



# SKETCH NOTE

# BOOK

## 21 DAY CHALLENGE WORKBOOK

FOR A CLOSER  
WALK WITH  
THE LORD.



21 days of activities to develop and practice your visual note-taking skills that will rock your Sermon notes and quite time!

WRITTEN AND DOODLED BY  Marsha Baker ©2019

[WWW.BLESSINKS.COM](http://WWW.BLESSINKS.COM)

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# WHAT IS SKETCHNOTING?

Is a form of note taking where visual elements are used to express and relate main concepts and ideas. Sketchnoting creates a flow that focuses on listening, synthesizing and transferring what you hear. Sketchnoting uses both visual elements and handwriting to convey concepts.

Listen

Synthesize

Draw/doodle/sketch

Write

SKETCHNOTING IS ABOUT IDEAS NOT ART.

MIKE ROHDE

## WHY SKETCHNOTING?

Listening and drawing writes ideas on our brains twice – this is called Dual-Coding. This embeds the ideas in our brain deeper.

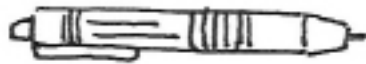
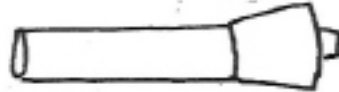
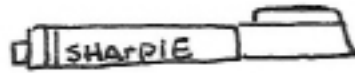
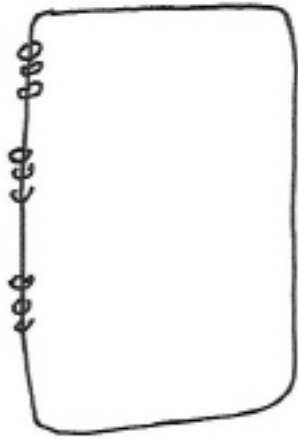
The process of drawing helps us comprehend what we're hearing.

We retain information longer.  
We recall information faster.

The process is way more fun.

The results are much more interesting.

# CHOOSE YOUR TOOLS



## 1. Sketchbooks

-dotted, graph, grid, no lines  
Moleskin, Leichstrum 1917,  
any blank sketchbook

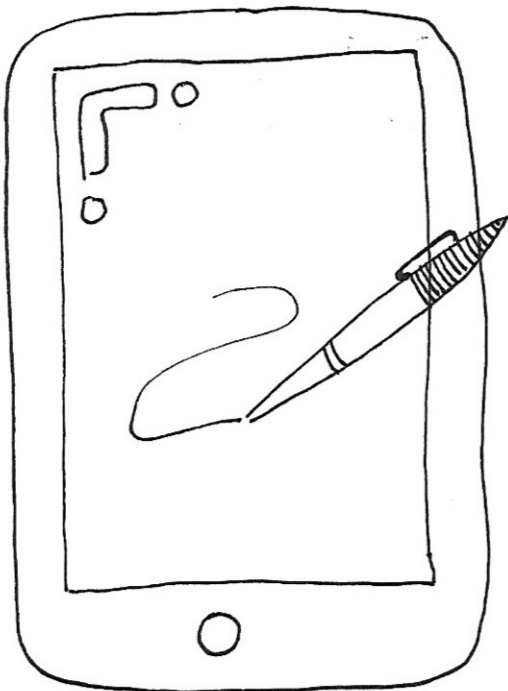
## 2. Permanent pens, Micron, Le Pen, Sharpie pen, Uni ball Vision Elite

## 3. Pencil, eraser, tape optional

## 4. High-lighter

optional: color pencil, (Prisma colors)  
markers

## 5. Bag - so all your supplies are easy to find and ready to go.



## FOR THE IPAD

### 1. Apple pencil

### 2. Apps:

Procreate  
Paper by 53  
Concepts

# ANTATOMY OF A SKETCHNOTE



DRAW  
AN  
image  
of your  
Speaker  
or topic

ADD  
Speakers Name  
Date and Location

Make a Bold  
Title

Add Shadow  
for emphasis

Use bubbles  
and call out  
Boxes for  
"ah ha moments"

Capture big ideas  
using numbers or  
Bullet points

Don't  
worry about  
mistakes

1. ~~~~~

2. ~~~~~

3. ~~~~~

DRAW  
Simple  
images  
to support the idea



Lines Separate ideas

Use Arrows  
to direct  
the flow

Point  
#2

Point  
#4

Point #3



I had a  
great  
idea

- ◇ List sub points
- ◇ with bullets
- ◇

Tip: ALWAYS  
WRITE THE TEXT  
BEFORE DRAWING  
THE BOX AND  
BUBBLES

ALWAYS ADD YOUR Name, twitter or Ig  
handle

# HERE ARE SOME PRACTICAL TIPS AS YOU PREPARE TO SKETCHNOTE:

-ARRIVE EARLY SO YOU CAN GET A GOOD SEAT TO GET A GOOD VIEW OF THE SPEAKER

-BEFORE THE SPEAKER BEGINS, GET SETTLED. GET OUT YOUR SUPPLIES ORGANIZED. LETTER IN THE INFORMATION YOU ALREADY KNOW: TITLE OF THE TALK, DATE, LOCATION AND SPEAKERS NAME

-IF YOU'RE JUST GETTING STARTED FOCUS ON THE TITLES, SUB-TITLES AND ORGANIZATION OF YOUR NOTES WITH EYE-CATCHING NUMBERS/BULLETS AND CONNECTORS AND DIVIDERS. ADD ICONS ONLY AS IT MAKES SENSE.

-IF YOU WANT TO ADD AN ICON BUT DON'T KNOW HOW TO DRAW IT, SAVE A LITTLE SPACE, MAKE A NOTE IN PENCIL AND YOU CAN PRACTICE AND ADD IT IN LATER.

-DON'T STRESS OVER THIS, IT WILL TAKE A LITTLE PRACTICE. THE THING TO ASK YOURSELF IS - ARE YOU INTO THE TALK? ARE YOU GRASPING THE BIG IDEAS?

-IT TAKES PRACTICE, SO DON'T GIVE UP TOO SOON.

- REMEMBER I'M HERE TO TO HELP YOU. EMAIL ME WITH QUESTIONS - BLESSINKS@LIVE.COM

- JOIN MY MAILING LIST TO GET LOTS OF SKETCHNOTING TIPS.

- YOU ARE A SKETCHNOTE BOSS!

# SKETCHNOTE ELEMENTS

Anybody can sketchnote!

1. TITLES & lettering
2. BULLETS AND NUMBERS
3. DIVIDERS & CONNECTORS



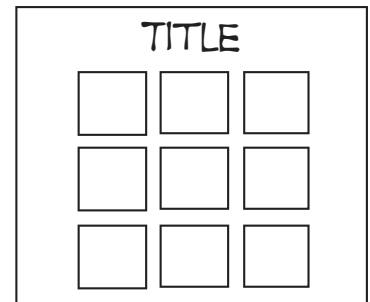
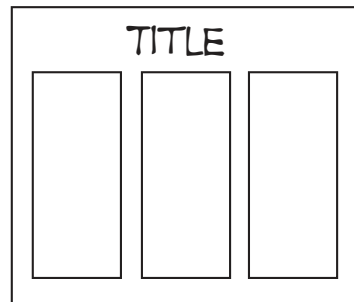
4. BUBBLES & CALL OUT BOXES

5. COLOR/HIGHLIGHTER

6. ICON LIBRARY



7. LAYOUT



8. LEGEND

A LIST OF SYMBOLS TO HELP YOU  
SKETCHNOTE FASTER

EXAMPLES



THESE WILL DEVELOP NATURALLY OVER TIME



# BLOCK LETTER VARIATION<sup>s</sup>

1. **THICK** Full in

2. Double

3. Serif

4. Dots

7. UPPER & LOWER

8. **PATTERN**

9. ANGULAR

10. **SOLID**

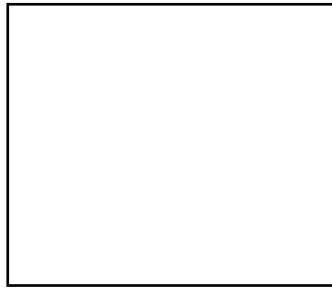
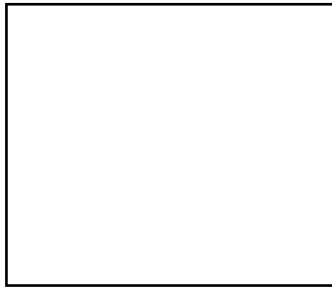
5. HIGH ABEP "CURLIES

