



# *The Art of Doodling*

A Fun & Freeing Creative Guide

art  
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free.



PRINTABLE WORKBOOK

# 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 workbook 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](#)

art  
me  
free.



*"Every Artist  
was First  
an Amateur."*

RALPH WALDO EMERSON



# GETTING STARTED

STEP ONE

1

## GATHER YOUR MATERIALS

You'll need just one black pen, ideally with a thickness between 0.1 and 0.5. If you want to use a variety of pens and thicknesses, that's great, but it's not necessary. The focus is on getting into an easy, enjoyable creative flow.



STEP TWO

2

## PRINT THIS WORKBOOK

Decide how you want to doodle! You can print this workbook and draw directly on the pages, or use separate sheets of paper to give yourself extra space to experiment.



STEP THREE

3

## HAVE FUN

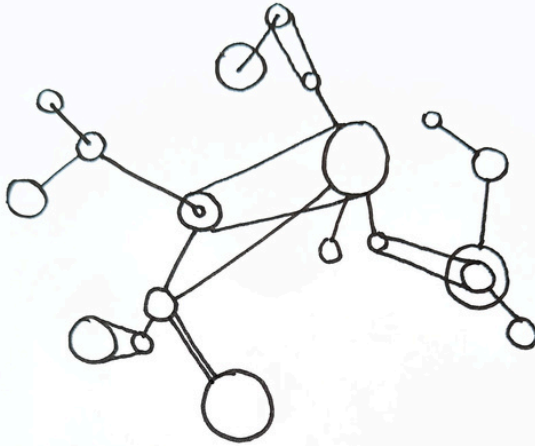
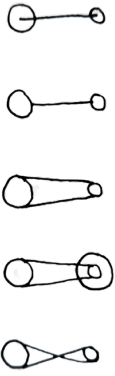
Doodling is all about enjoying the process, not aiming for perfection. Let go of expectations, experiment with lines and shapes, and see where your creativity takes you. There are no mistakes—just new possibilities waiting to be discovered!

Ready to get started? Good, let's do it...

# WARM UP

Doodling starts with the simplest shapes. Loosen up your hand and explore lines, curves, and patterns! No need to copy exactly, just imitate the style.

