



RAW MARKS

The art of expressive journaling



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[INTRODUCTION]

»*So, you've decided to dive into raw creativity? That takes guts. And you've come to the right place to explore it.

This PDF is a kick-start into a deeper, messier creative practice. No rules. No pretty results required. Just raw energy on paper.

There's so much to say about human self-expression: I could talk about it for hours. But this pdf isn't about theory. This is about getting your hands dirty. So let's dive in.

If you ever want more, you know where to find me:

WEBSITE: studiobloknote.com

YOUTUBE: youtube.com/@studiobloknote

INSTAGRAM: instagram.com/studiobloknote

*studio
BLOKNOTE



From Chaos to Creativity: My Story

Before we dive in, I want to share why I believe so deeply in RAW SELF-EXPRESSION.

I'm Marieke Blokland, an artist from the Netherlands. I studied at art school, spent a decade in marketing for craft materials, and then thought: This isn't enough. The craft world felt too safe, too polished.

So I started my own business, helping people take their creativity to the next level, turning messy journaling into something deeply personal and unapologetic.

Then, life happened. Sh*t hit the fan. My carefully built business slipped through my fingers. The pandemic made everything worse, and before I knew it, I was in a full-blown depression.

Art journaling saved me.

**It let me pour every dark thought,
every ounce of frustration, straight
onto paper. And when I climbed out of
that hole, I swore I'd dedicate my life
to helping others do the same.**

Because here's the truth: art can take whatever rage, sadness, or chaos you throw at it. And in return, it gives you something solid: a mark, a record, a reminder that you exist.

Even if all you did today was scratch a pencil across a page. And that's exactly what we're going to do here. ;-p

What is Mark Making?

MARK MAKING is, at its core, a record of your physical presence. A way to say: I WAS HERE. Maybe even: I exist, deal with it. ;p It might feel silly at first, but trust me, there's something primal and deeply satisfying about it. You become aware of your body, your movements, your existence.

At first, you might think: I'm not a child! But that's exactly the point. Through mark making, you RECONNECT WITH YOUR INNER CHILD. Learning to embrace, appreciate, and protect it. And let's be real, most adults are just children with better excuses. Building a relationship with your inner misfit is where the magic happens.

In this PDF, I'll guide you through five simple mark-making techniques. Mark making is just one of the ten steps in my full Raw Art Method, but it's a great starting point. The beauty of mark making is that you need almost nothing. Just a piece of paper, a pencil and a little bit of paint. No talent required. No fancy tools. Just a rebellious streak and the guts to make a mess.

For me, RAW SELF-EXPRESSION HAS BECOME A LIFESTYLE AND A PHILOSOPHY. I see it in the people around me, in books, in music. The ability to express your purest self makes you both vulnerable and invincible at the same time. Because WHEN YOU HAVE THE COURAGE TO EXPRESS YOURSELF, NOTHING CAN TRULY BREAK YOU.

I hope these tips bring something positive into your life. And I hope you'll stick around for more raw self-expression.