6. LOW ABEP "THIN ABCDEFG

7. A B C d e f G H I J K L M N

# DAY 1

1. Look around and find 3 simple line patterns, draw them below



2. Practice Thick Block letters, write out the Alphabet in capital letters (#1 page 7).

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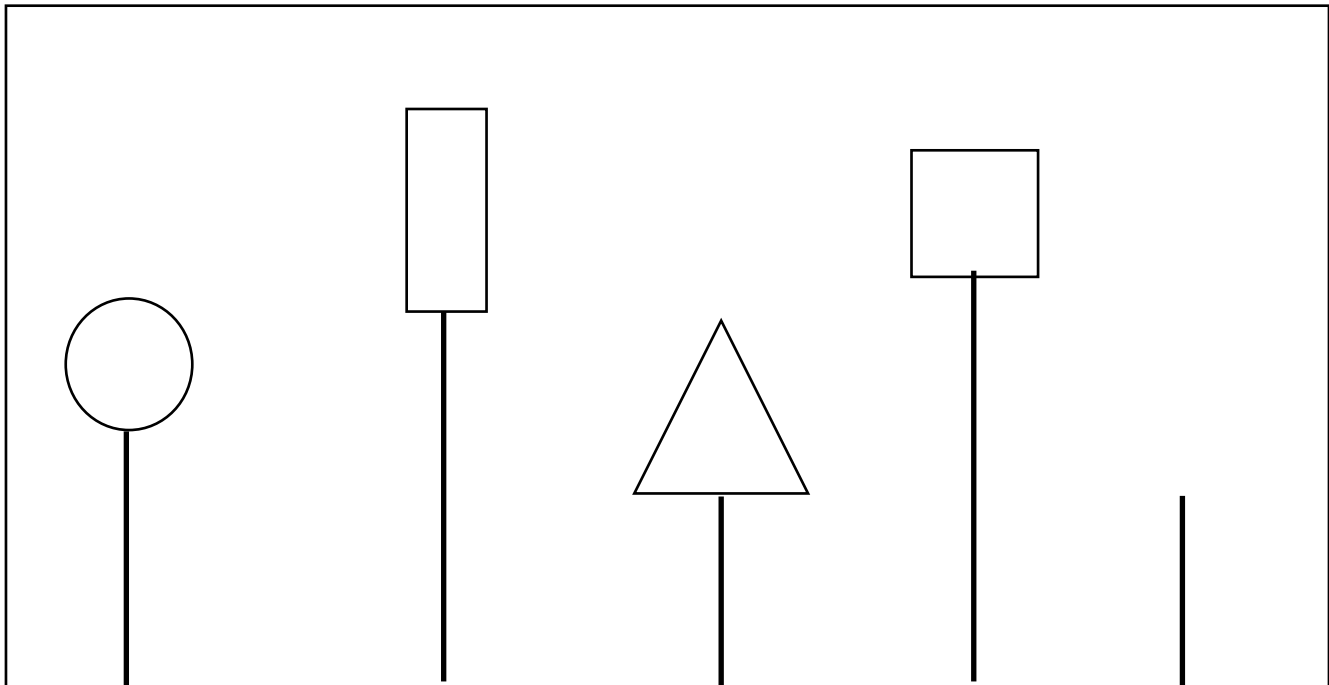
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Step 1. add petals, stems and leaves to make flowers



# Icon Brainstorming

3. Begin to think about the subject of your note-taking and begin to develop a list of icons you want to have at the ready when you're sketchnoting. If you're going to sketchnote the sermons then add things like, cross, angel, world, light. If you're sketchnoting business meetings, think about business icons. Make a list of 33 icons you want to learn to draw during this challenge. You don't have to come up with 33 things today. Just keep adding to this page as you think of more things you want to learn to draw. Practice your block letters when writing out your list. Add your icons each day on page 47.

1 _____	12 _____	23 _____
2 _____	13 _____	24 _____
3 _____	14 _____	25 _____
4 _____	15 _____	26 _____
5 _____	16 _____	27 _____
6 _____	17 _____	28 _____
7 _____	18 _____	29 _____
8 _____	19 _____	30 _____
9 _____	20 _____	31 _____
10 _____	21 _____	32 _____
11 _____	22 _____	33 _____

# Visual Elements

Adding a visual element does not require any artistic skills. You just need to quickly sketch things that make sense to you. The more you practice, the more comfortable you will become with it. The fiftieth time you draw an angle will be better than the first time. Your Sermon Sketchbook is personal and you share at your own discretion.

Line



Circle



Half circle



S curve



Spiral



Zig Zag



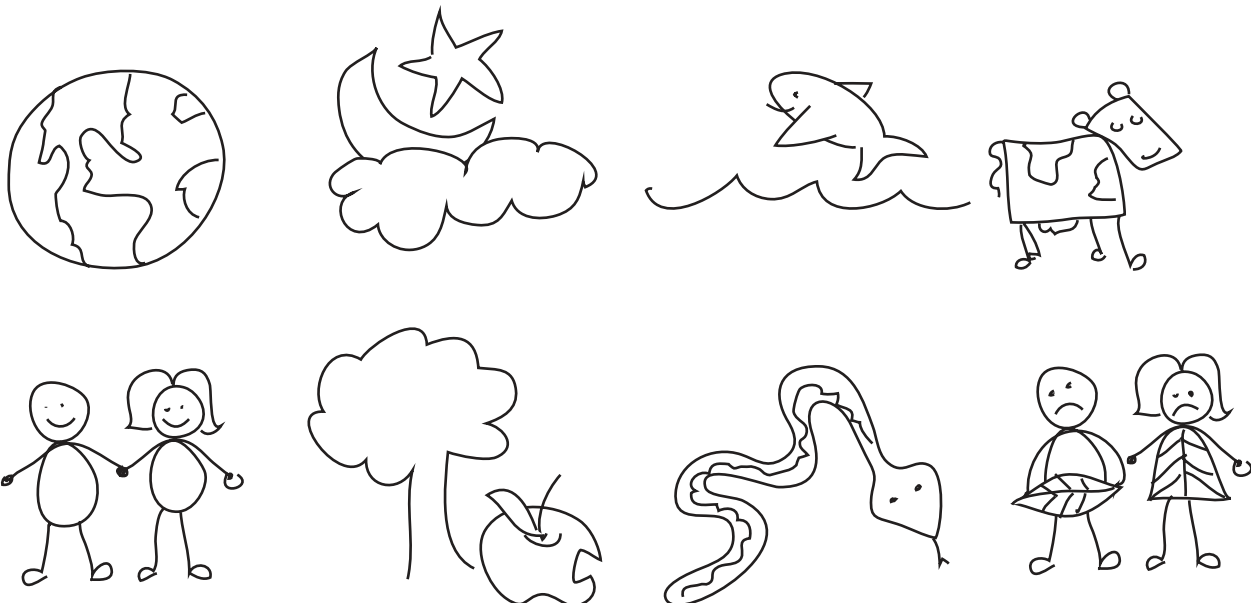
Paisley



Drawing really only consists of seven basic shapes. Keep your images simple. With these seven basic shapes you make any image. For example:



Simple icons of the creation story.



4. Let's jump right in and get started on drawing some simple icons. Use the shapes on page 10 to guide your. Or you can search the noun project for inspiration. [www.thenounproject.com](http://www.thenounproject.com)



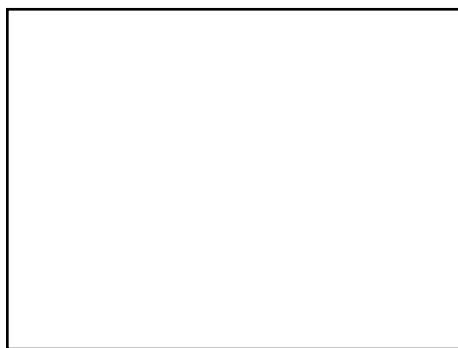
SUN



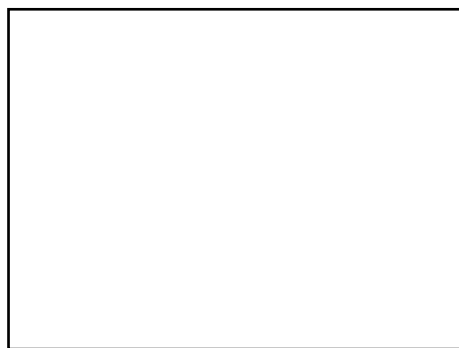
STAR



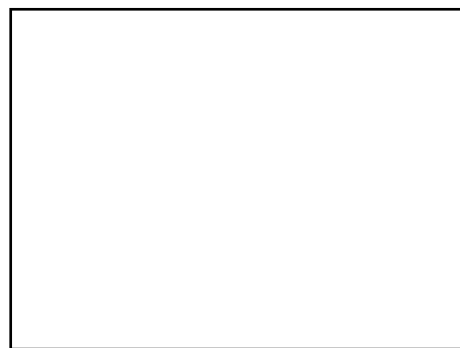
MOON



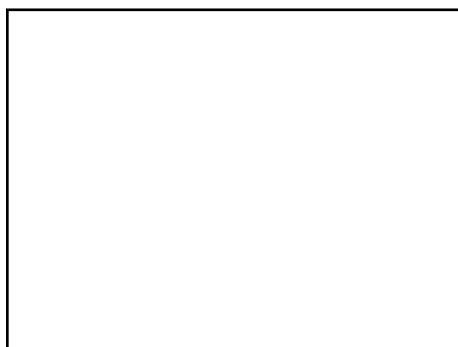
HOUSE



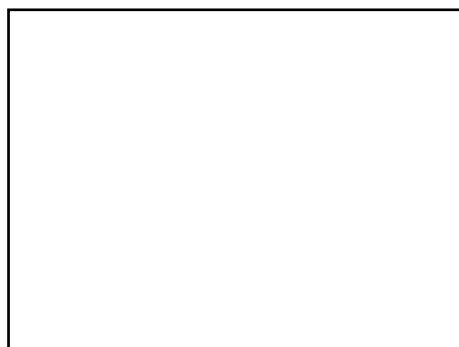
TREE



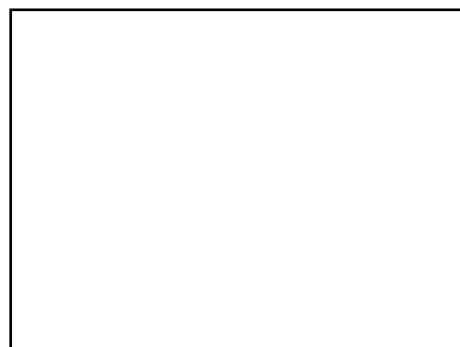
FLOWER



WORLD



CAT



DOG (A CAT WITH  
DROOPY EARS)

