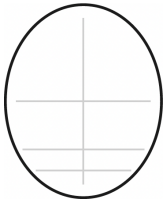
red orange yellow green blue purple black white

MAKE · REFLECT





DAY
12



MOOD

Cleaning up is part of the creative process. Tidy your space and set up for next time.

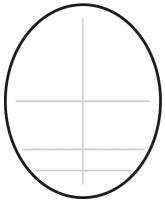
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
13



MOOD

“Creativity is contagious. Pass it on.” – Einstein

I FEEL

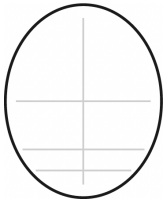
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

14



MOOD

“Art enables us to find ourselves and lose ourselves at the same time.” – Merton

I FEEL

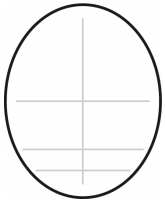
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

15



MOOD

As you work, jot down any important thoughts that pop into your head.

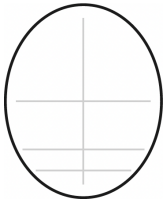
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
16



MOOD

“The more I paint, the more I like everything.” – Renoir

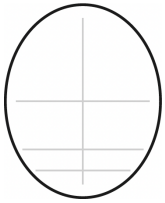
I FEEL

TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
17



MOOD

Art is good for you.

I FEEL

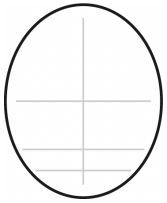
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

18



MOOD

You become someone when you do something. Do it!

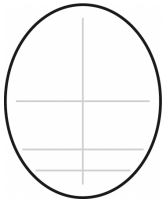
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
19



MOOD

Begin with what you know, and the rest will be revealed to you.

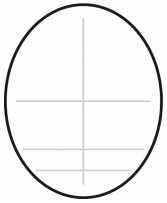
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
20



MOOD

Remember who you are.

I FEEL

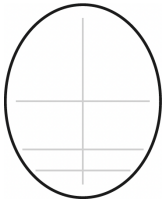
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

21



MOOD

The dots will connect down the road. So do your work.

I FEEL

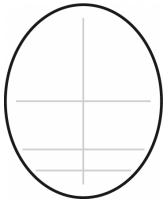
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

22



MOOD

You can be happy right now.

I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

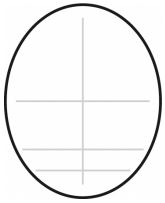
MAKE · REFLECT





DAY

23



MOOD

Can you remember the art materials you used and loved as a kid?

I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

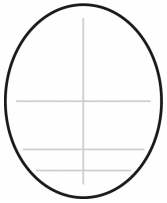
MAKE · REFLECT





DAY

24



MOOD

“The world always seems brighter when you’ve just made something.” – Neil Gaiman

I FEEL

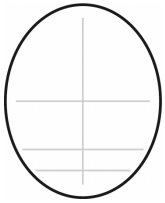
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

25



MOOD

It feels really good to wake up and look at a piece of art you finished the day before, a sense of accomplishment, satisfaction, fulfillment, and purpose.

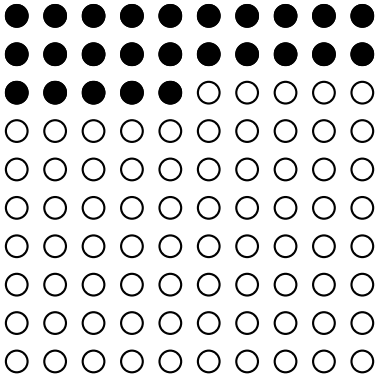
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

Quarterly Check-in



DAYS 1 – 25 COMPLETE

Twenty-five days in. That is a real habit forming. Take a few minutes to look back before you carry on.

How is the art going so far?

Which materials have felt best in your hands?

What has been the hardest part?

Are any patterns or styles starting to emerge?

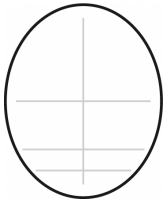
Have you told anyone you are doing this? What did they say?

Any early ideas for your final project?

Keep going. The next twenty-five days are where it starts to feel like yours.

DAY

26



MOOD

On the days it all feels pointless, make one small thing anyway. That’s where the shift quietly begins.

