

A stylized, hand-drawn letter 'A' in white with a pink outline. Inside the 'A' is a detailed eye with a pupil and eyelids, set against a background of horizontal lines.

Alpha

A stylized, hand-drawn letter 'B' in white with a pink outline. The 'B' is filled with a face that has large, circular eyes and a smiling mouth.

Beta

An activity book set to inspire

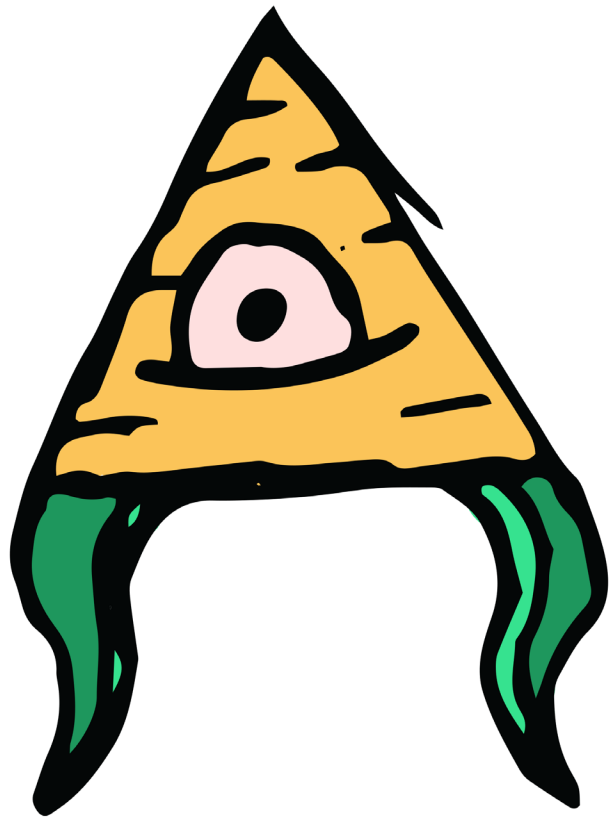
Created by Jamal A. McCabe



his book is made for your own inspiration, use it as you see fit. This book features doodle letters and writing prompts, you can go along with these or completely ignore them. The main goal of this book is that when you put this book down, you'll be ready to go into whatever project that awaits you. It is important that if you ever feel like you're stuck on a project or lost about what to do next, take some time to breathe. Stop working on the task at hand and refresh yourself. It is

important to not get distracted when you have to do something, but sometimes you have to get distracted to be able to stay focus. Spend some time to make sure you're doing alright and to get new ideas, you can do anything you set your mind to.

Be well,

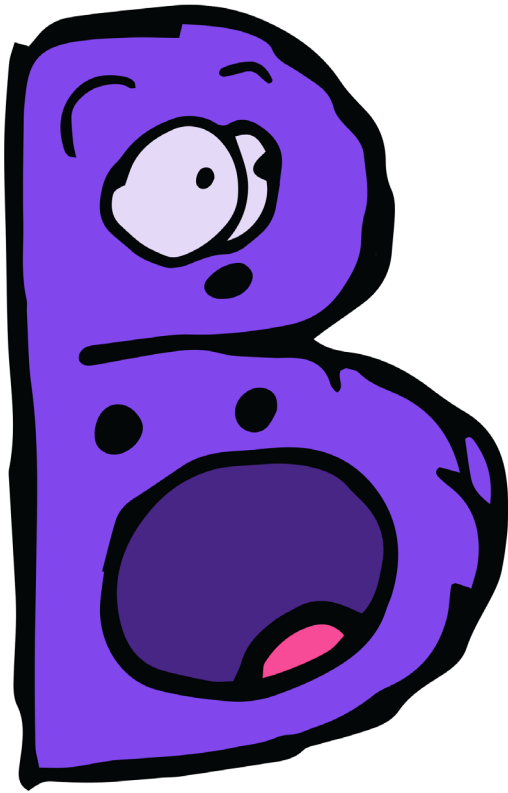


Andrew ate another apple and avoided
authority, angering agents.