# DAY 2

1. Look around and find 4 simple circle patterns, add them below.



2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

3. Practice Block letters, write your name and address below

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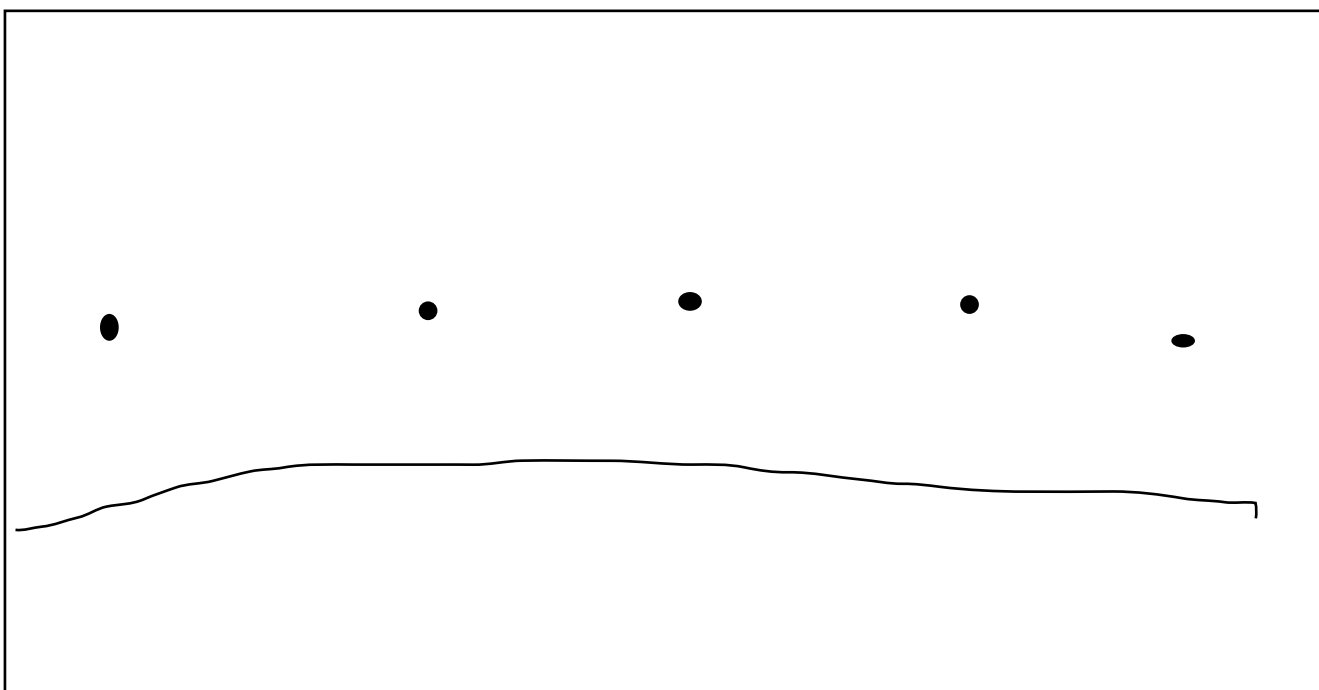
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Step 1 do a 1-2 second scribble around each dot.  
Step 2. add a beak and Y feet to make birds. Make the dot the bird's eye.

# DAY 3

1. Look around and find 4 zig zag patterns, add them below.



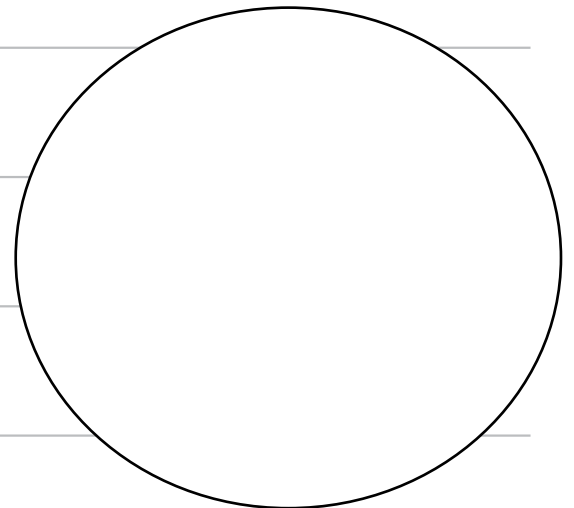
2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

4. Write your name in big bold block letters center it around the yellow line. Go to [www.behindthename.com](http://www.behindthename.com) and look up the meaning and origin and write it below. Find an icon to represent your name. Draw the icon in the circle below.

Name

Origin

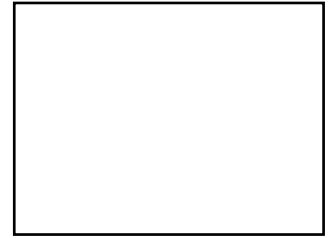
Meaning





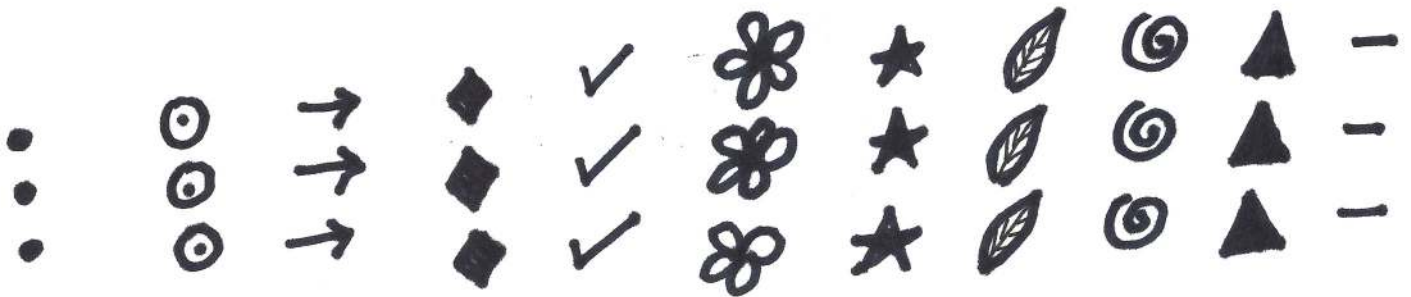
# DAY 4

1. Look around and find 4 simple half circle patterns, add them below



2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

3. Practice bullets points below for when you are making a list. Practice a few styles below and add three or four more bullet styles.



[illegible]

# DAY 5

1. Look around and find 3 simple S curve patterns, add them below.



2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

3. Refer to page 7 and letter the alphabet (caps only) using double lines (example #2, page 7)

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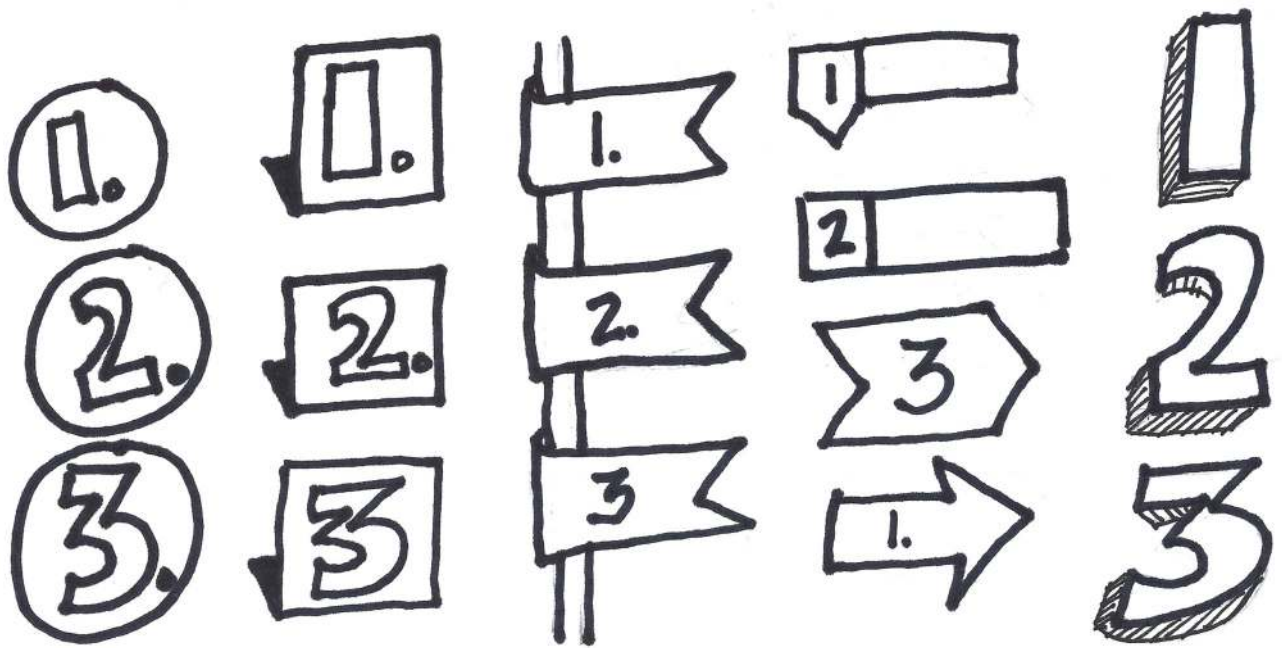
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5. Using one of the number styles above make a list of your 4 favorite movies, desserts, places you've traveled. Feel free to add a doodle for fun.



4. Practice drawing some of the numbers below and then add two or three more styles of numbers that you can draw quickly while you're sketchnoting.