I FEEL

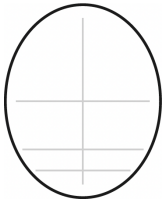
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

27



MOOD

There is no wrong way to make art.

I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

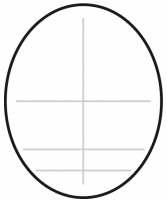
MAKE · REFLECT





DAY

28



MOOD

Draw your fear and watch it shrink.

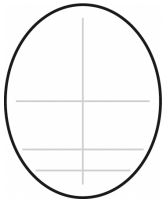
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
29



MOOD

Create like no one is watching.

I FEEL

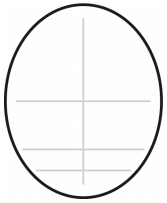
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

30



MOOD

Sharing with others can help them connect with your journey.

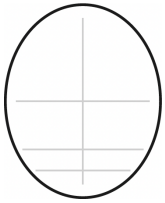
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
31



MOOD

Let your hands do the thinking.

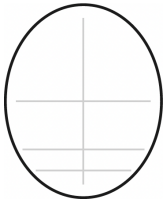
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
32



MOOD

Your imagination can be your worst nightmare or your greatest superpower. Think about what you're creating, not what might happen later.

I FEEL

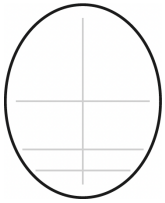
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

33



MOOD

Trust the process.

I FEEL

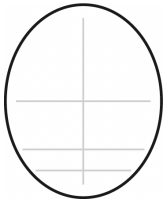
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

34



MOOD

Let go of expectations. Just make something.

I FEEL

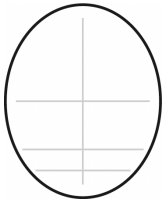
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

35



MOOD

An easy way to get inspired: visit an art gallery in person.

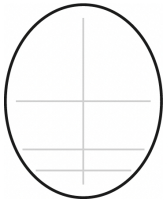
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
36



MOOD

“Le Chat Noir” was a meeting place for artists.

I FEEL

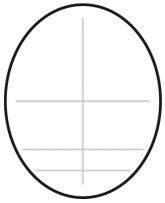
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

37



MOOD

Check-in: How is your art workspace? Do you leave your work-in-progress out to look at?

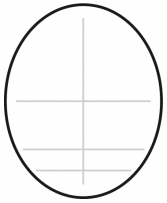
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
38



MOOD

Create a “travel” bin with all the art supplies you’d need to make art out in the world.

I FEEL

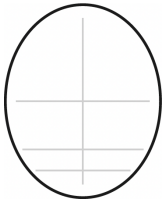
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

39



MOOD

Create with the color of your current mood.

I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

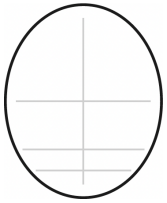
MAKE · REFLECT





DAY

40



MOOD

You’ve made it this far. Keep going!

I FEEL

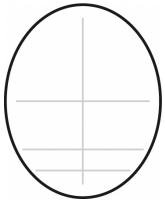
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

41



MOOD

Dream of your future.

I FEEL

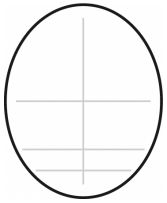
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

42



MOOD

ENERGY: adaptability to change.

I FEEL

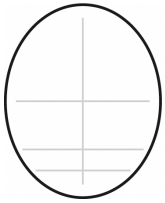
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

43



MOOD

One day you'll look back and see how far you've come.

I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

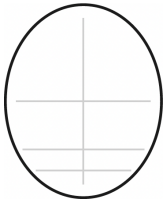
MAKE · REFLECT





DAY

44



MOOD

You are creating a habit of healing.

I FEEL

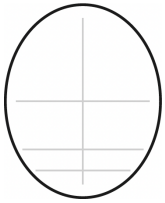
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

45



MOOD

The world needs more art right now.

I FEEL

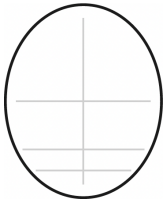
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

46



MOOD

Even five minutes of art counts.

I FEEL

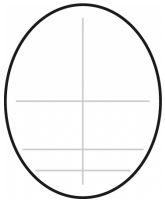
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

47



MOOD

Slow progress is still progress. A quiet day is not a wasted one.

