

UNBORED zine

Unbored Zine highlights different activities to get you interested to try something outside of your normal routine. Each issue has a theme, so you can select which (or all) you'd like to try.

All issues are initially released for free digitally on my blog, larajla.com. They will be available for a week before they move to my Etsy shop, [larajlacreates](http://larajlacreates.com).

larajla.com / larajlaenrich.com

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30 List Prompts

1. What others say about me . . .
2. What I'm good at.
3. My family and I like to . . .
4. My favorite activities.
5. Game(s) I'd like to learn.
6. What I always have with me when I leave my house.
7. Celebrities I'd like to meet.
8. Top local spots to hang out.
9. Favorite restaurant(s).
10. What I do with my friends.
11. Who I'm missing today . . .
12. Where I do my best thinking.
13. Best trips I've taken.
14. What I do when I'm bored.
15. My favorite time of the day and why.
16. Items I want to put on the shopping list.
17. Top books I want to read.
18. I start my day . . .
19. How I get inspired!
20. Things I want to try again . . .
21. Today, I'm grateful for . . .
22. My favorite reward(s).
23. Songs I'm listening to right now.
24. I'm curious about . . .

Be a Lister!

What does a lister do?

A lister takes a prompt and uses it "as is" or adjusts it to fit their life and interests.

Then, the lister creates a page or image in response to the prompt. Including the prompt allows you to remember the "why" behind your image.

This zine will have list prompts for you to try. You can do one or multiple prompts. I have set up 30 of these in this zine so you can try it.

Remember one a day so you're not overwhelmed!



25. My favorite articles of clothing.
26. Things I need to do.
27. My super powers include . . .
28. How I can help others.
29. Food(s) I'd like to try.
30. My plans for the weekend

Small Amounts of Creativity

Sometimes it's hard to find time to journal or scrapbook. Listing is a way to document things in your life by following prompts. You can write, use graphics, draw your list or any other way to "list" items.

It allows you to be creative without being bogged down with a specific craft type.

Usually, you can join a challenge who has prompts to start with. I follow "30 Days of Lists." You can do a challenge with your friends.

If you don't like the prompts in this zine, brainstorm your own ideas.



What can I include?

You can include anything that's artistic or crafty in your page or image. Here's a brief list to get you started.

- Any art techniques
- Any craft techniques
- Clip art
- Coloring
- Digital backgrounds
- Digital stamps
- Drawings / sketches
- Fonts / type
- Handwriting
- Lettering
- Magazine clippings
- Numbers
- Painting
- Photos
- Rubber stamps
- Scrapbooking paper
- Stickers
- Symbols



What do I have to do?

- You can simply list items and be done in five minutes on a lined piece of paper.
- You can list items on a specialty paper.
- You can add elements to your list to give it some visual appeal.
- You can design a single page and use it for the entire challenge, just changing the words on it.
- You can sketch your list.
- You can make a full art journal page.
- You can make a full scrapbook page.
- I think you get the idea. What you create is up to you!

Hop on Instagram for ideas. Just search for #30Lists. There are other listers out there, this is the one I'm familiar with, though.

And when you're done . . .

You can collect up the items you've made and share them digitally with your friends. If your friends do lists with you, it will be like sharing a friendship book.