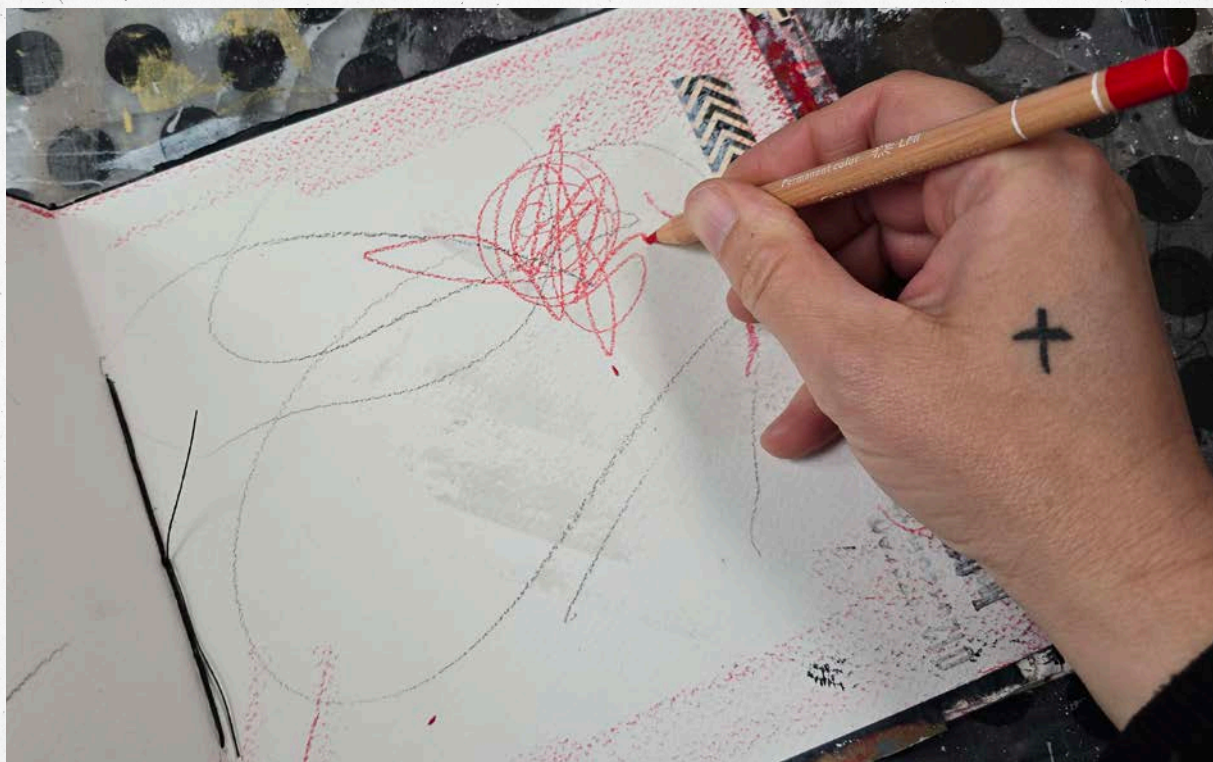


Five Mark-Making Techniques



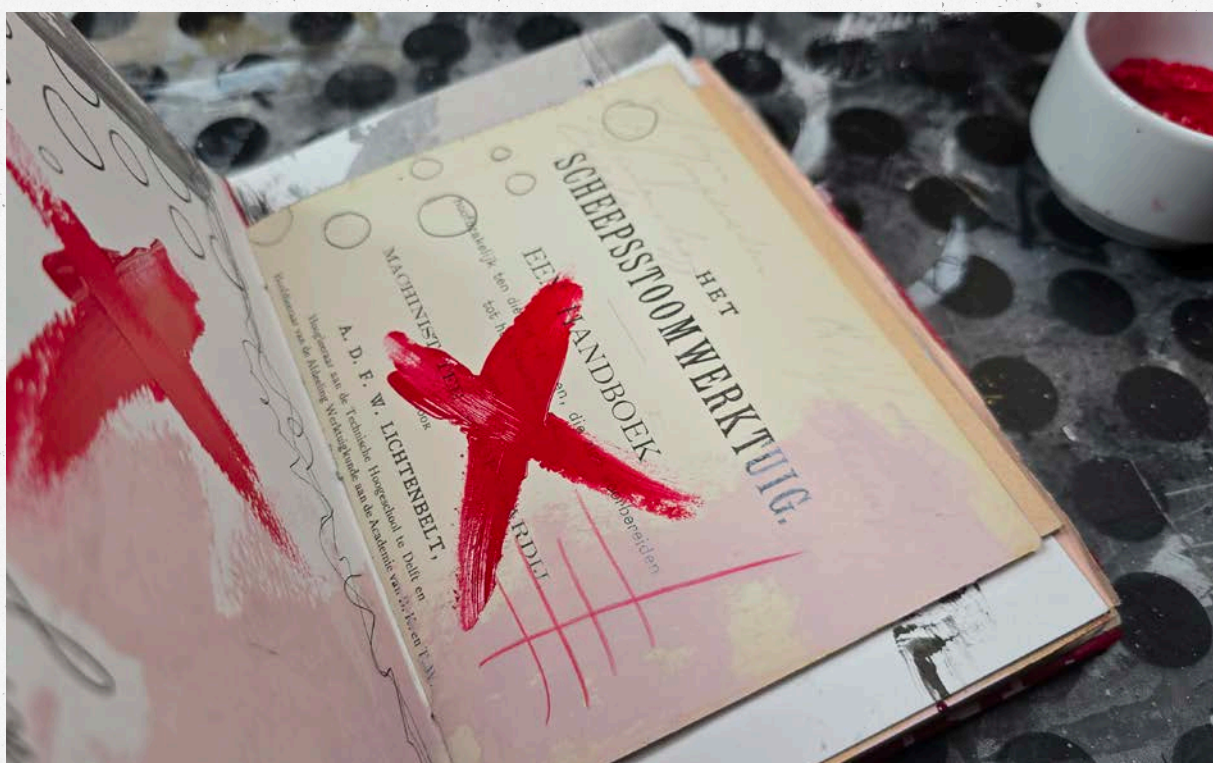
1. Scribbling with a Pencil

Attack the page. Hard, soft, fast, slow—layer different pencil strokes until you feel something shift inside you. Try pressing down until the tip breaks. Try barely touching the page. You're not here to make it pretty; you're here to feel it.