I FEEL

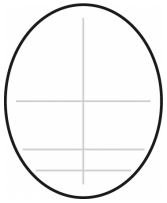
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

48



MOOD

A little art every day rewires the brain.

I FEEL

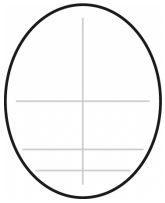
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

49



MOOD

What if the art you make could heal someone else? Unlock them? Make them ask a question? Feel hope?

I FEEL

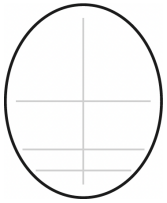
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

50



MOOD

Okay, have you thought about your final project for Day 100?

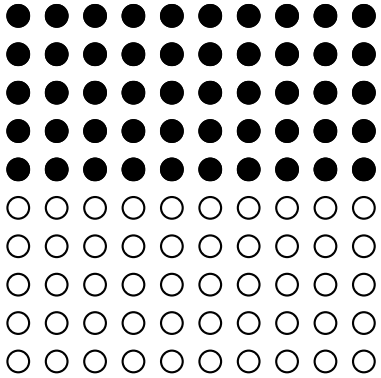
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

Halfway Point Check-in



DAY 50 OF 100

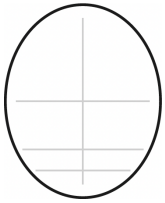
Fifty days. You are halfway, and you have kept showing up. That is the whole secret, and you are already doing it.

How do you feel overall, compared to Day 1?

What kind of art are you making most? Which materials keep pulling you back?

What does your final project look like in your head right now?

DAY
51



MOOD

The harder you work for something, the greater you'll feel when you achieve it.

I FEEL

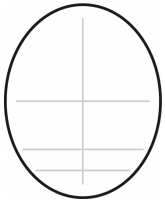
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

52



MOOD

Daily creativity is self-care.

I FEEL

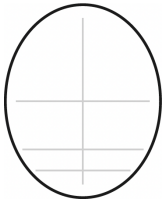
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

53



MOOD

The more you create, the more you heal.

I FEEL

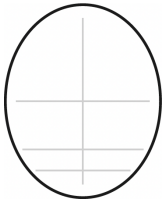
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

54



MOOD

Art is a habit, not a talent.

I FEEL

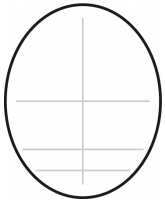
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

55



MOOD

Your future self will thank you for creating today.

I FEEL

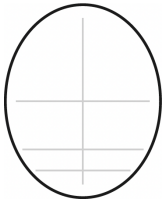
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

56



MOOD

There is no rush. Healing and creativity unfold in their own time.

I FEEL

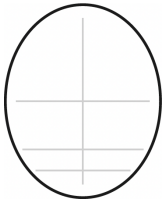
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

57



MOOD

What you create today is one step closer to joy.

I FEEL

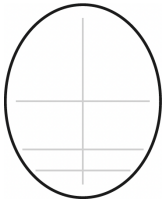
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

58



MOOD

Keep creating. Keep healing. Keep believing.

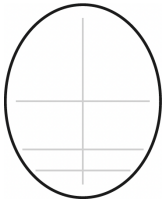
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
59



MOOD

You are not broken. You are becoming.

I FEEL

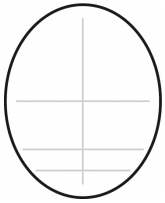
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

60



MOOD

No one is forcing you to make art. You have the pleasure of doing it!

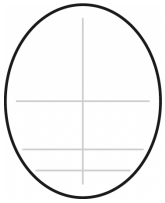
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
61



MOOD

There are no mistakes, only unexpected surprises.

I FEEL

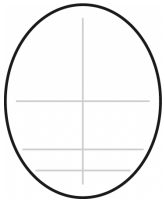
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

62



MOOD

The process itself is the healing.

I FEEL

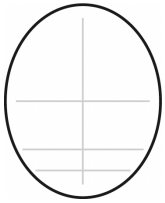
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

63



MOOD

Some days, just opening this book is the bravest thing you'll do. That counts.

I FEEL

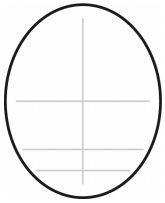
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

64



MOOD

You don’t have to feel hopeful to begin. Make one small mark, and let hope catch up to you.