Here's what to do:

WRITE about the page on the left, anything you can come up with that relates to it in your own way.

DRAW something relating to the page on the left, whatever you envision or see in the page while looking or reading it.



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If I say 'obscure animated film from the 2000's', what film comes to mind?

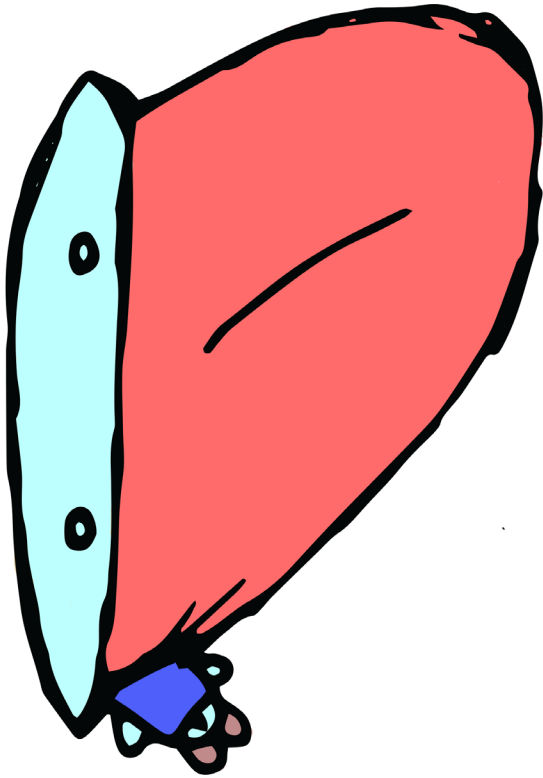


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If dinosaurs came back to life overnight, I don't think they would last very long.

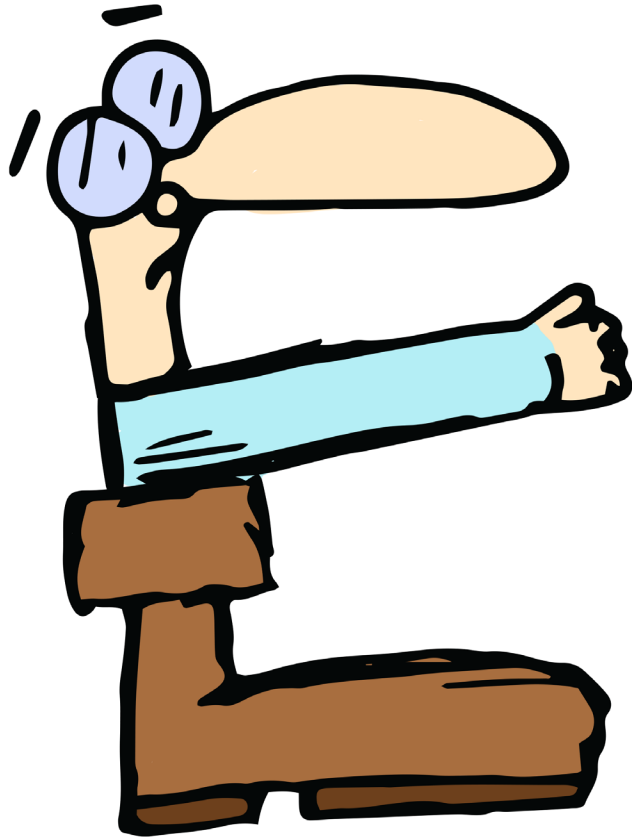


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People are not afraid of the dark, they're afraid of what could be in the dark.

