PROJECT #28

CAPTURE YOUR LIFE IN COMICS

To capture your life in comics, you will need:

Something to draw with (pencil, pen, etc.)

Something to draw on (journal or paper)

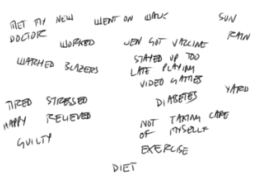
Some folks like to keep their comics in bound notebooks or sketchbooks so they can look back at earlier pages they created

If you want, you can also use loose papers or even sticky notes that you can later collect into a book

Hi, everyone! My name is Jonathan Hill, and I want to share a quick exercise I do to check in with myself and document how I'm doing. It's called a journal comic.

Do any of you keep a journal? It's a great way to document your life, and it also gives you a place to work through your feelings and worries.

Most people keep a written journal, but since I'm a visual storyteller, I like to journal in my favorite medium: comics.



Step 1 of 7

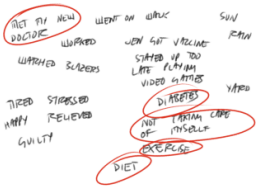
So now, think of something that happened yesterday or in the last few days. It doesn't have to be a big or important moment, just anything that comes to mind.

Maybe you spent time with a friend.

Maybe you had to go to the dentist.

Maybe you tried out for a team.

On a piece of paper or in your journal, write down as many details about this moment as you can think of—including people, places, things, and feelings.



Step 2 of 7

Next, look over what you wrote and circle the details that stand out the most. Are there any other details you want to add?

You are now ready to turn those feelings and experiences into a comic strip story!

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Step 3 of 7

I usually sketch the panels (frames that contain the story) and then write the ‘story beats.’ Beats are moments in a story like:

What happened? (I went to school…)

What did you think or feel about it? (I felt worried about…)

How did you respond or what did you realize? (But then I decided to…)

How did things work out (or not work out)? (And now I….)

Your story doesn’t have to include all of these beats — you can make up your own!

Step 4 of 7

Once you have your story parts figured out, it’s time to draw your comic strip.

Don’t worry about drawing perfectly. Some very famous artists (like Allie Brosh, for example) draw simple stick figures.

Also, if you ever want to change anything, you can always redraw it!

Step 5 of 7

Like a journal, if you do these often, you’ll be documenting the ups and downs of your life and everything in between, which can be a great way to keep track of your growth as both a person and an artist!

Step 6 of 7

If you liked this project, try this fun comic book project submitted by Will Fain.

Step 7 of 7

Want to share some of your journal comics in our gallery? We’d love that!

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