2. Finger Painting

Forget brushes. Get your hands in there. Smear, slap, scratch the paint around. Feel the texture, make a mess. No rules, no plan. Just raw instinct and color.



3. Stamping

Grab anything within reach. Bottle caps, old erasers, crumpled paper. Or rubber stamps. Dip them in ink or paint and slap them onto the page. Chaos is the goal. Perfectly imperfect marks make things interesting.



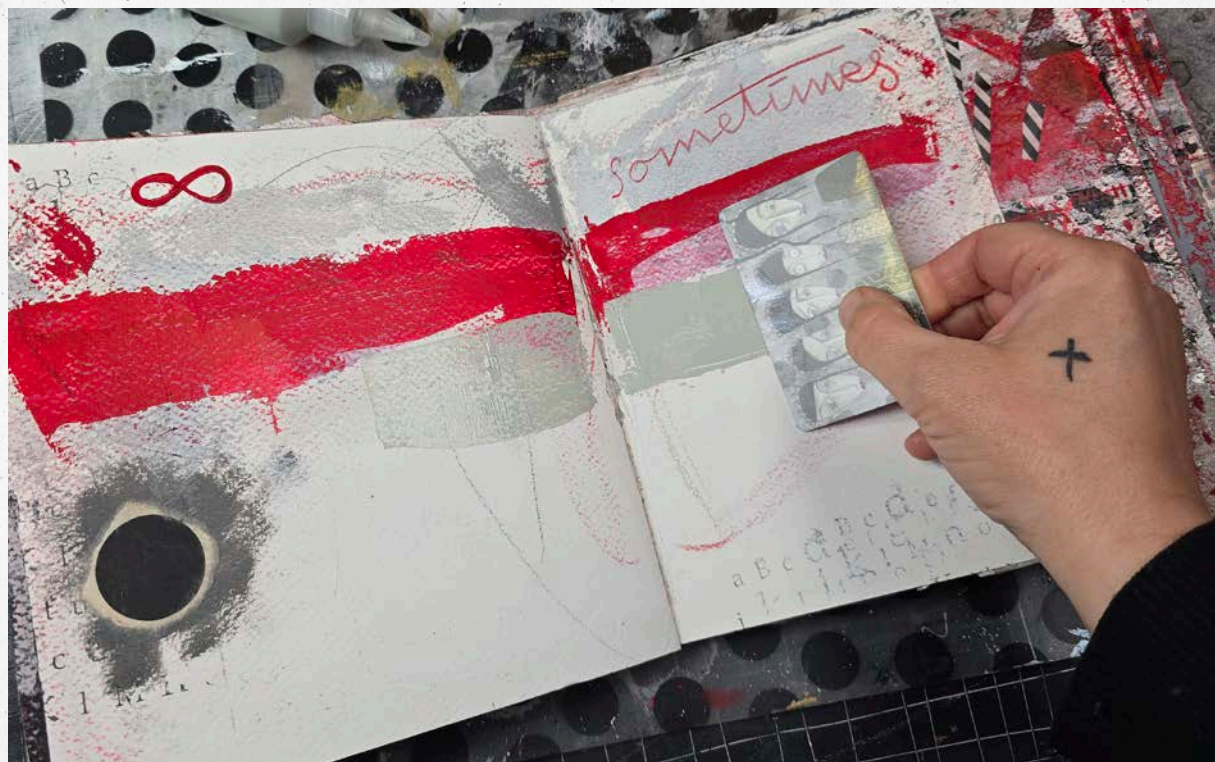
4. Flowing with Your Non-Dominant Hand

Use your non-dominant hand and let it do whatever it wants. Wobbly, weird, uncontrolled. Embrace the awkwardness. Perhaps your brain will hate this at first, but that's a sign you're doing it right.