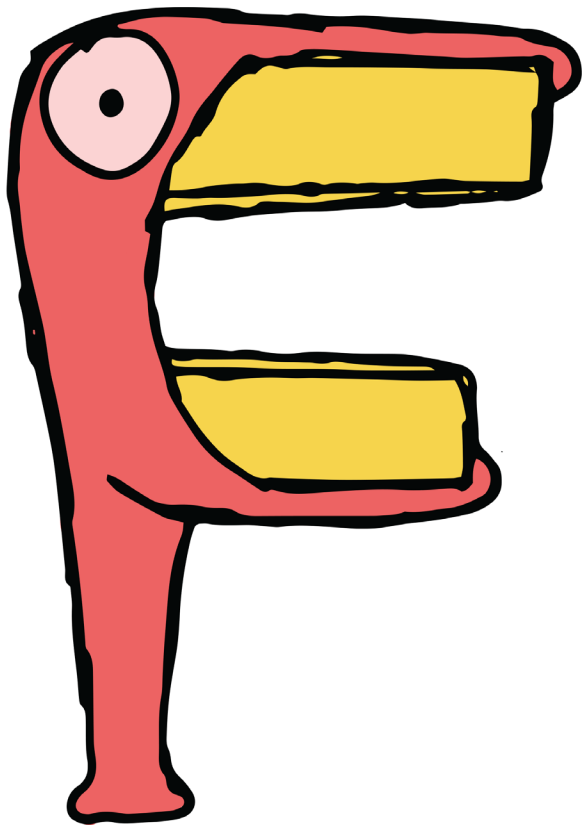


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Ever experienced a culture shock?

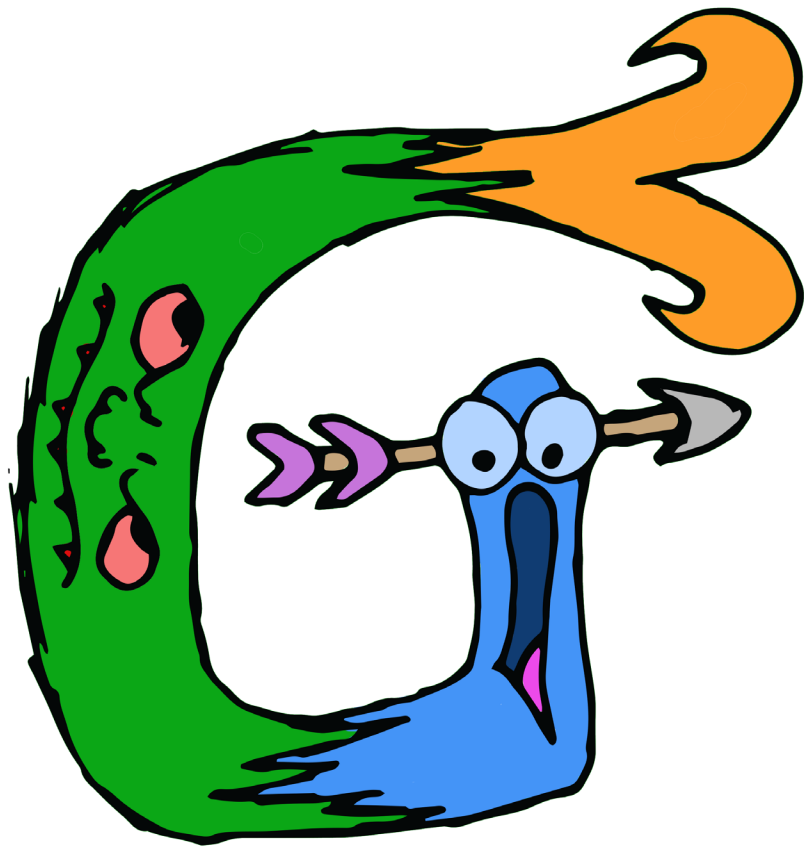


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Weirdest craving you ever heard of?