I FEEL

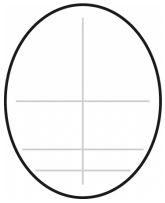
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

65



MOOD

The heaviness you feel today is real, and it is not the whole story. Make something anyway.

I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

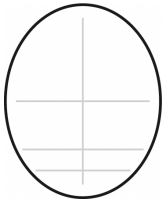
MAKE · REFLECT





DAY

66



MOOD

You are still here. That’s not a small thing. Make one quiet mark to prove it.

I FEEL

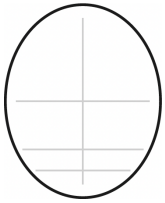
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

67



MOOD

Healing rarely feels like healing while it’s happening. Trust that it’s working underneath.

I FEEL

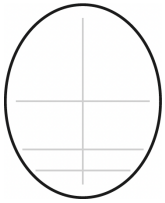
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

68



MOOD

On the hardest days, lower the bar. A single line on the page is a victory.

I FEEL

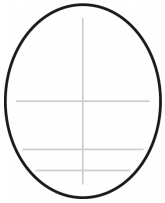
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

69



MOOD

You’re allowed to make something just for you today: no audience, no judgment, no rules.

I FEEL

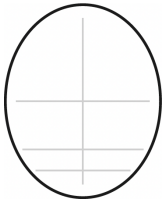
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

70



MOOD

You don’t have to stop. You can eat later.

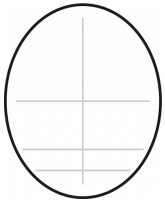
I FEEL

TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
71



MOOD

The person who started this is braver than you give them credit for.

I FEEL

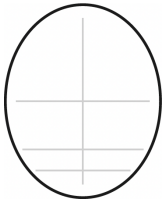
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

72



MOOD

Anxiety loosens its grip a little every time your hands focus on something real. Try it now.

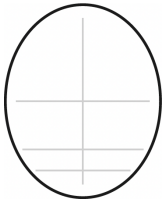
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
73



MOOD

You don’t have to fix everything today. You only have to make one thing.

I FEEL

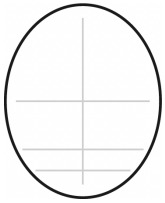
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

74



MOOD

Whatever you’re carrying, set it on the page for a while. Let the paper hold it.

I FEEL

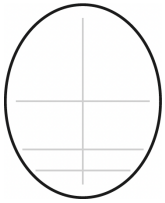
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

75



MOOD

“We are what we repeatedly do.” – Aristotle. You can call yourself an artist now. It’s okay.

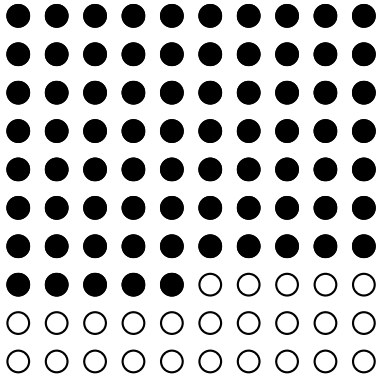
I FEEL

TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

Final Quarter Check-in



ONLY 25 DAYS LEFT

Seventy-five days. Most people quit long before here, and you did not. Trust the process now and let the last stretch carry you.

How would you describe your style now? What materials have become yours?

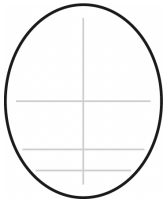
Have you finished anything you are proud of?

Your final project: what will it be, and who will you share it with?

Finishing feels good. Sharing it inspires someone else, and that feels even better.

DAY

76



MOOD

Your worth was never in question. Let today's art be a reminder, not a test.

I FEEL

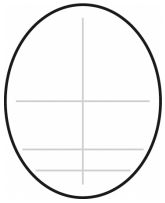
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

77



MOOD

Even now, in the middle of it, something good is taking shape in you.

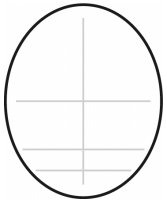
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
78



MOOD

Hope is a muscle. Every day you show up here, it grows a little stronger.

I FEEL

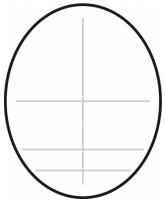
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

79



MOOD

The world is better with you in it, and better still for the things only you can make.