# DAY 6

1. Look around and find 3 simple Spiral patterns, add them below.

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2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

3. Use Double lined caps to title the section below: Prayer list, (r is the middle) then use your simple block letters to write out a few things on your prayer list. Find an icon to draw for two of those items on your list.

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# DAY 7

1. Look around and find 3 simple paisley patterns, add them below



2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

3. Write both capital and small letters adding serifs (little feet and hats on your letters) to your letters #3 page 7)

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are four sets of these lines provided for practice.

5. Write someone a letter – create an opportunity for fellowship, have lunch go for a walk. Practice your lettering and draw some images on your invite. Also practice your lettering on the envelope. Doodle up your envelope and consider adding a verse for encouragement.

# DAY 8


1. Add 4 patterns below to your pattern library using an element or combination of element of your choosing.

2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

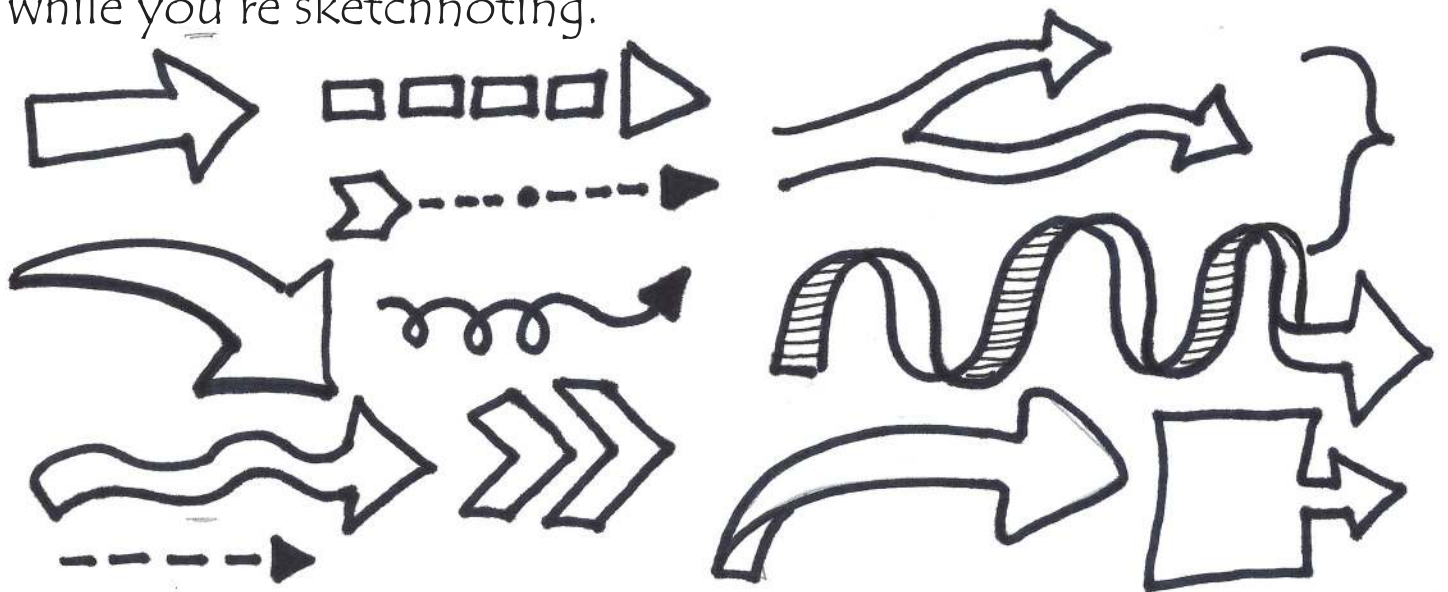
3. Write both capital and small letters adding dots to your letters  
#4 page 7)

This image shows a full page of handwriting practice paper. It features four identical sets of horizontal guidelines spaced evenly down the page. Each set includes three lines: a solid top line, a dashed middle line, and a solid bottom line, providing a structured space for practicing letter formation and alignment.

4. Draw 4 paisley shapes. Make them into birds.

Four empty square boxes arranged horizontally, intended for drawing.

5. Practice drawing some of the arrows below and then add two or three more styles of arrows that you can draw quickly while you're sketchnoting.



# DAY 9

1. Add 4 your patterns below combining lines and circles.

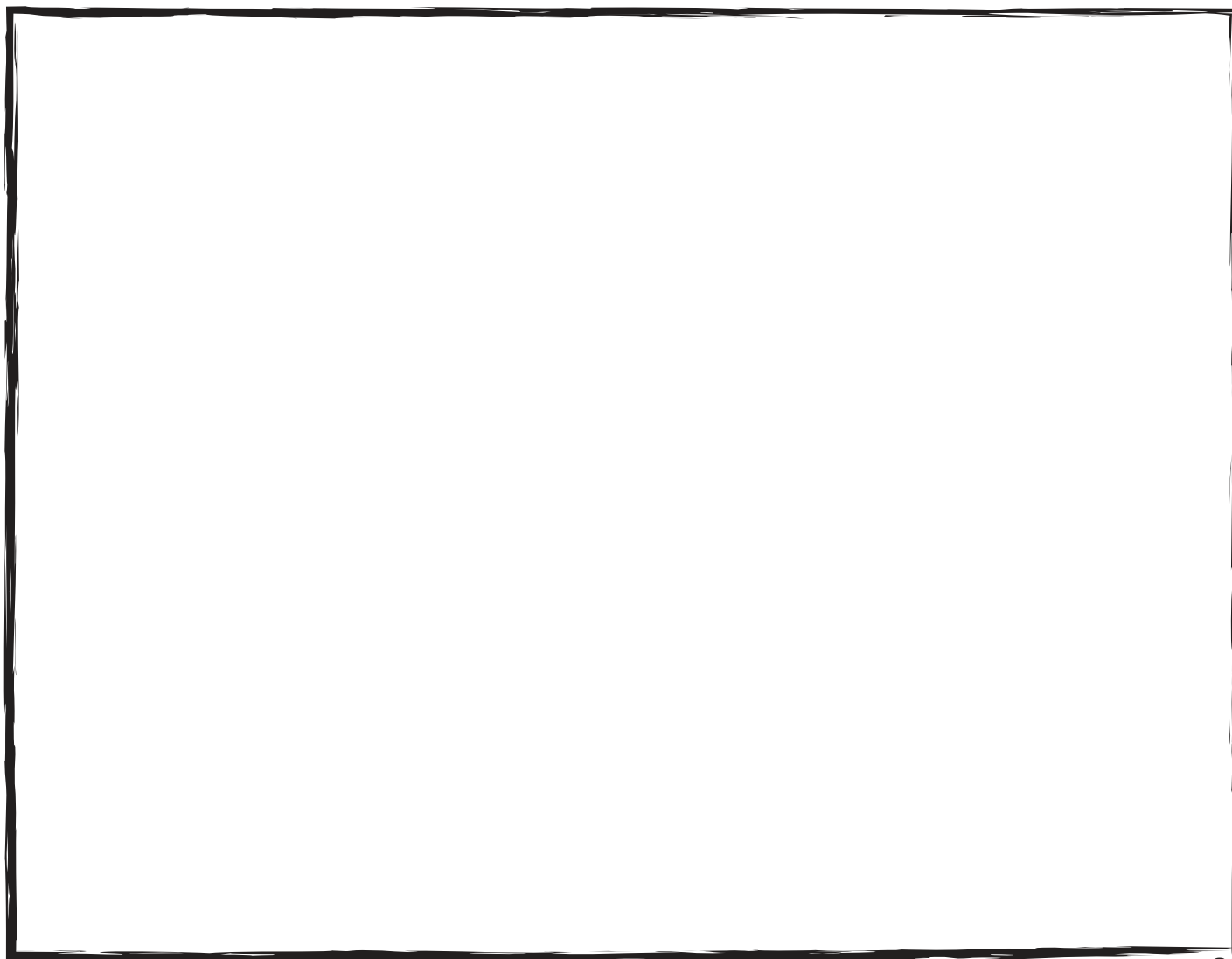


2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

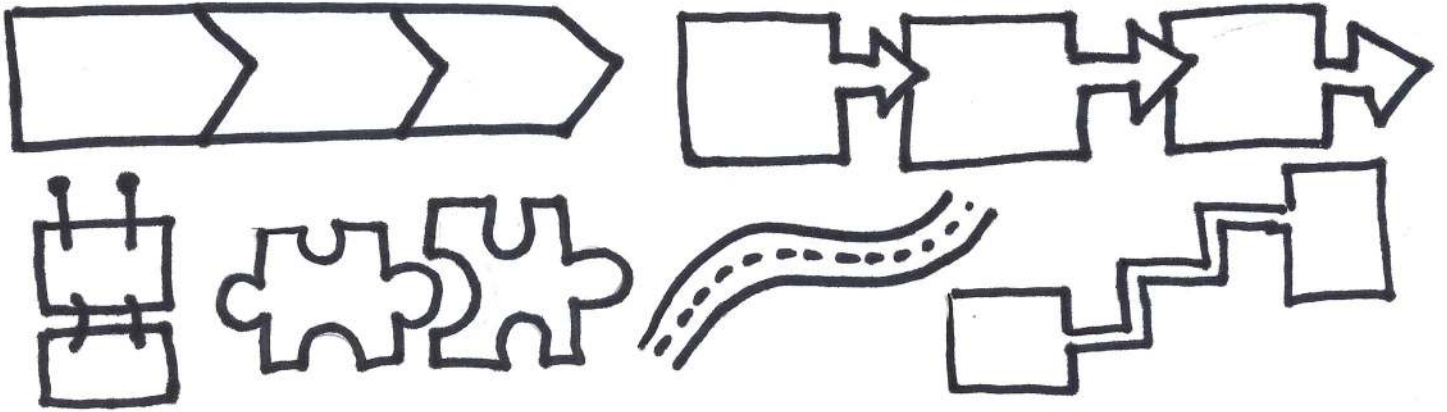
3. Think of a simple 3-4 step process like mailing a letter, scrambling an egg, answering the phone... draw it out below adding arrows to show the flow of the process.