## Circles connected by Lines

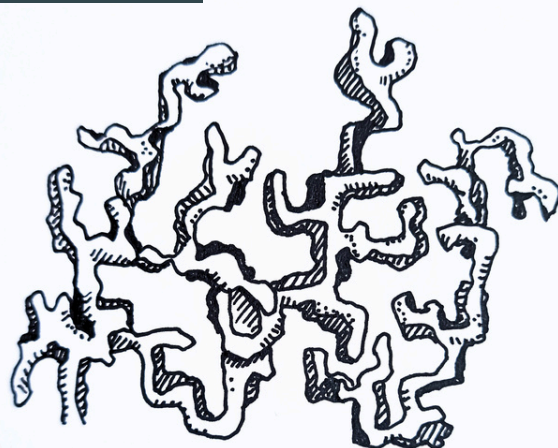


*Your Turn!*

## Hatching in different Directions



## Wobbly Structure with Shades

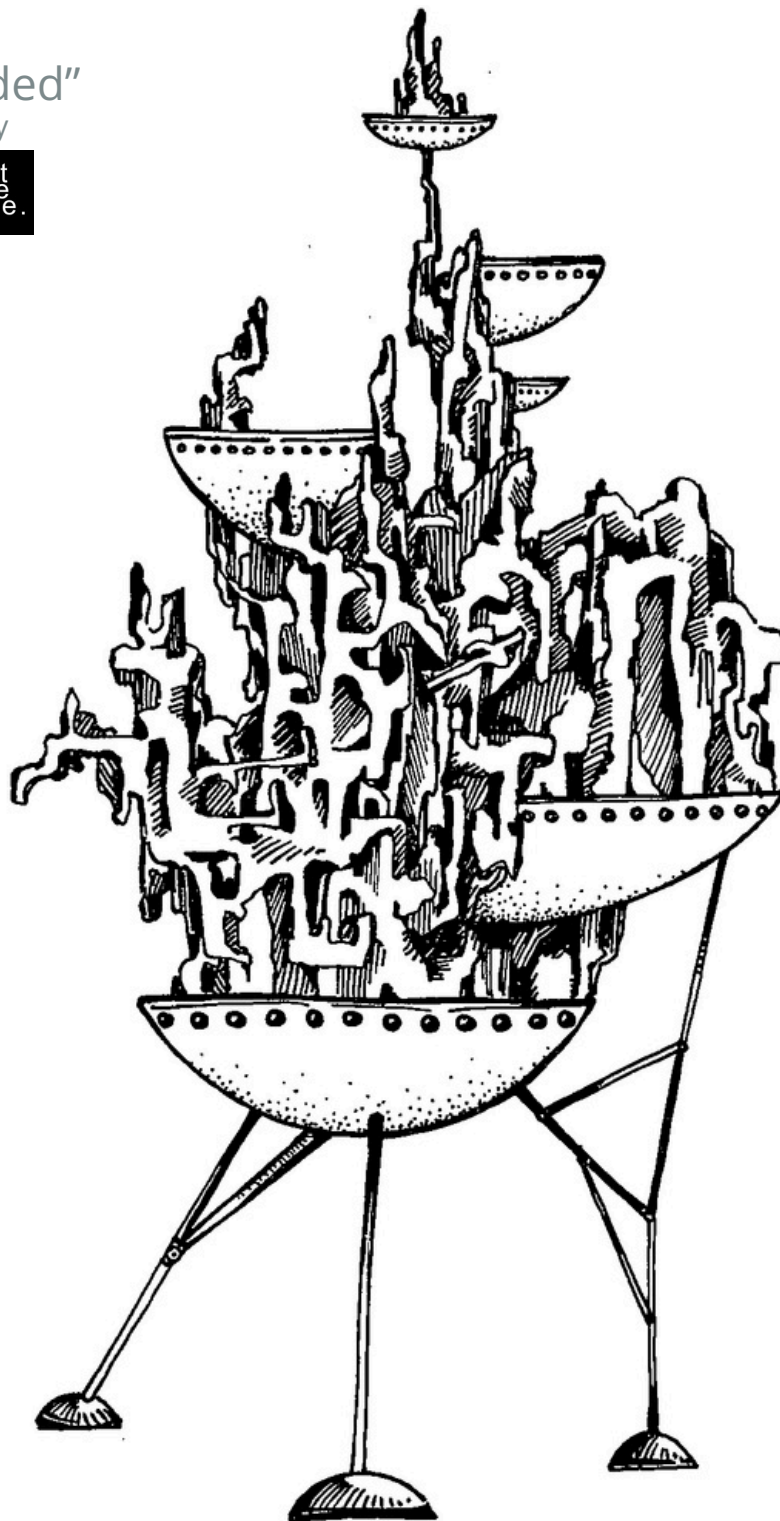


# SPACE SHIP DOODLE

"landed"

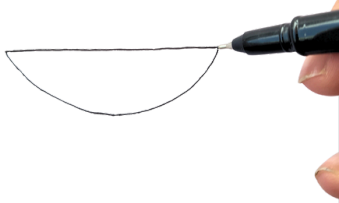
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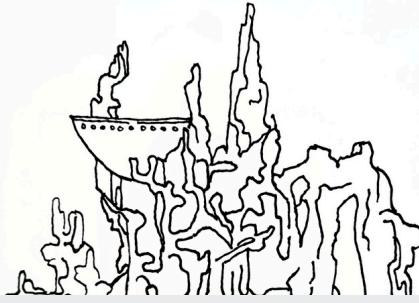


You might notice that my drawing 'landed' is filled with the wobbly structures you just practiced in the last exercise. Now it's your turn to start your first doodle! No need to copy—just use what you've learned and let your creativity shape something uniquely yours.

Basic Shapes



Let it Grow & Add Details



Hatching & Shading



*Your Turn!*

# ANIMAL DOODLE

"coming home"

by



Above, you see 'coming home', a doodle inspired by the shape of a hermit crab. While it follows the outline of a crab, the inside is filled with random doodle shapes and hatching. Notice how the lines are far from perfect—that's part of the charm! I've prepared an outline for you to fill in with your own style, so have fun experimenting!



For the exercise thereafter, you'll choose your own animal shape to doodle. You can find a reference outline online or draw one from imagination—whatever feels right for you!



*Your Turn!*



*Now Your Favorite Animal!*

# ABSTRACT DOODLE

"floating"

by



Next up is a fully abstract doodle with bold, dark areas - just like in "floating." Our eyes naturally piece together the shapes, making the end result look intricate and intentional. But in reality, this kind of doodle isn't planned or difficult to create.

Start by placing black spots across the page, then slowly connect them with lines, curves, and patterns. Let the composition build itself as you go!