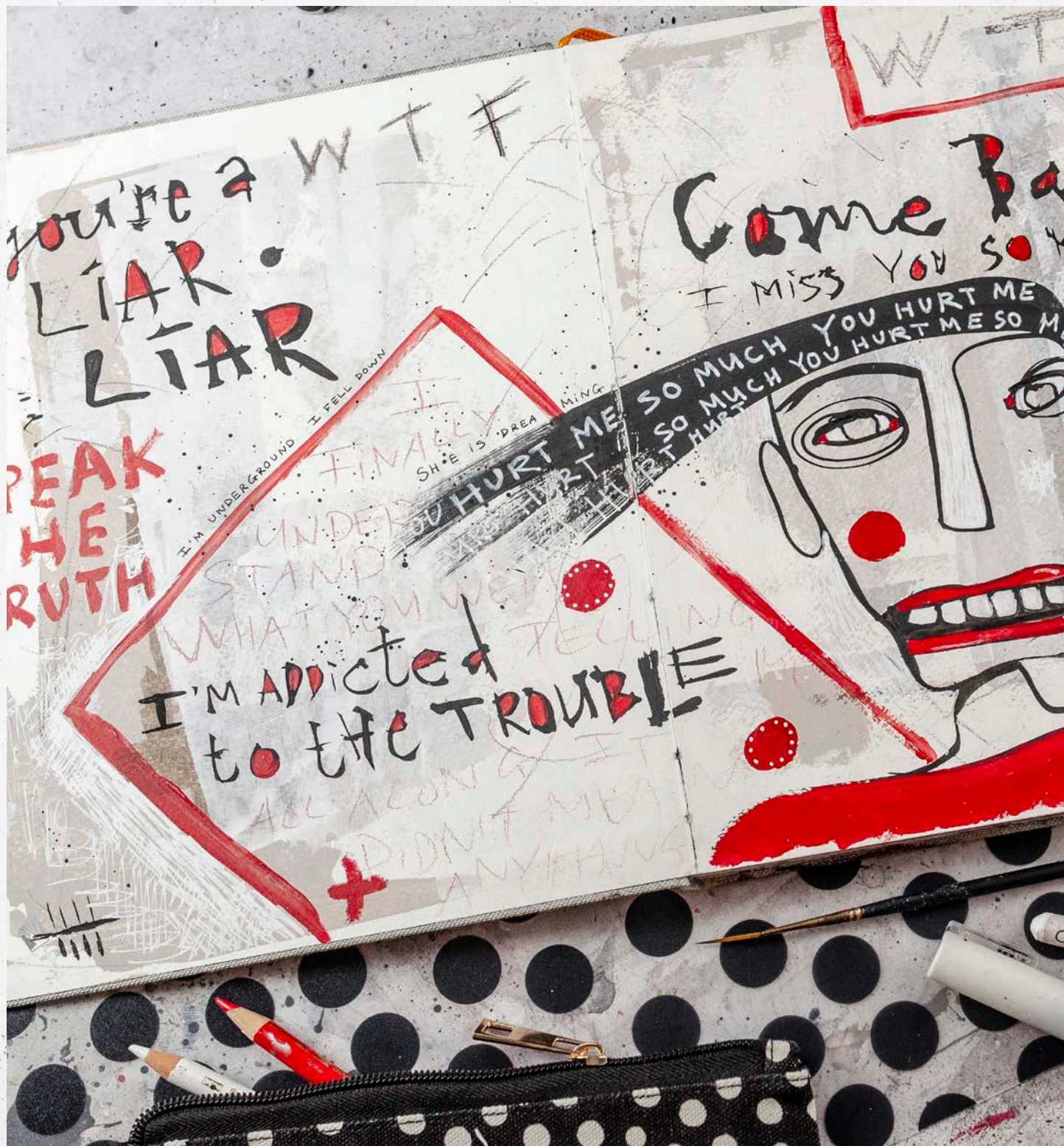
5. Creating Paint Smudges with a Card

Scrape, drag, and smear paint across the page with an old plastic card. Too much control? Nope. Just push it and see what happens. If it looks messy, you're on the right track.