Title:

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4. Practice drawing some of the connectors below and then add two or three more styles that you can draw quickly while you're sketchnoting.





# DAY 10

1. Add 4 patterns using any element.



2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

3. Write both capital and small letters raising the mean line  
(middle line) your letters see #5 page 7)

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are five sets of these lines provided for practice.

# Calendar

4. Visually document your month by drawing little icons about your day.

Title:


# DAY 11

1. Add 4 patterns using any of the elements.



2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

3. Write both capital and small letters lowering the meanline (middle line) of your letters see #6 page 7)

4. Look up Psalm 3:5-6. Break up the verse into 4 parts. Draw something for each part and write out the verse beside the image. Connect the boxes with arrows or other connectors.

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# DAY 12

1. Add 4 patterns using any of the elements.

# DAY 12



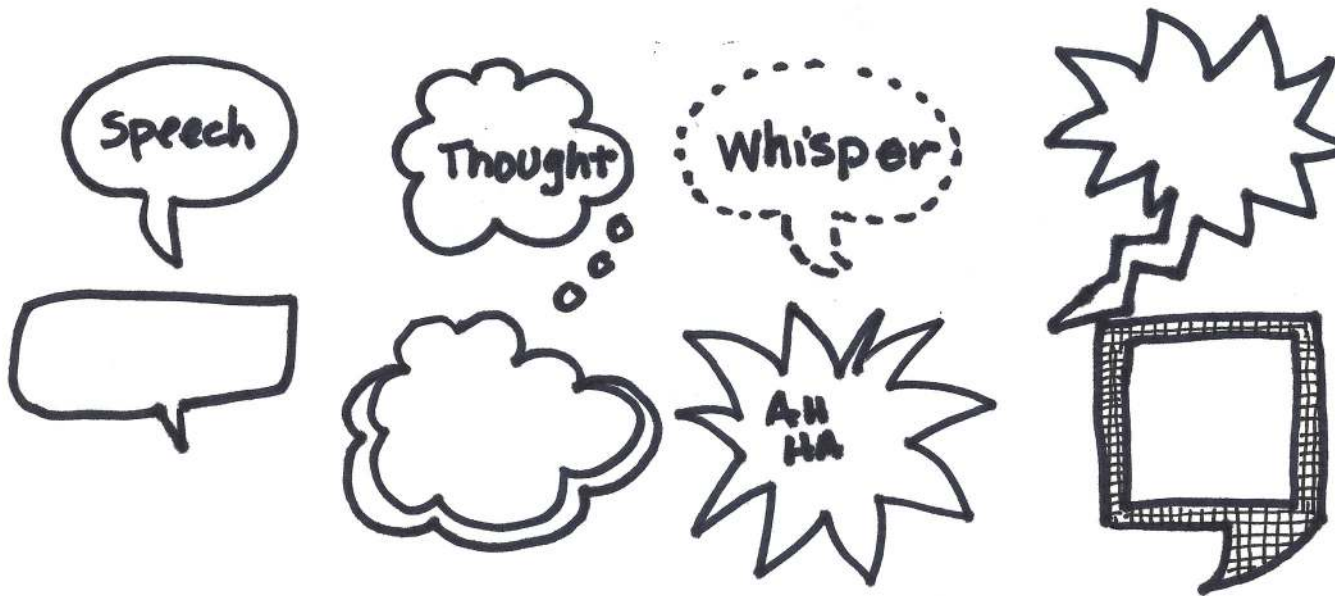
# DAY 12

# DAY 12

# DAY 12



4. Practice drawing some of the bubbles and call out boxes below and then add two or three more styles that you can draw quickly



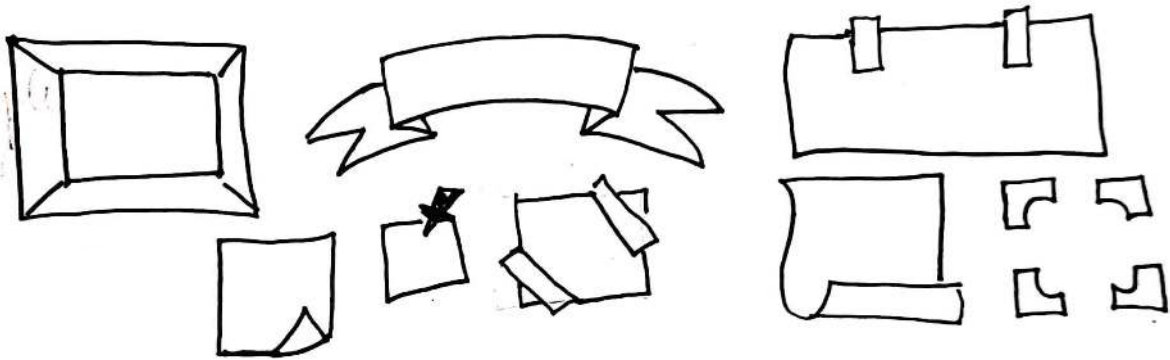
# DAY 13

1. Add 4 patterns using any of the elements.

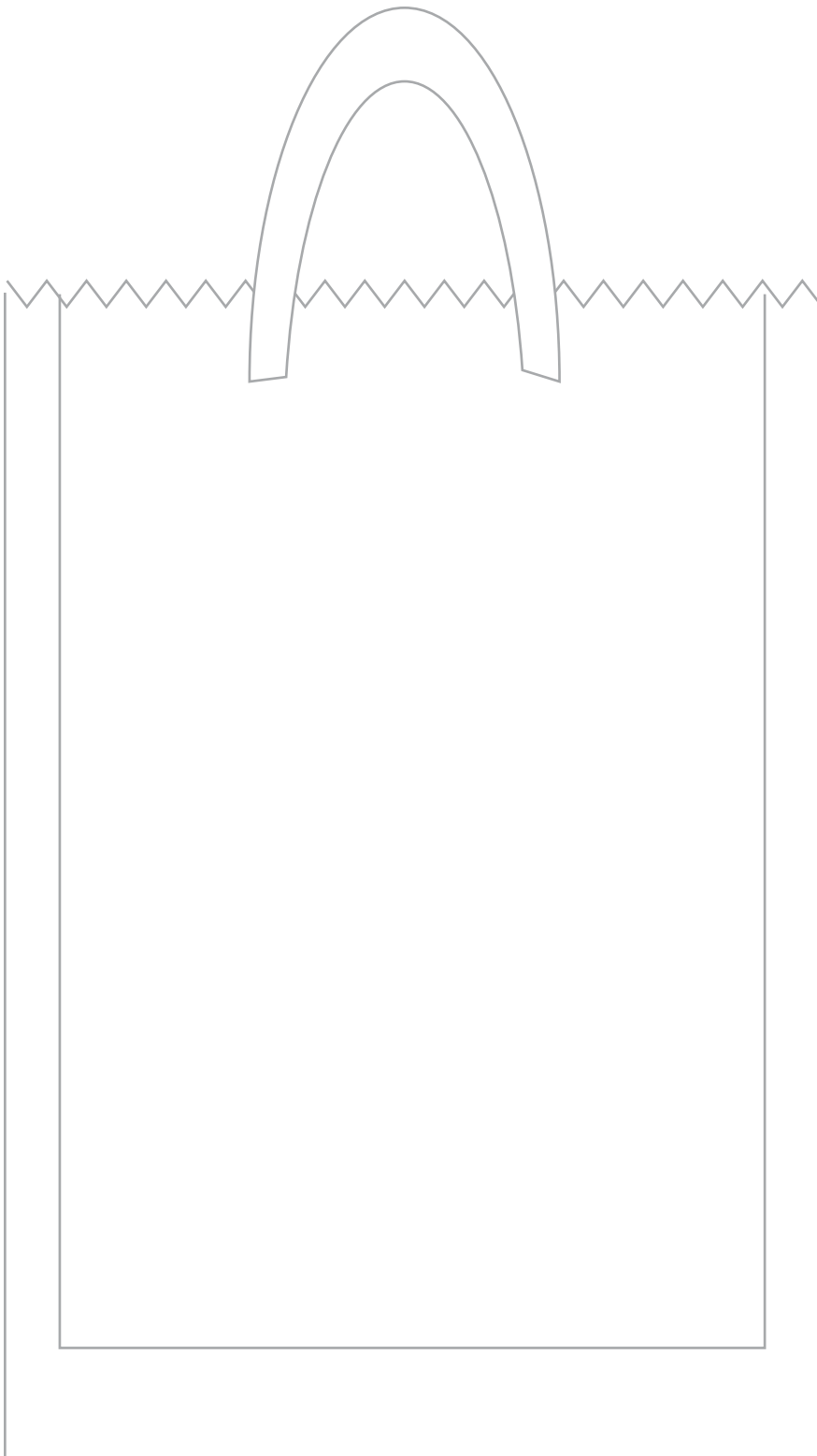
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2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

3. Sometimes it's helpful to visually separate information with lines and boxes. Practice some of the frames below



4. Draw 5 things in on your shopping list OR draw 5 things you have recently purchased in the shopping bag below. Write the names of the items to the side to practice your lettering.