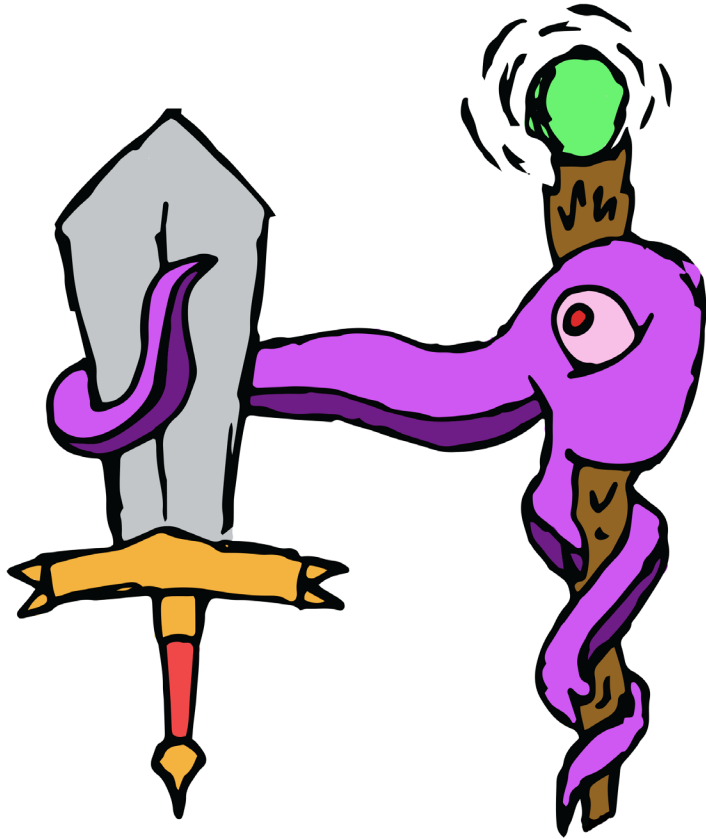


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People like to use big words to show off their intelligence, are they really smart if no one can understand them?

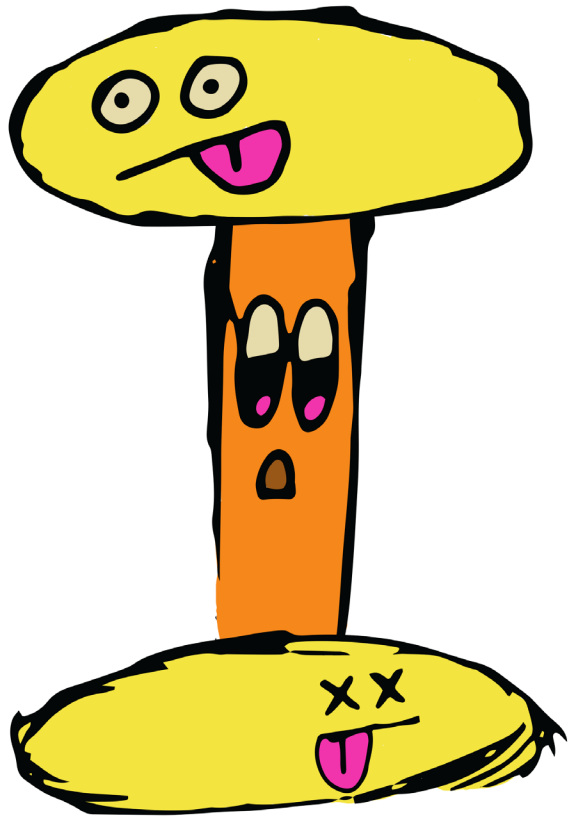


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I'd like to think if you're up late at night,
it's very possible someone else is also
awake near you.