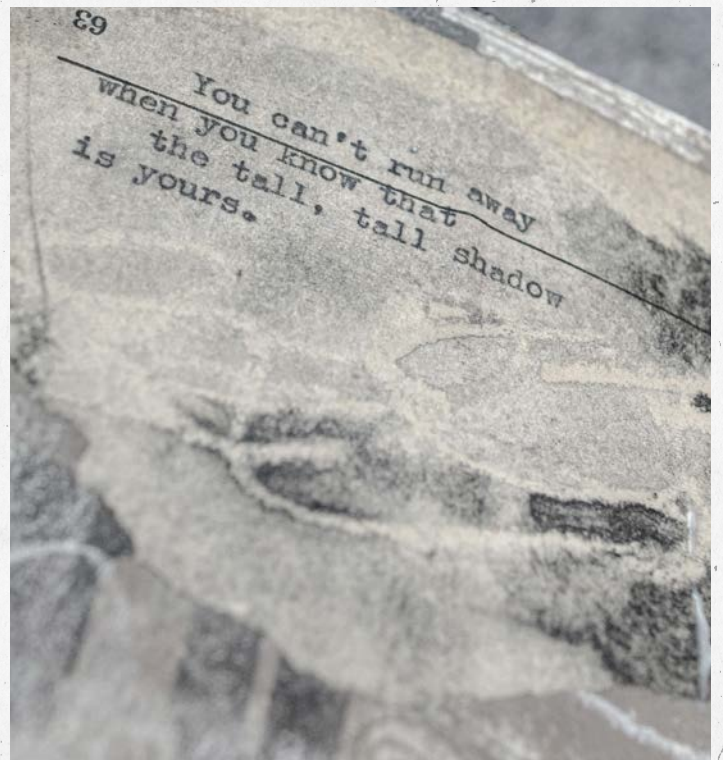
It's your turn!

Now it's your turn. Grab a piece of paper and try one (or all) of these techniques. Make a mess. Let go of control. See what happens when you create without overthinking. If nothing else, you'll have a beautifully chaotic piece of evidence that you showed up and did the thing.

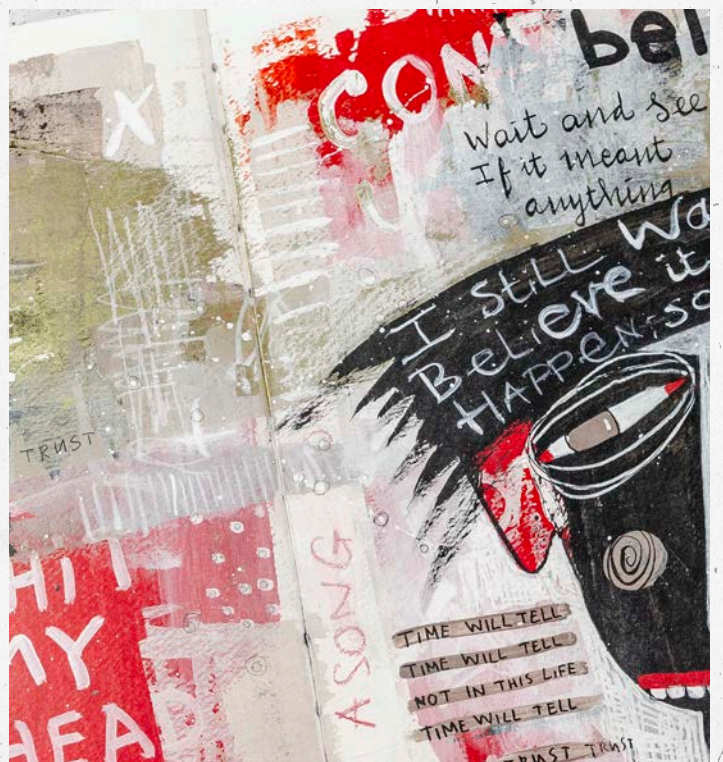
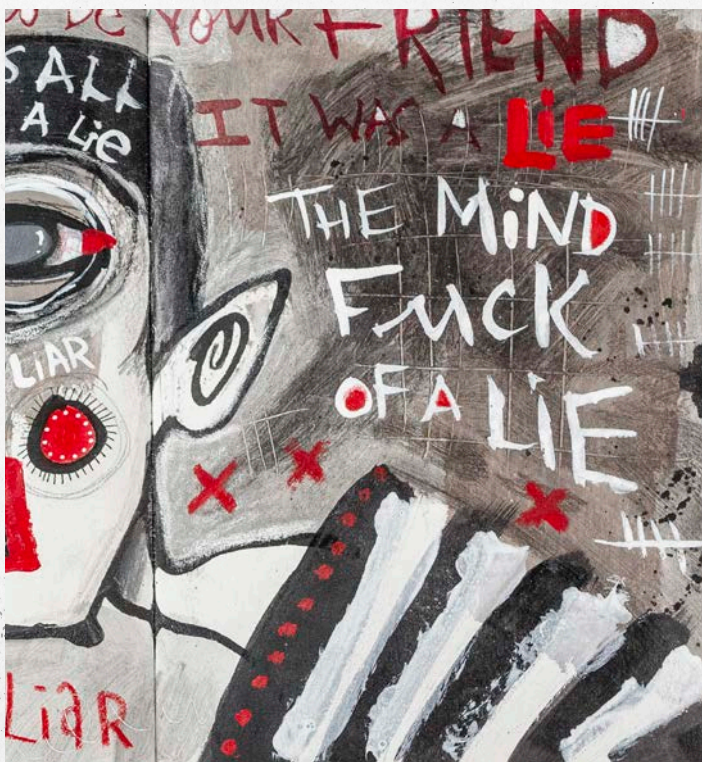
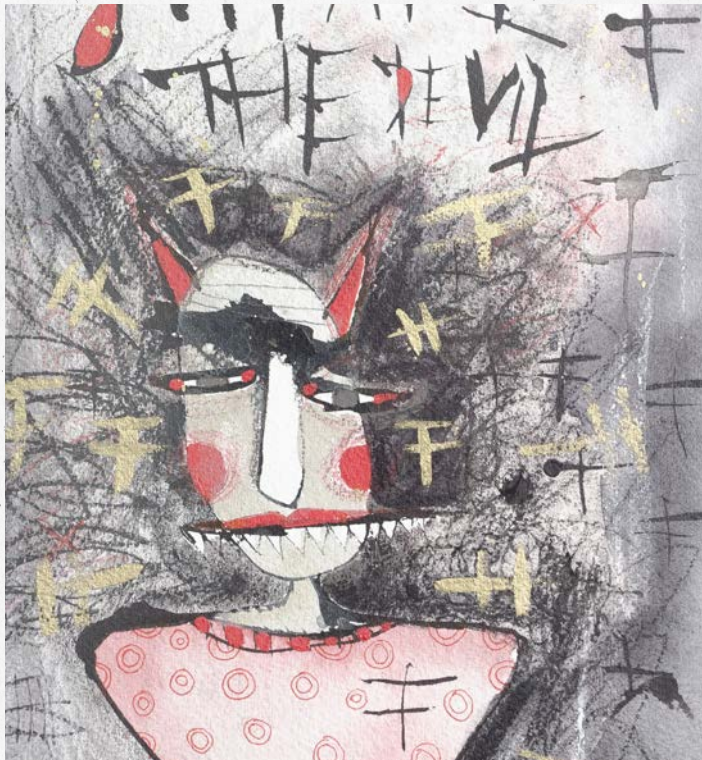