I FEEL

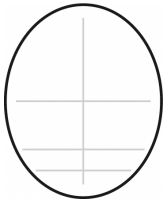
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

80



MOOD

Once you start making art, you can keep going. If it feels good, it can become part of who you are.

I FEEL

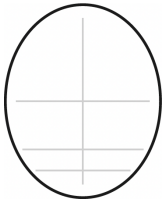
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

81



MOOD

You have survived every hard day so far. That’s a perfect record. Keep going.

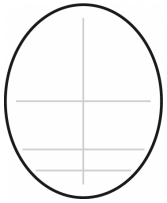
I FEEL

TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
82



MOOD

Be as gentle with yourself as you’d be with someone you love.

I FEEL

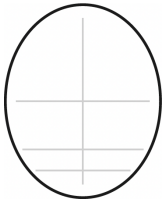
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

83



MOOD

You are not behind. You are exactly where the next mark begins.

I FEEL

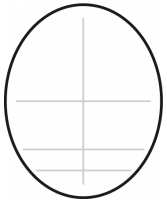
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

84



MOOD

Some of your best days are still ahead, waiting on pages you haven’t drawn yet.

I FEEL

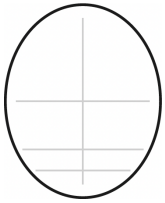
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

85



MOOD

When the words won’t come, let the colors speak for you.

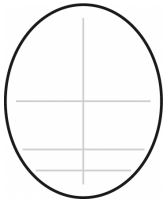
I FEEL

TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
86



MOOD

Small and steady is still moving forward. And you are moving forward.

I FEEL

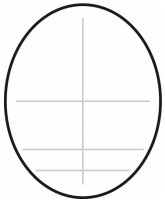
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

87



MOOD

If you keep showing up, part of you still believes things can get better. Listen to that part.

I FEEL

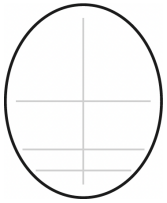
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

88



MOOD

You don’t have to believe in yourself all at once. Borrow a little belief from these pages until your own comes back.

I FEEL

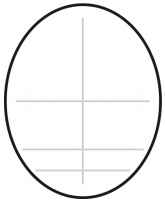
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

89



MOOD

Make today’s art a small kindness to your future self.

I FEEL

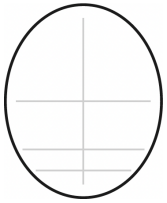
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

90



MOOD

Look back through these pages, proof of what you can do, even on the heavy days.

I FEEL

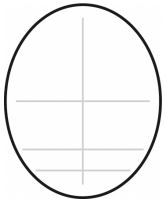
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

91



MOOD

Ten days left. How is your final project?

I FEEL

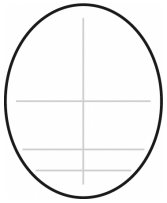
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

92



MOOD

Whatever you make in these final days, let it be honest. Honest is enough.

I FEEL

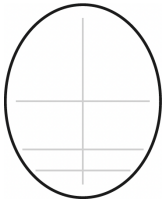
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

93



MOOD

You began this when it felt impossible. Look how far that impossible has carried you.

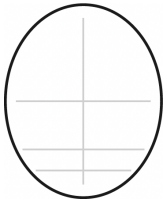
I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
94



MOOD

The person finishing this book is not the one who started it.
You've grown.

I FEEL

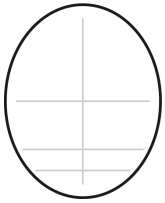
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

95



MOOD

Be proud of every page, the bright ones and the heavy ones. They’re all you.

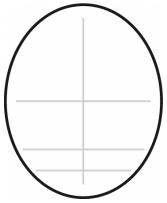
I FEEL

TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY
96



MOOD

Almost there. However these days went, you kept showing up for yourself. That matters.

I FEEL

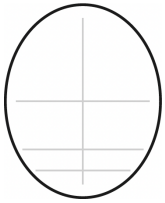
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

97



MOOD

This is what hope looks like: doing the small thing again, and again, until it adds up.

I FEEL

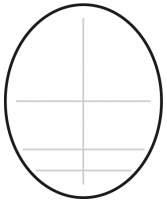
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

98



MOOD

You found your way back to creating. You can find your way back to anything.

