

40 PERSONAL DRAWING PROMPTS FOR ADULTS

1. Your favorite mug and the drink that comforts you most
2. A simple object from your childhood (like a toy or book)
3. Your favorite fruit or vegetable in any colors you like
4. The view from your favorite window
5. A small plant or flower that makes you happy
6. Three items that are always in your bag
7. Your favorite piece of clothing
8. A simple weather scene that matches your mood today
9. Your ideal breakfast plate
10. A pet you have or wish you had
11. Your favorite pair of shoes
12. A simple self-portrait wearing your favorite color
13. Three things that made you smile today
14. Your favorite snack and drink combination
15. A simple sketch of your dream house (just the outside)
16. Your favorite spot to relax (could be a chair or couch)
17. A simple drawing of your ideal weekend morning
18. Your favorite dessert
19. A tree or plant that reminds you of home
20. Your favorite book on a shelf
21. Something you collect (shells, buttons, anything!)
22. Your ideal room (simple shapes are fine)
23. A small moment from today that you want to remember
24. Your favorite seasonal item (like a winter scarf or summer hat)
25. A simple landscape that calms you
26. Your favorite kitchen tool or dish
27. A doodle of your perfect day using simple symbols
28. Your favorite place to sit outside
29. A simple memory from last weekend
30. Your favorite way to exercise (stick figures welcome!)
31. Something that always makes you laugh
32. Your favorite time of day (shown through simple nature elements)
33. A simple drawing of your ideal garden
34. Your favorite comfort food
35. A gift you'd love to receive (keep it simple!)
36. Your favorite holiday decoration
37. A simple scene from your morning routine
38. Your favorite way to relax (basic shapes are fine)
39. A happy memory drawn with basic shapes
40. Your perfect weather day (sun, clouds, rain - whatever you prefer!)