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Every good  
thing comes  
from Me.  
Psalm 16:2

# DAY 14

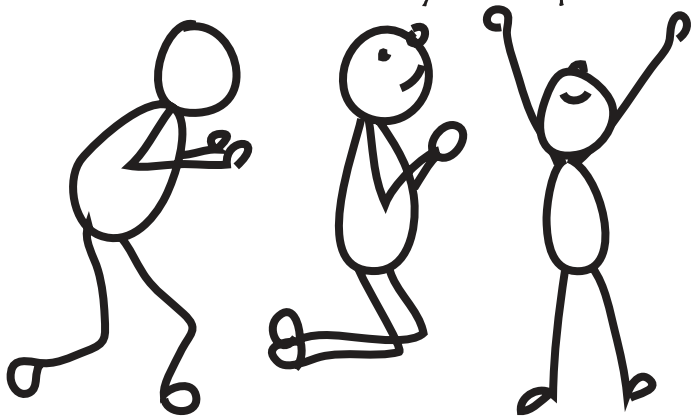
1. Add 4 patterns using any of the elements.

2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

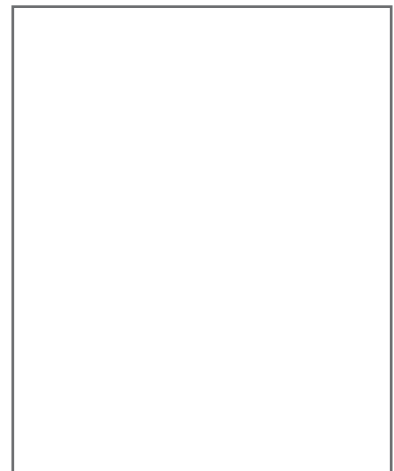
3. Draw some weather icons below. Doodling the weather in journal is another detail that will help you remember the details of that day.

# People

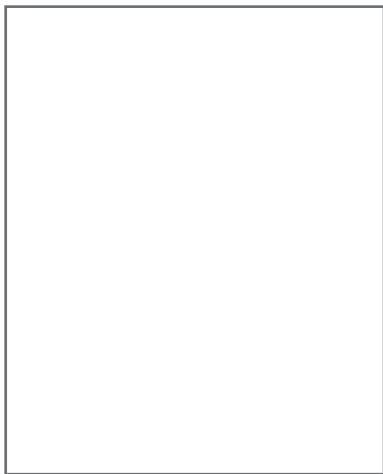
4. Practice drawing bean people. Give them a body. Keep their features simple.



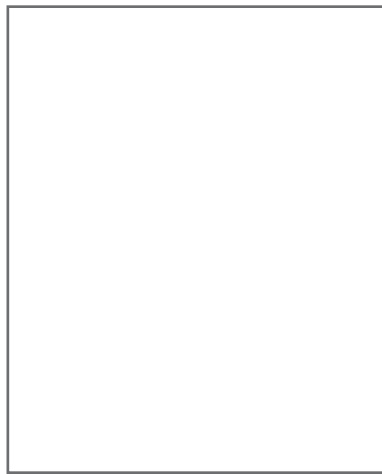
MAN



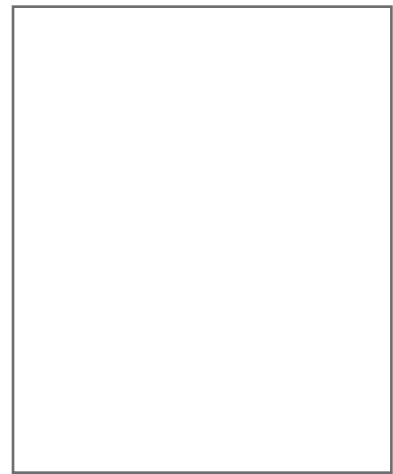
WOMAN



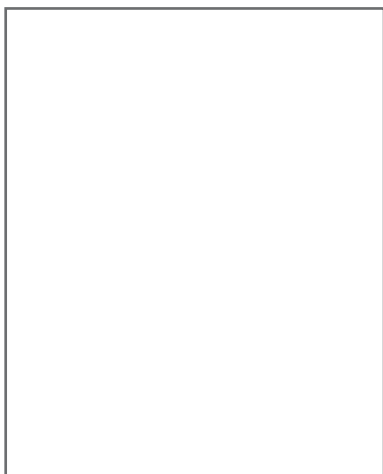
CHILD



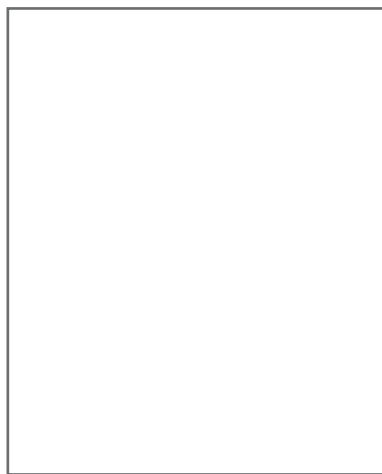
WALKING



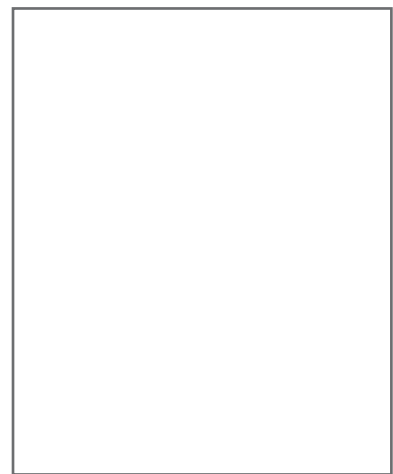
RUNNING



SITTING



KNEELING



PRAISING

# DAY 15

1. Add patterns using an element or combination of element of your choosing.



2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

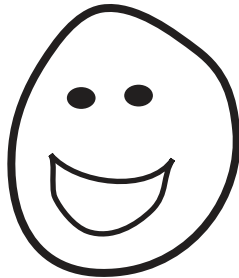
3. Practice faces to convey emotions. Keep the faces simple.

## faces

Keep expressions simple. Upward mouths are positive, and downward mouths are negative.



happy



laughing



unhappy

Angry

Silly

Sleepy

Scared

Proud

Curious

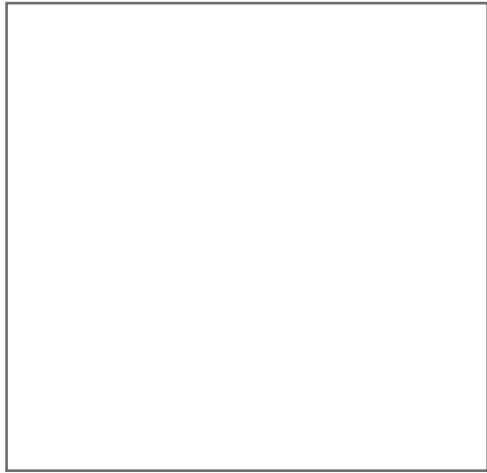
Grumpy

Confused

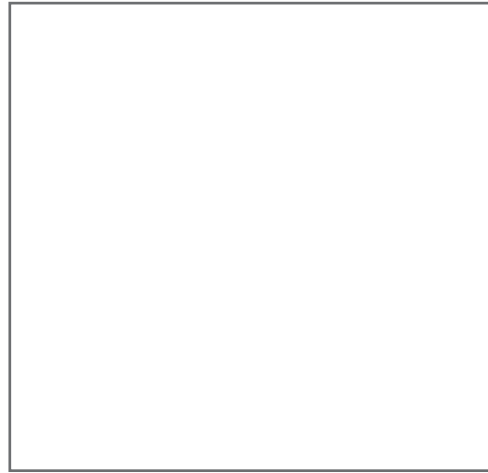
Bossy

# Verse Practice

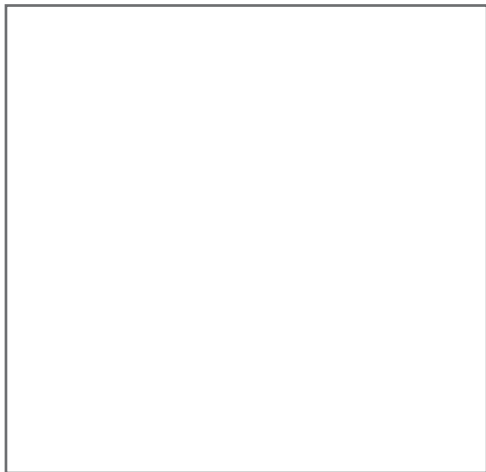
4. Draw an icon for each of these verses.