Start with Black  
Spots & Areas

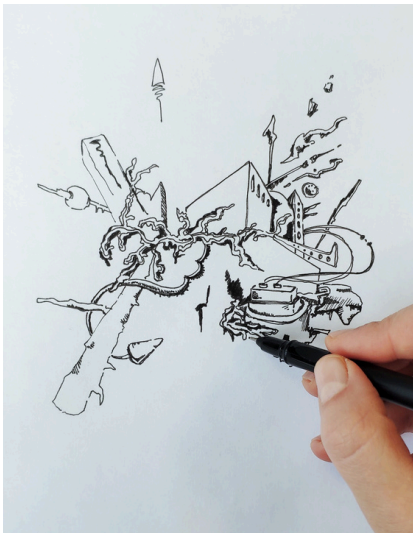


Connect with  
Different Shapes



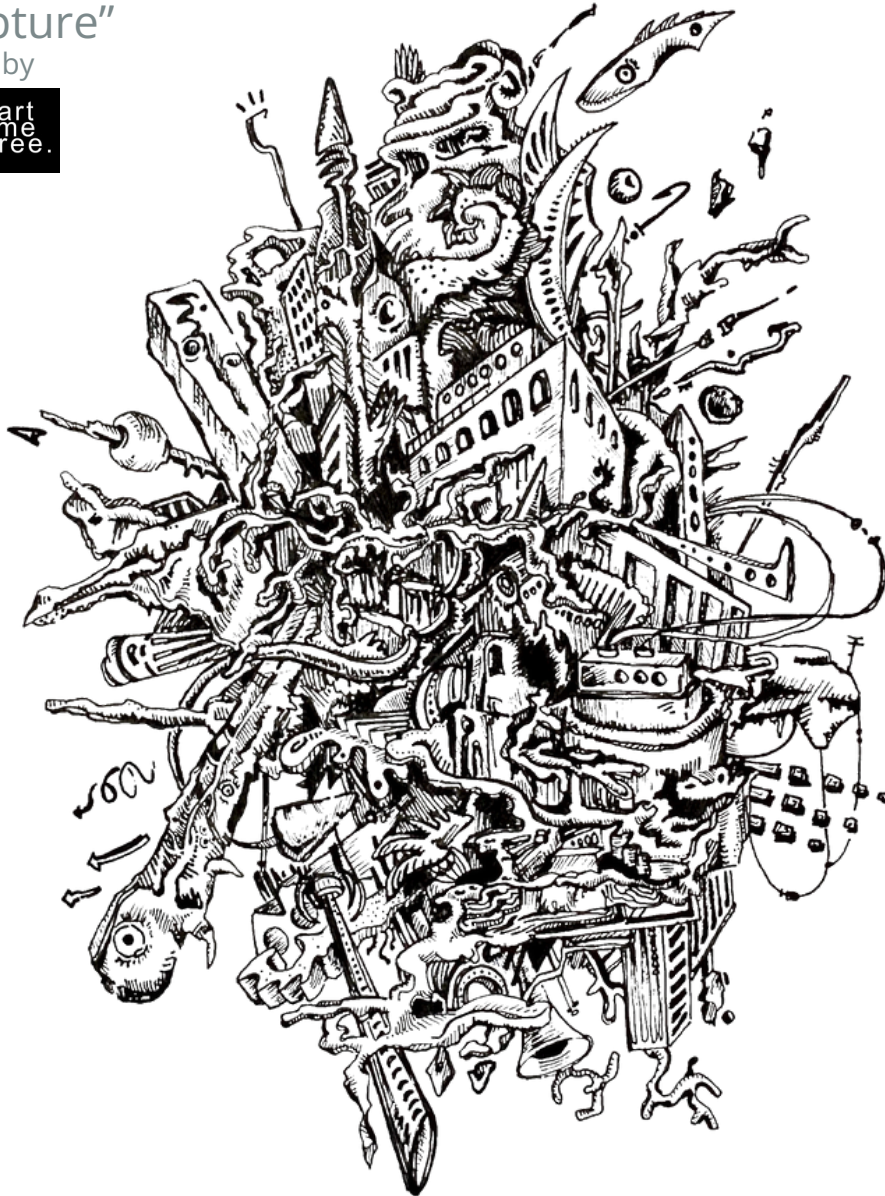
*Your Turn!*

# RANDOM OBJECTS DOODLE



"rupture"