I FEEL

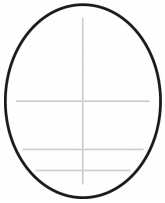
TODAY'S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

99



MOOD

One more page, one more reminder that you’re still here, still creating, still becoming.

I FEEL

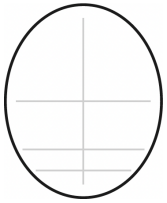
TODAY’S COLORS · CIRCLE WHAT FITS

red orange yellow green blue purple black white

MAKE · REFLECT

DAY

100



MOOD

Reflect on how this journey has transformed you. What have you learned? How do you feel now?

I FEEL

TODAY'S COLORS · CIRCLE WHAT FITS

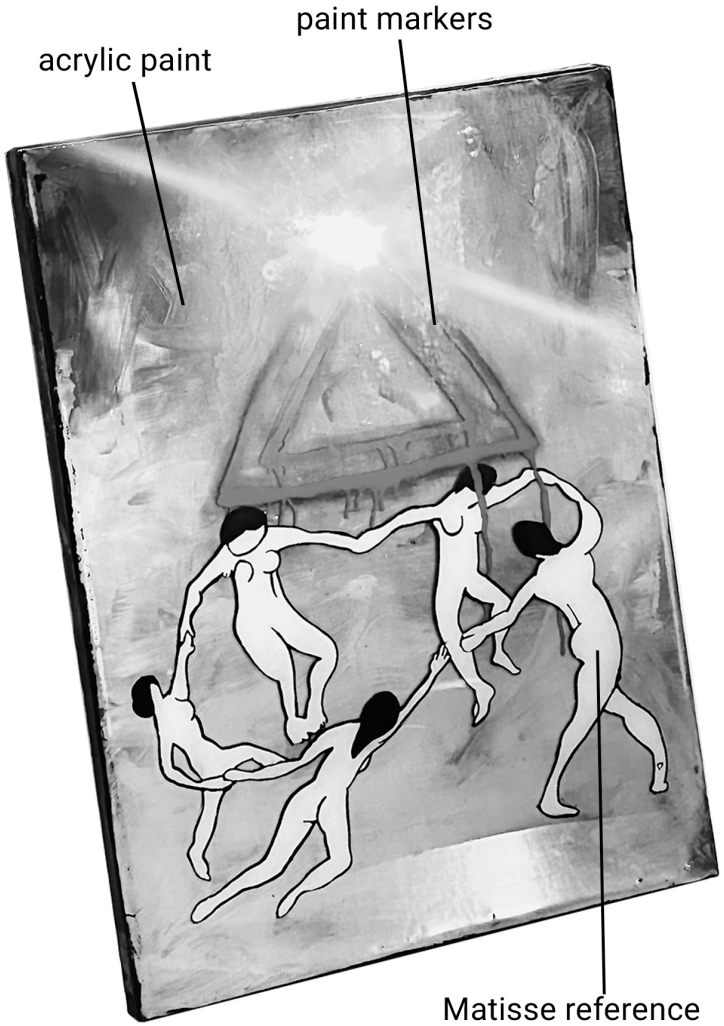
red orange yellow green blue purple black white

MAKE · REFLECT

100-Day Progress Tracker

Color in a circle each day you create. Watch your momentum grow.