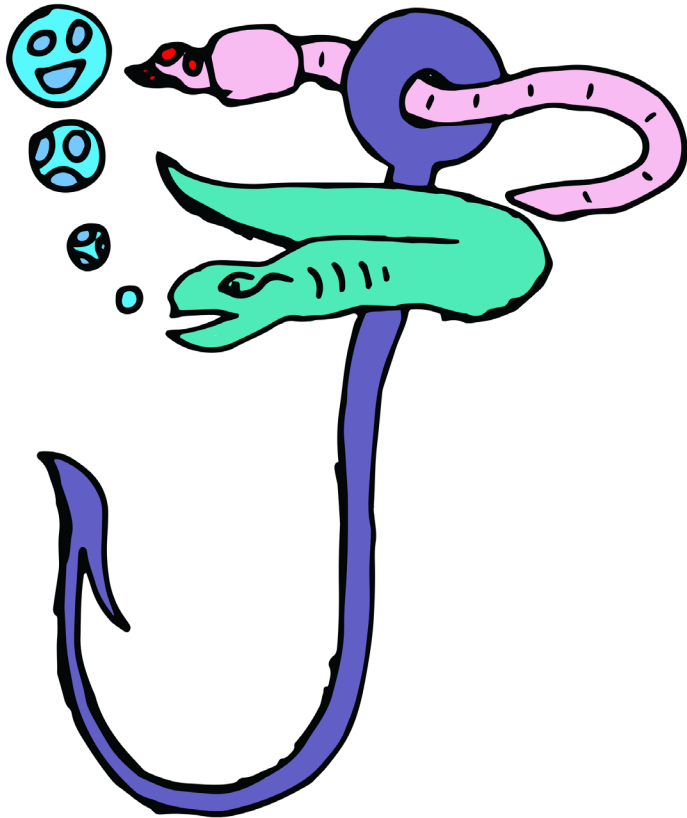


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What's is the most random thing anyone has ever said to you in public?

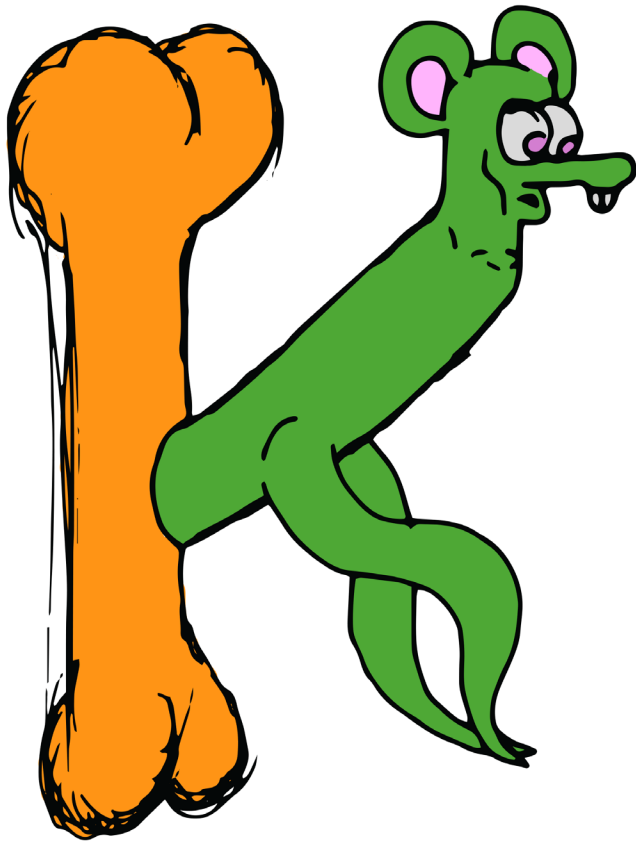


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I got home at 3AM and three deers were just eating my lawn.