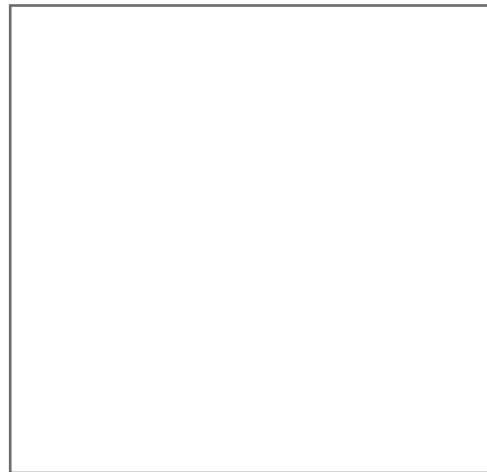
PSALM 1:3



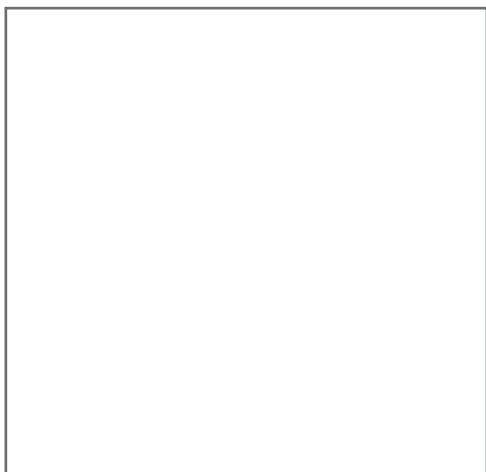
JOSHUA 24:15



PS 74:16



JOHN 3:16



JOHN 15:12



PS 49:3

# DAY 16

1. Add patterns using an element or combination of element of your choosing.

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2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

3. Practice angular lettering. Write out both the upper and lower case letters, refer to page 7 #9.



4 Draw at least one meal (or all three) you had today. Write about your day or who you shared your meal.

A large grid of graph paper, consisting of 20 columns and 30 rows of small squares, intended for drawing and writing.

# DAY 17

1. Add patterns using an element or combination of element of your choosing.



2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

3. Practice lettering filling in letter spaces. Write out the upper letters, refer to page 7 #10

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4. On the next page sketch out a SIMPLE recipe with no more than 5 ingredients and 4 steps. Draw the finished product. Refer to They Draw and Cook.com for inspiration.



# DAY 18

1. Add patterns using an element or combination of element of your choosing.

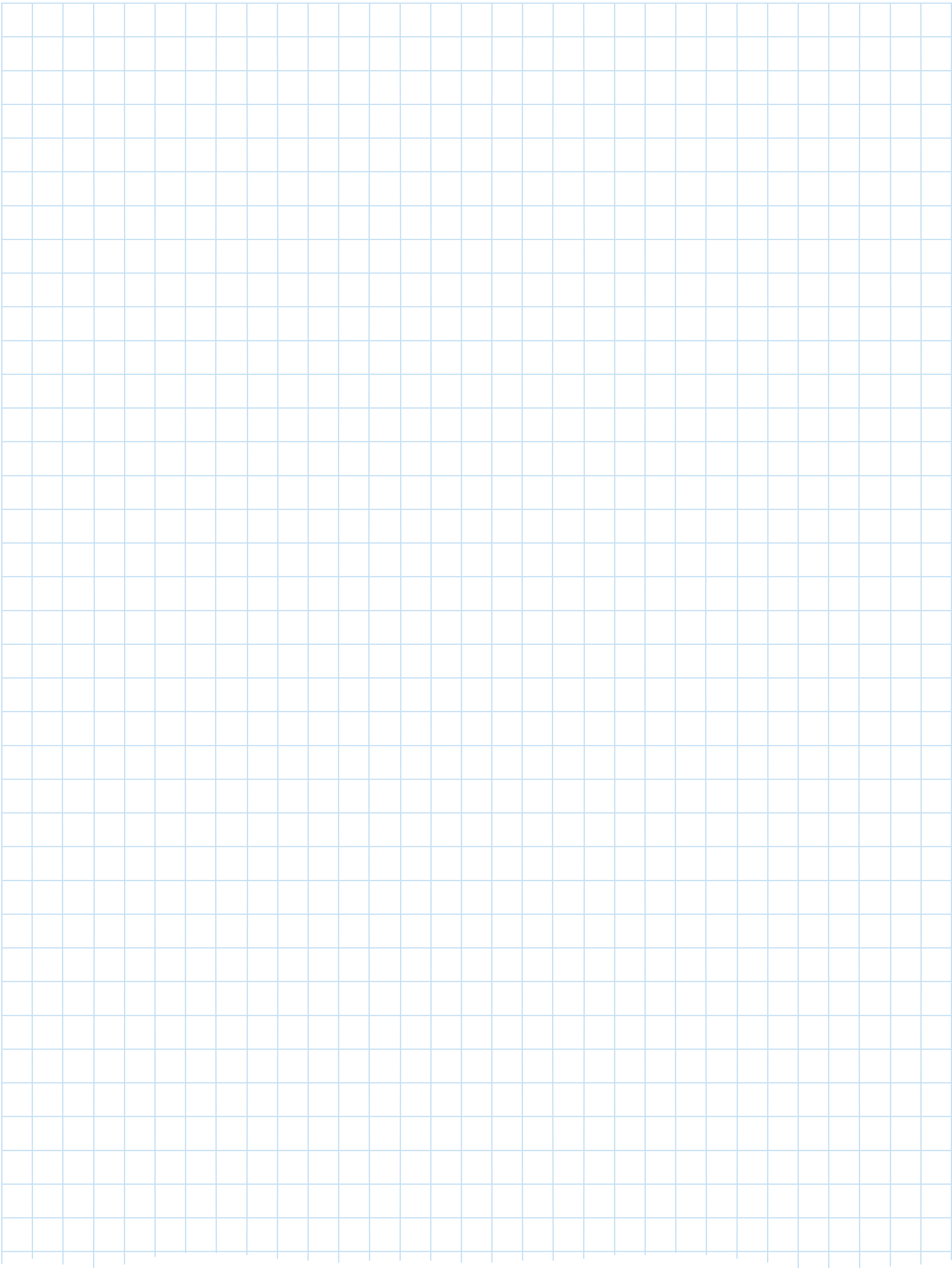
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2. Refer to your icon list on page 9. Draw 3 items on the list on page 48.

3. Practice letters adding curlies. Write out both upper and lower case letters, refer to page 7 #11

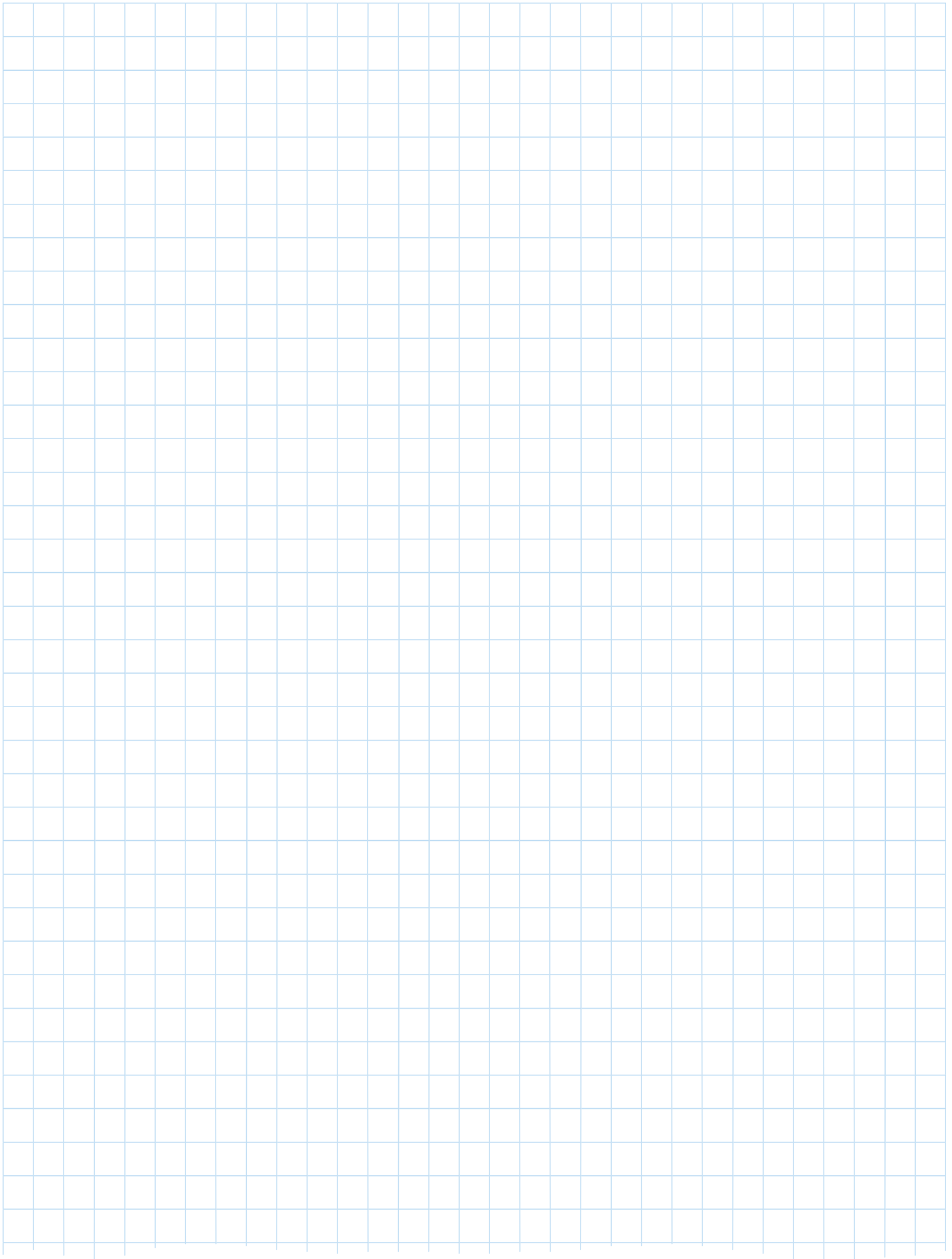
4. On the next page do a little research and create a Fact Sheet with 5-10 interesting facts. Do a large title and create interesting numbers for each point.



# DAY 19

1. Find an interesting article to sketchnote here. Be sure to use titles and numbers to create a hierarchy for your eyes to organize the information. Only add images when it makes sense. NO STRESS. Have fun.