Inspiration Gallery

Here are some close-ups of mark making from my personal art journals. Don't be intimidated by my work. Each piece is built up from simple layers that anyone can do. It's just controlled chaos. In my full e-course, The Raw Art Method, I go in depth about how I develop my pages layer by layer.



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The Raw Art Method in a Nutshell

THE RAW ART METHOD is an expressive art journaling approach I developed during one of the darkest periods of my life. But you don't need to be in a dark place to start. Maybe you just feel a little stuck. Or maybe you just like making a beautiful mess.

This method is both deep and lighthearted. It's for those who are grieving, burned out, or struggling with mental health. But it's also for those who just want to create without rules. I am not a therapist, and we are not going to analyze or overthink. This is about making marks, not making sense.

Over time, clarity comes naturally. Maybe next week, maybe five years from now. And that's okay.

In essence, The Raw Art Method is just ten simple techniques I apply randomly to my art journal pages. Yet, there's so much to share that I built an entire course around it.

If you're interested, you can find it here:

www.studiobloknote.com/rawartmethod

Stay raw,
Marieke Blokland



YOUR GUIDE ON THIS RAW ART JOURNEY



* studio
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» **ABOUT MARIEKE BLOKLAND**

Hey, I'm Marieke Blokland, the artist behind **STUDIO BLOKNOTE**. I help people process life through raw, expressive art journaling. No fluff, no perfection: just raw marks, layers, and emotion on paper.

ART has always been my way to make sense of things. I don't do polished.

I create from a place of instinct, using bold strokes, muted colors, and raw textures. My work is about feeling, not just aesthetics.

If you're here, you probably feel the pull too. That urge to create, to express, to let it out. I want to help you embrace that. To show you how art can be a space for grief, healing, rebellion, and play.

READY TO DIVE IN?

WEBSITE: studiobloknote.com

YOUTUBE: youtube.com/@studiobloknote

INSTAGRAM: instagram.com/studiobloknote

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