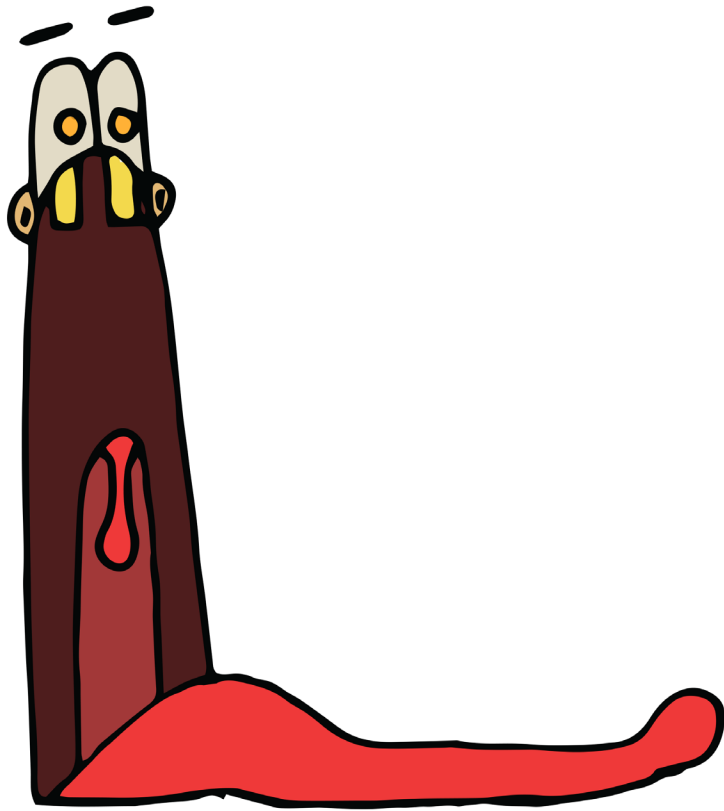


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Go listen to the entirety of a random album from a random artist(s) in a genre you don't normally listen to.

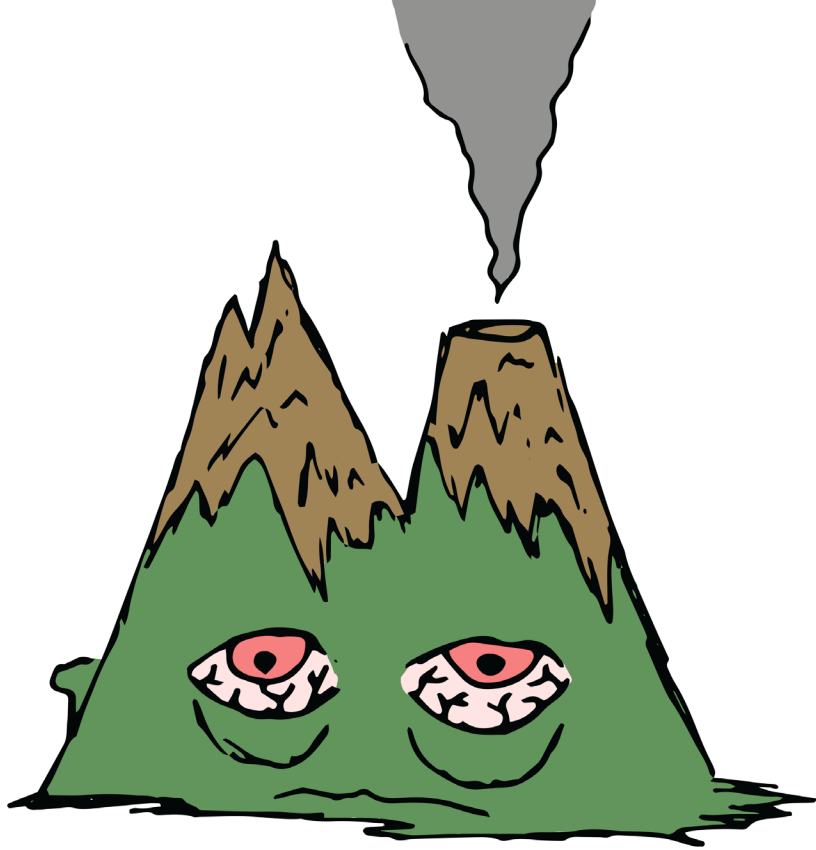


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Why do you hate something that most other people adore?