by





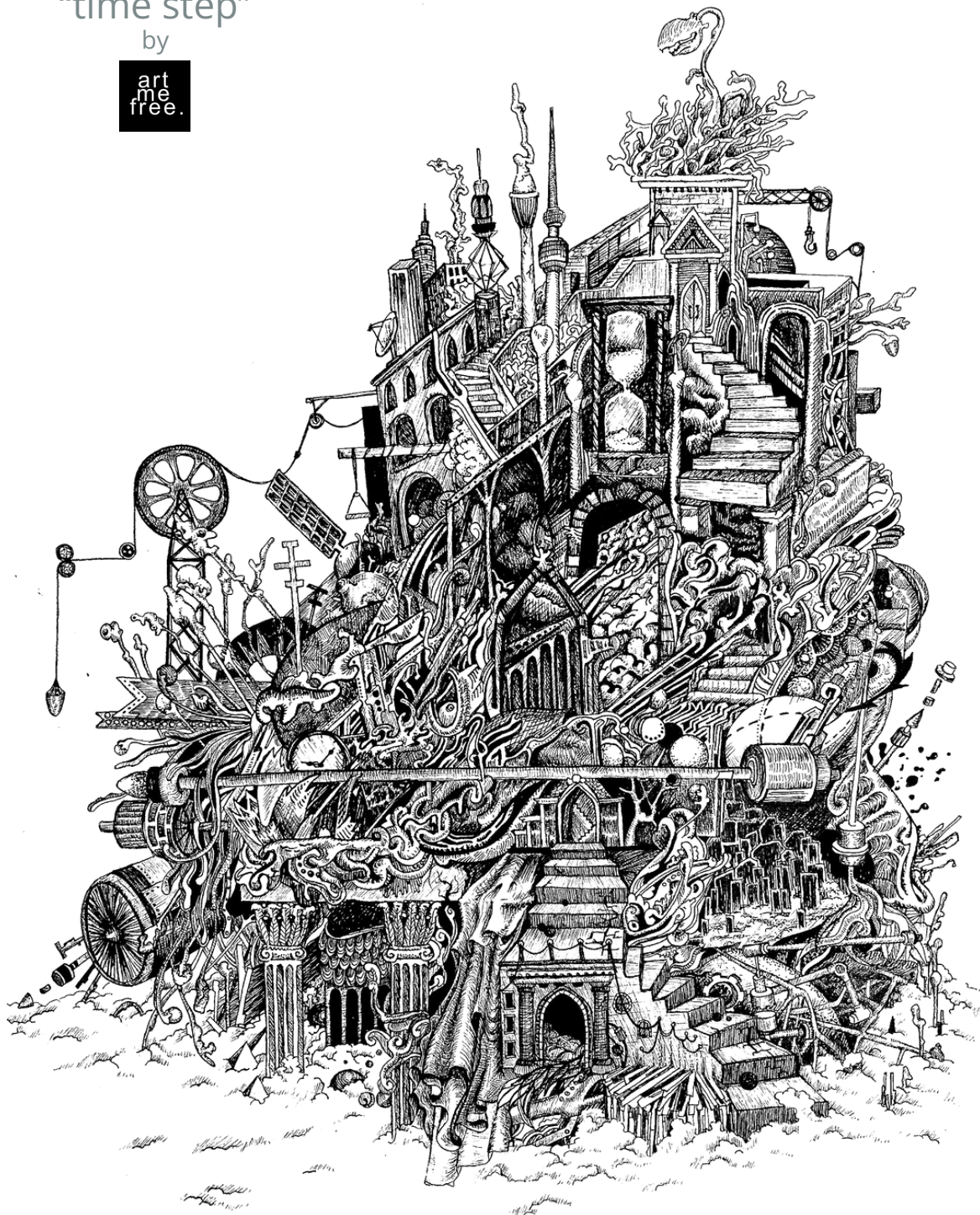
Create a mix of objects and abstract shapes, connecting them into one doodle, just like in 'rupture'. Use everything you've practiced—wobbly lines, hatching, patterns—there are no rules, just let your creativity flow!

*Your Turn!*

## RANDOM OBJECTS DOODLE

"time step"

by



Here's another example of a doodle called 'time step', which, like the previous exercise, is made up of random objects. This time, you'll find more recognizable real-life elements and strong influences from architecture.



Feel free to take inspiration from my doodle 'time step' and create your own unique doodle. Don't worry about straight lines or perfect perspective, just enjoy the process and let the imperfections add their own magic!

*Your Turn!*



*You've made  
it!*

You've reached the end of this workbook, but your doodle journey is just beginning! Remember, there are no mistakes in doodling, only new creative possibilities.

If you enjoyed this, visit [artmefree.com](http://artmefree.com) for more inspiration and unique doodle products! Hope you've got lots out of it.

*Keep doodling, stay creative, and most of all  
-have fun!*

*Best,  
Mareike*

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Pinterest: [artmefree](https://www.pinterest.com/artmefree).