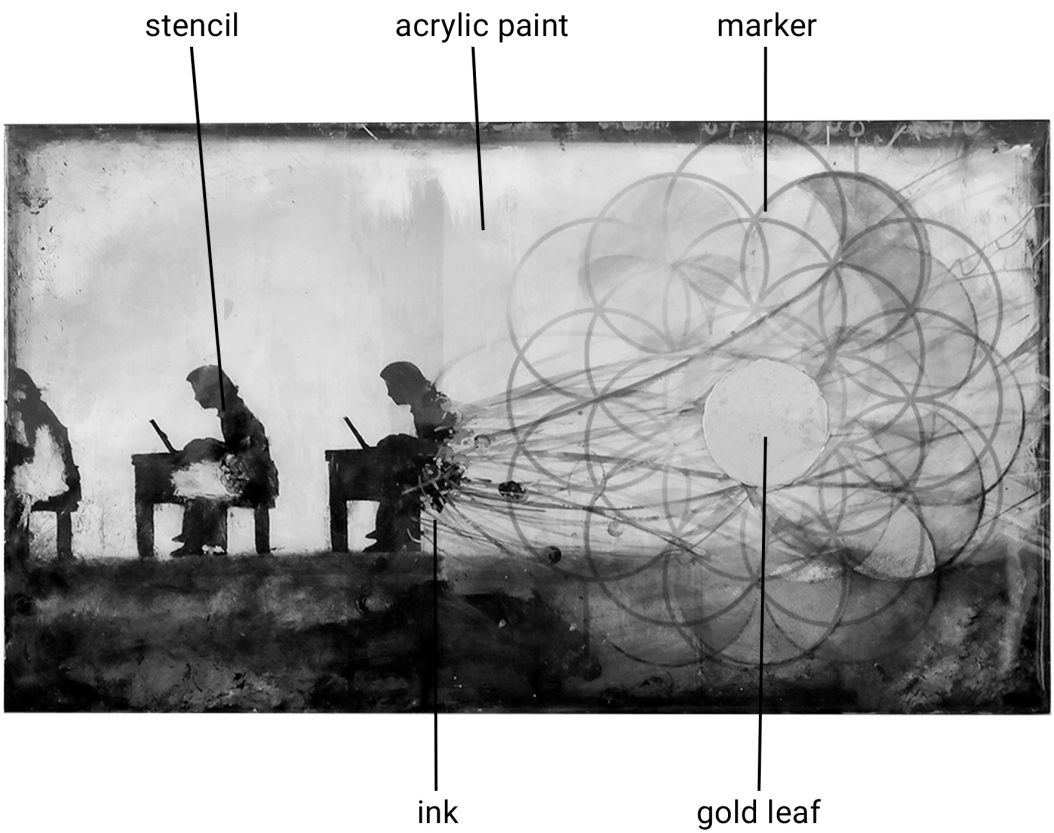
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



MIXED MEDIA

Your Final Project

Use this space to plan and make your final project: a show, a post, a single piece, or a reflection on what you've accomplished, how it made you feel, and how it may have changed you. The planning sheets that follow will help.



MIXED MEDIA

Final Project Planner

MY IDEA

MATERIALS

WHERE / HOW I'LL SHARE IT

WHO I'LL INVITE

Final Project Brainstorm

No filtering yet, just collect every idea. Circle the ones that excite you most.

? What pieces from these 100 days am I most proud of?

? What story do I want my final project to tell?

? Who do I want to see it, and how do I want them to feel?

Final project Checklist & Timeline

To do

- [ ] Choose the format
- [ ] Gather / finish the pieces
- [ ] Prepare the space or platform
- [ ] Invite people
- [ ] Document it (photos / video)
- [ ] Celebrate, you earned it

Timeline

DATE



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Inspiration & Wishlist

Artists & ideas that move me

Materials I want to try

Where to Go From Here

- **Keep a rhythm. Even one small piece a week keeps the habit and the healing alive.**

- **Share your work. Post your favorites with #100DaysOfArt.**

- **Start round two. Each round reveals something new.**

- **Find your people. A local class or community centre turns a solo habit into a shared joy.**

Visit davidzak.com for more, and to share where these 100 days took you.

Additional Resources and Books

A NOTE FOR THE HARD DAYS

If you are struggling, please know you are not alone, and reaching out is a sign of strength. This book is a companion, not a replacement for professional care.

Please consider talking to your doctor or a mental-health professional. If you are in crisis, contact a crisis line right away. In Canada and the U.S., call or text **988**, or your local emergency number. You deserve support, and help is available.

Keep exploring:

- Look for an art-therapy book or a local art class / community centre.
- Share your journey at **davidzak.com** and with **#100DaysOfArt**.