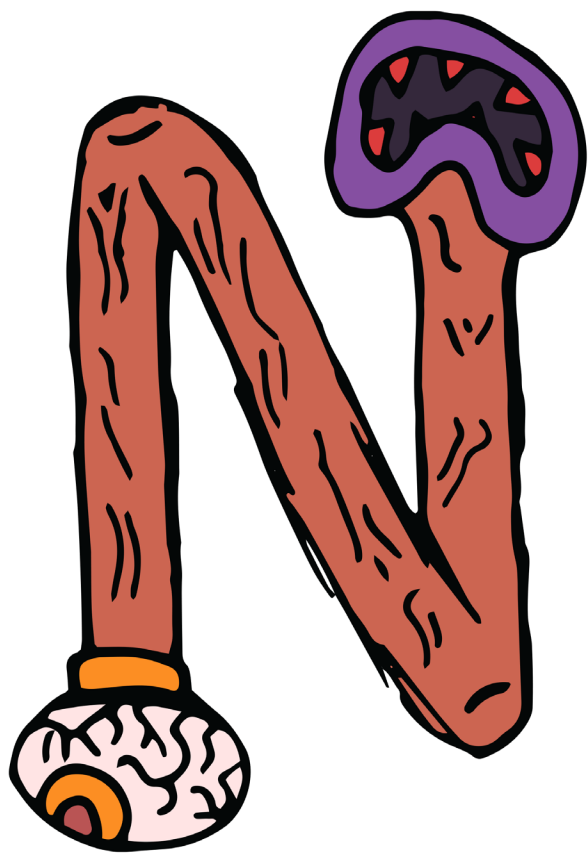


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Traditions that are common around you
that you disagree with?

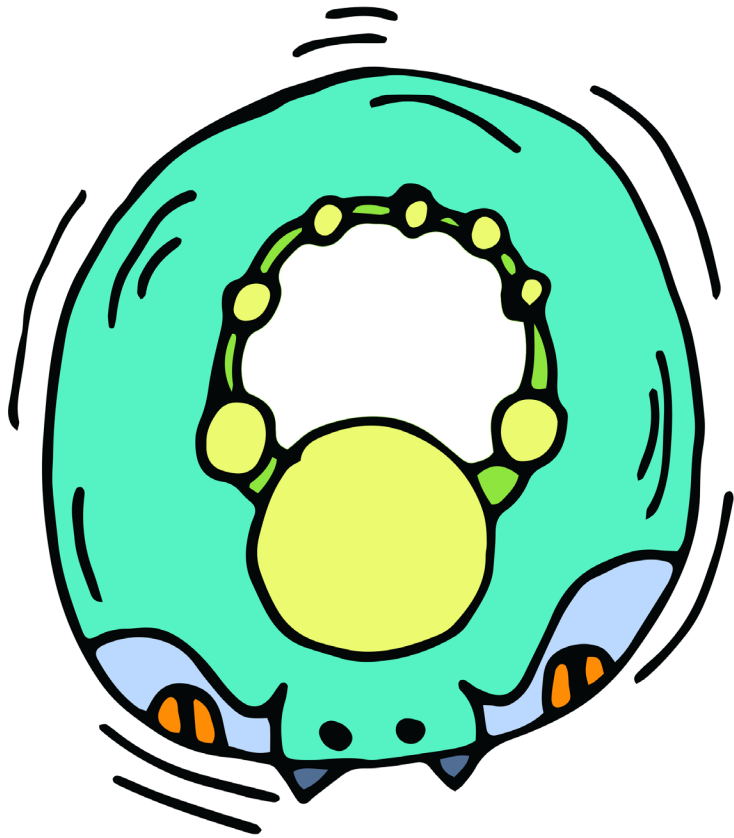


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Early bird gets the worm but
who gets the bird?

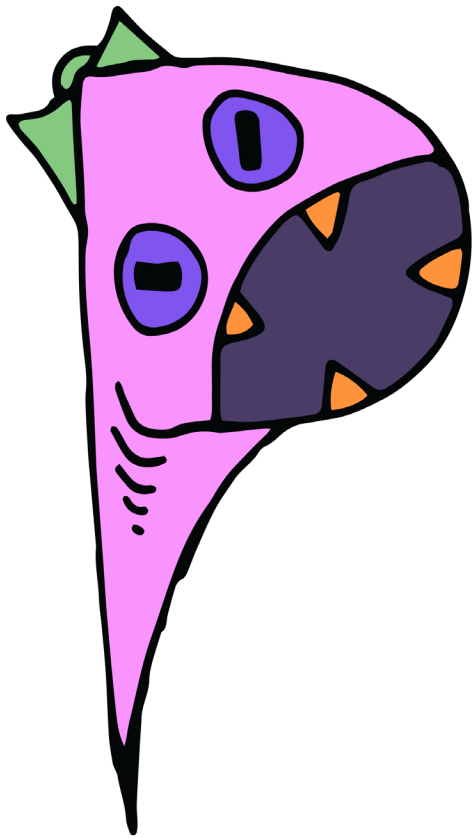


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Green grassy hills, trees far away,
where are you?