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# DAY 20

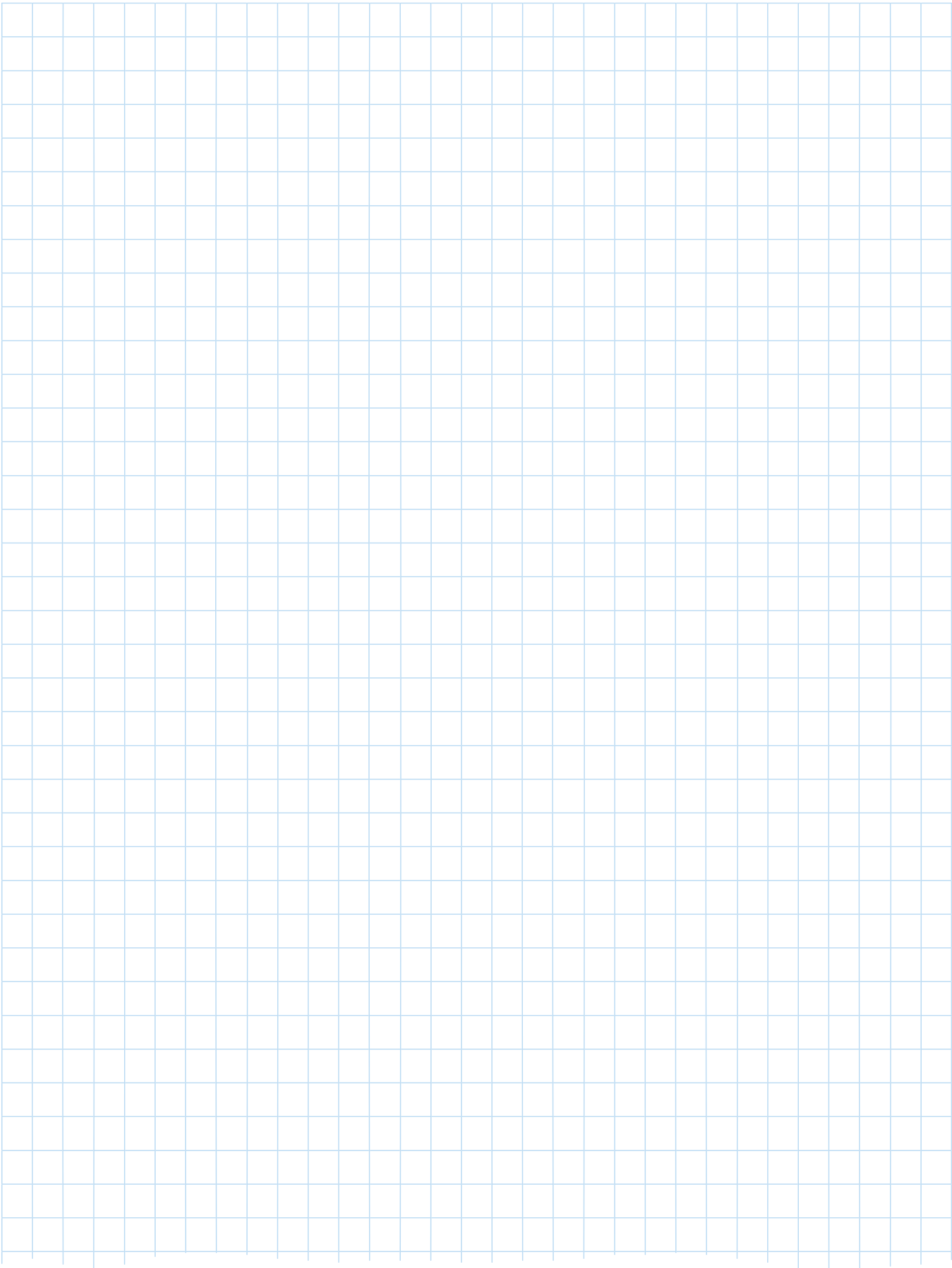
1. Practice drawing bees, a hive, bee keeper, and honey in the boxes below.



2. You're ready to sketch a short ted talk. Go to [Ted.Com](https://www.ted.com) and search for Every City Needs Healthy Honey Bees by Dr. Noah Wilson-Rich (2012). Sketchnote this talk. It's totally ok to pause it or replay it to ensure you capture the key points.

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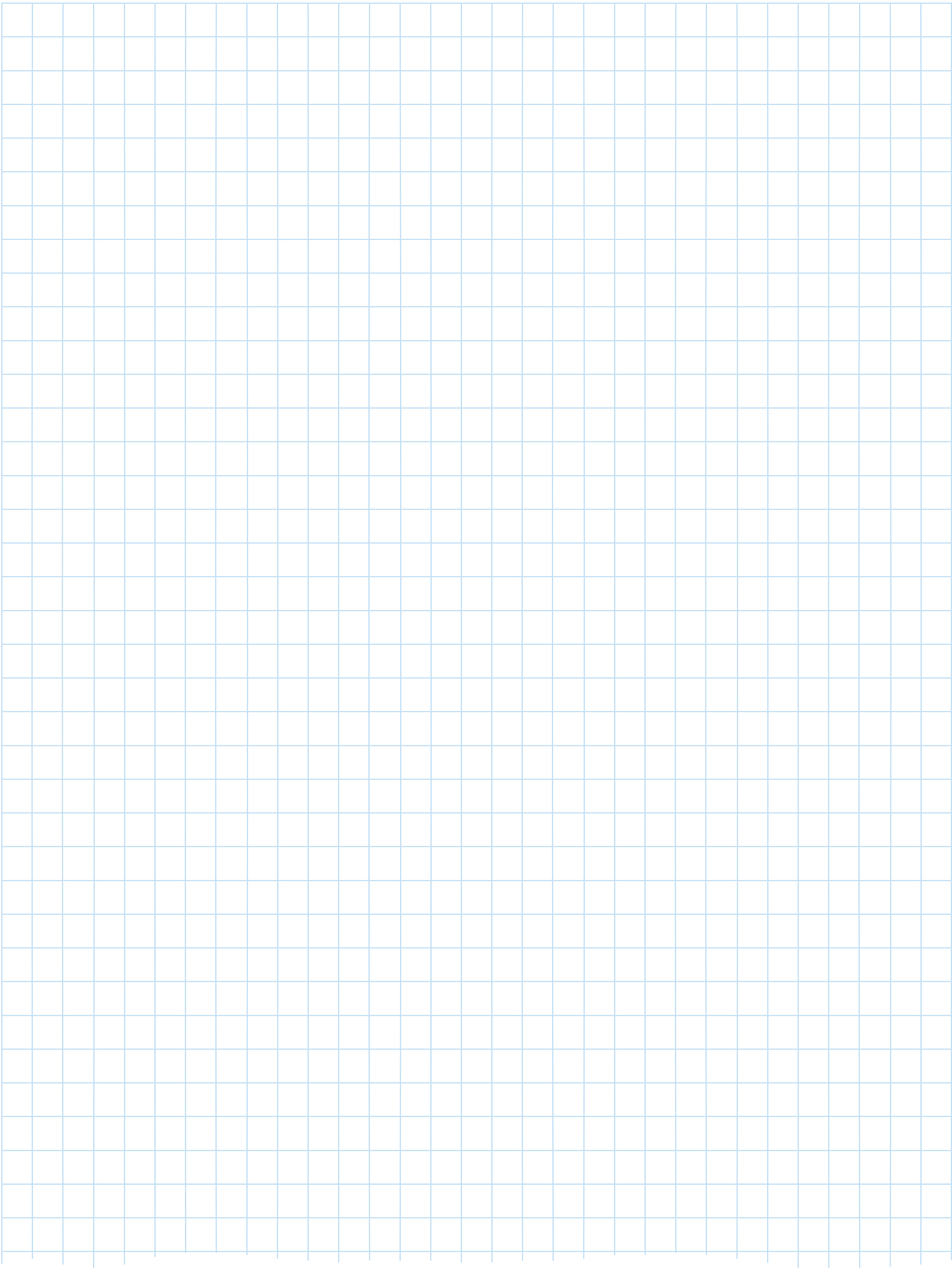




# DAY 21

You're ready to sketchnote a live sermon. Use these pages to sketchnote your first sermon so you can see how you progress over time. Refer to pages 4-6 to be sure to capture all the elements.

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# Develop your own personal icons





# Additional Resources

Marsha Baker – [www.blessinks.com](http://www.blessinks.com) Twitter/ Instagram: @blessinks  
blessinks@Live.com

Mike Rohde [rohdesign.com](http://rohdesign.com) Instagram: @rohdesign  
Books: Sketchnote handbook, and Sketchnote workbook  
Podcast: Sketchnote Army at [sketchnotearmy.com](http://sketchnotearmy.com)

Doodle Revolution by Sunni Brown Instagram: @sunnibrown

Back of the Napkin by Dan Roan

Sketchnoters to follow on Instagram:

Diane Bleck @diane.bleck (graphic designer, founder of Doodle Academy)

Eva-lotta Lamm @evalottchen (graphic designer)

Rob Demio @rob\_dimeo (physicist at NISC)

Brandy Agerbock: @loosetoothcom <http://loosetooth.com/>

Michael Clayton @profclayton (professor at Incarnate Word University)

Carrie Baughcum @heck\_awesome (special ed teacher)

Dana Ladenburger @dladenburger (teacher)

FACE BOOK GROUPS:

Sketchnote Boss  
Sermon Sketchnotes





## Other resources from Marsha Baker

ETSY SHOP:  
[www.blessinks.com/shop](http://www.blessinks.com/shop)

