

Inktober®-inspired Prompts for Self-Discovery

Use these daily prompts as invitations to draw, doodle, and reflect. Each one connects ink, image, and self-discovery. No art skills needed—just curiosity!

1. **Rooted** – draw something that grounds you. What keeps you stable in life?
2. **Shadow** – depict a part of yourself you don't often show.
3. **Threshold** – show a moment of crossing over, change, or transition.
4. **Whisper** – sketch a message you wish you could whisper to your past self.
5. **Mask** – draw the “mask” you wear in public vs. what's beneath.
6. **Memory** – illustrate a vivid childhood memory, what felt safe, or what changed you.
7. **Mirror** – what do you see when you look in the mirror (literally or metaphorically)?
8. **Fear** – represent a fear and perhaps also how you face it.
9. **Desire** – something you deeply want or yearn for; what shape does that take for you?
10. **Routine** – sketch a ritual or daily habit; what it does for you, how it shapes you.
11. **Storm** – internal turbulence: anger, grief, confusion.
12. **Light** – the part of you that brings hope, joy, or clarity.
13. **Wound** – a place you've been hurt: what it looks like inside, how it feels.
14. **Healing** – how do you heal, regenerate, rebuild?
15. **Gift** – a talent, trait, or blessing you have (maybe one you don't always honor).
16. **Loss** – something or someone you lost; maybe how that shape lingers.
17. **Joy** – what pure, simple joy looks like in your life.
18. **Silence** – draw what silence feels like, or what you hear when everything is still.
19. **Voice** – your speaking self; what you want to say, but maybe don't.
20. **Change** – something in your life that's changing or has changed you.
21. **Belonging** – where, with whom, or how you feel you belong.
22. **Boundaries** – what protects you, or what you wish you could protect.
23. **Yearning** – longings—maybe a place, person, future, possibility.
24. **Reflection** – how have you changed in the past year? Draw then vs now.
25. **Fragile** – your soft edges; moments or parts of you that are delicate.
26. **Strength** – where you are strong, where you've persisted.
27. **Dream** – a recurring dream, or a dream you have for your future.
28. **Loss of voice** – times you felt unheard; how did that silence shape you?
29. **Rebirth** – what would “rebirth” feel/ look like for you?
30. **Gratitude** – what or who are you most grateful for; draw giving thanks.
31. **Self-portrait in ink** – combining symbols from many of the above days: who are you now?

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This project is inspired by the official Inktober® challenge created by artist Jake Parker - check out Inktober.com for his 2025 list of prompts.