

15 REFLECTIVE DRAWING PROMPTS FOR ADULTS

1. Your favorite childhood memory, captured in colors and shapes
2. Your biggest dream or goal, represented symbolically
3. A moment that changed your life, captured in abstract or realistic form
4. A person who inspired you, represented through meaningful symbols
5. An emotion you're feeling today, expressed through color and form
6. A challenge you overcame, illustrated as a journey or transformation
7. A gift you received that touched your heart
8. A moment when you felt truly proud of yourself
9. A place from your past that shaped who you are today
10. Your personal symbol of strength or resilience
11. Your favorite music translated into visual elements
12. Your definition of success, represented through imagery
13. Your idea of adventure, whether big or small
14. A value or belief that guides your life, expressed visually
15. A hope or wish for your future self

