



The Ultimate 14-Day Drawing & Doodling Challenge

Creative Growth in just
10 Minutes a Day

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PRINTABLE CHECKLIST

Hello Artist,

WELCOME!

I'm so excited that you're taking this challenge! I promise, it's going to be transformational.

Doodling is more than just scribbling on paper - it's a way to relax, explore creativity, and enjoy the moment. There are no rules, no mistakes, and no expectations.

That's exactly what artmefree is all about. I started doodling during stressful times, without a plan - just letting my pen move and seeing where it took me. Over time, I realized how freeing it was to create without pressure, to let the lines flow naturally.

THIS IS FOR YOU IF YOU...

- ...want to be creative but feel stuck
- ...don't know where to start
- ...worry that your art won't "look right"

Creativity doesn't need to be complicated or perfect. This 14-day drawing challenge is here to give you that space! Inside, you'll find simple yet inspiring doodle exercises. Have fun!



Are you ready?

LET'S BEGIN!

*Best,
Mareike*

Pinterest: artmefree.

Website: artmefree.com

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DAY 1 TO 5



Day 1: Fill a Page with Random Doodles

Start with a single shape or line and let your pen wander. No plan, no pressure—just see where the doodles take you.

How this drawing challenge helps you: Loosens up your hand and gets you comfortable drawing without a plan.



Day 2: Repeating Patterns & Textures

Fill a section of your page with simple, repeating shapes like waves, circles, or cross-hatching.

What you improve with this challenge: Develops rhythm and consistency in your line work.



Day 3: Draw Black Spots & Areas, Then Connect Them

Start by filling different areas of the page with solid black shapes of various sizes. Then, use lines, patterns, or shading to connect them into an abstract doodle.

How this exercise benefits you: Teaches you the power of black areas, as they give your drawings much more depth. You learn to work with negative space.



Day 4: One-Word Prompt

Pick a random word (or use an online generator) and doodle the first thing that comes to mind.

What you gain from this challenge: Encourages free association and imaginative thinking.



Day 5: Scribble and Find Shapes

Make a random scribble on the page, then turn it into something recognizable by adding details.

How this helps your creativity: Strengthens your ability to see patterns and create something out of randomness.

DAY 6 TO 10



Day 6: Draw an Object from Memory

Pick something familiar (like a bicycle, tree, or house) and draw it from memory. Then, compare it to a reference and notice what you remembered vs. what you missed.


How this drawing exercise improves your skills: Trains observational skills and recall.



Day 7: Hidden Object Doodles

Create a doodle full of tiny hidden objects—things like keys, animals, letters, or faces camouflaged into patterns.

What you develop with this challenge: Improves attention to detail and spatial awareness.



Day 8: Draw an Object from a Photo Reference and Interpret It as an Abstract Doodle

Choose a photo of an object (like a plant, shoe, or lamp) and simplify it into abstract shapes, textures, and patterns.

Why this is useful for artists: Strengthens interpretation skills and helps break objects into basic forms.



Day 9: Try Different Pen Thicknesses

Use different pen sizes to create contrast—thicker lines for bold areas, fine lines for intricate details.

What you learn from this: Improves control over line weight & makes your doodles more 3D.



Day 10: Doodle Architectural Elements

Draw tiny buildings, bridges, towers, or abstract cityscapes. Play with details like windows, staircases, and pipes to create an intricate urban feel.

How this improves your drawing skills: Helps with structural drawing and perspective awareness.

DAY 11 TO 14



Day 11: Create a Mini Doodle Scene

Combine a few small drawings into a single composition—maybe a tiny city, a collection of objects, or an abstract pattern.

What this challenge teaches you: Helps with composition and storytelling in small spaces.



Day 12: Create a Floating Island

Design a tiny world on a floating rock—a house, a city, a tree, or something more surreal.

How this helps your imagination: Builds creative thinking, a sense for gravity and spatial composition skills.



Day 13: Use Only Dots (Stippling)

Create shading and depth using only tiny dots. Experiment with different densities to see how they affect contrast.

Why this is a great exercise: Teaches patience and shading techniques and can be applied to draw smoke, clouds, or sand.



Day 14: Reinterpret One of Your Previous Doodles

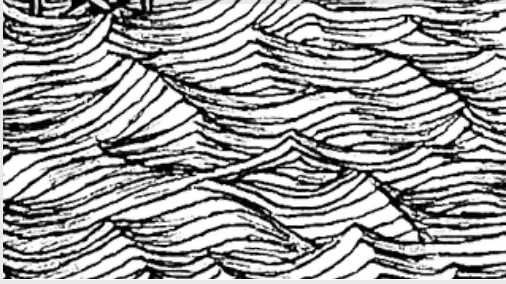
Go back through your challenge drawings and choose one to refine, expand, or recreate in a new way.

What you gain from this challenge: It will help you with your self-evaluation and you will be pleased to see how much your skills have already improved! You're doing great, keep it going :)

You've made it!

REFERENCES & INSPO

Day 2: Patterns & Textures



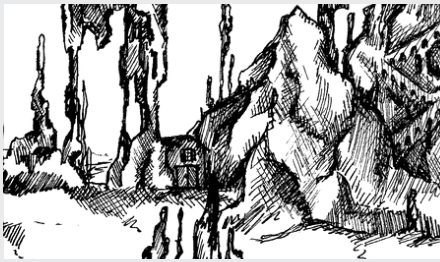
Day 3: Draw Black Spots



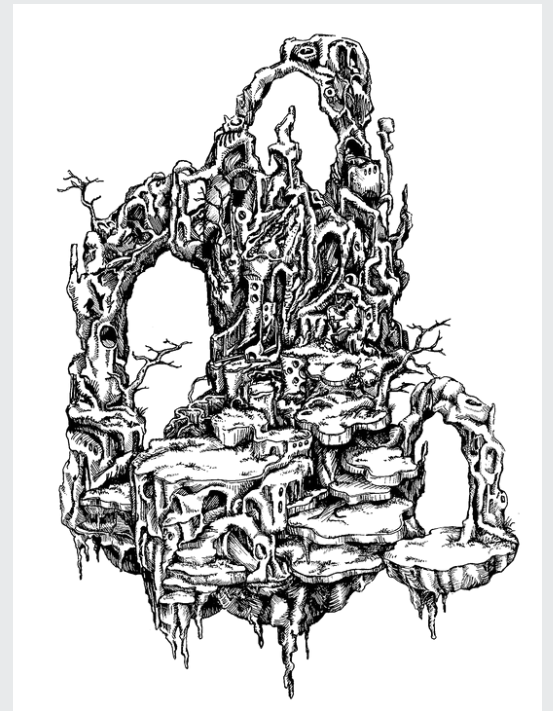
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