BOOKS FOR FURTHER READING

The Artist's Way

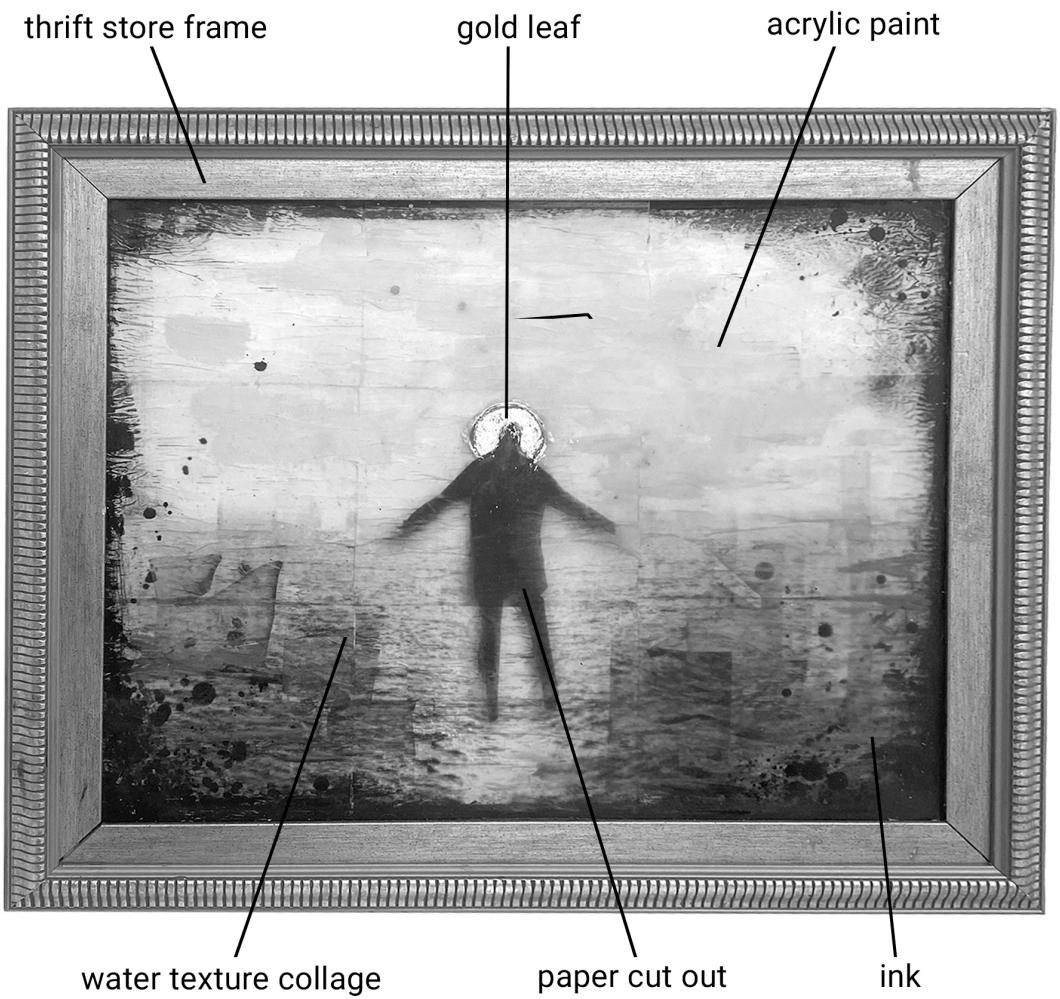
Julia Cameron. A twelve-week course in recovering your creative self.

Healing with the Arts

Michael Samuels, M.D., and Mary Rockwood Lane, Ph.D. A twelve-week programme for healing yourself and your community through creativity.

Sacred Geometry: Philosophy and Practice

Robert Lawlor. From the Art and Imagination series, on the patterns underlying art and nature.


thrift store frame
gold leaf
acrylic paint
water texture collage
paper cut out
ink

MIXED MEDIA

References

Bar-Sela, G., Atid, L., Danos, S., Gabay, N., & Epelbaum, R. (2007). Art therapy improved depression and influenced fatigue levels in cancer patients on chemotherapy. Psycho-Oncology, 16, 980–984.

Health.com (2024). Could You Benefit From Art Therapy?

The Guardian (2024). Consuming arts and culture is good for health and wellbeing, research finds.

The Guardian (2024). How paintings in NHS hospitals help patients feel better.

Kaimal, G., Ayaz, H., Herres, J., et al. (2017). Functional near-infrared spectroscopy assessment of reward perception based on visual self-expression: Coloring, doodling, and free drawing. *The Arts in Psychotherapy, 55* , 85–92.

Kaimal, G., Ray, K., & Muniz, J. (2016). Reduction of cortisol levels and participants' responses following art making. *Art Therapy, 33* (2), 74–80.

Enjoyed the journey?
Please leave a review.



Scan to share what these 100 days meant to you.

Thank you, Dave.

Keep going.

Your 100 days do not end here.

Join the free challenge and get one short email a day to keep you making art.

dailyartlog.com