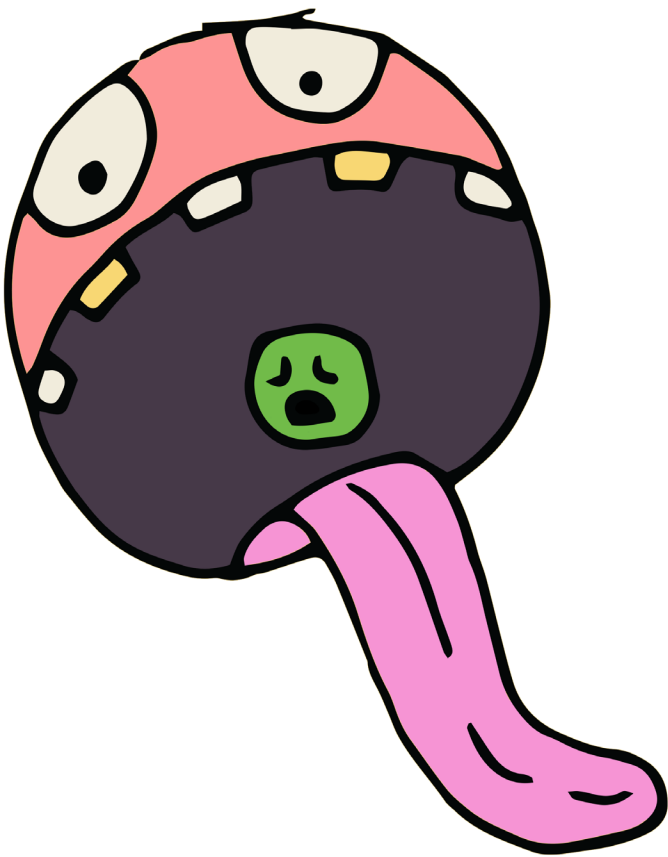


Tomato cruiser, greedy burgers,
selfish fools, living large

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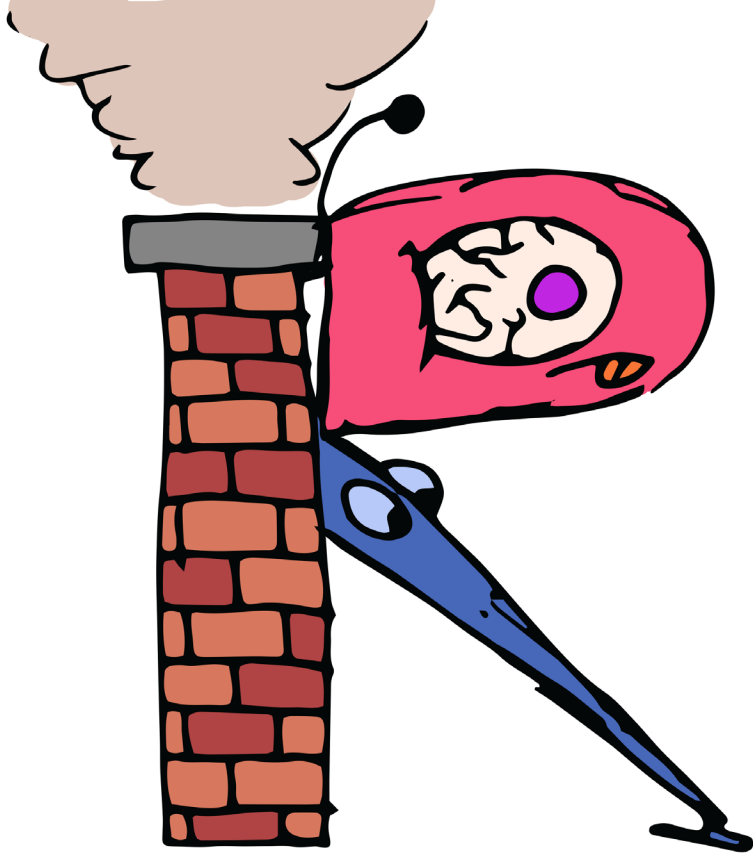


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Some birds eat in weird ways and I don't want to see that sometimes.

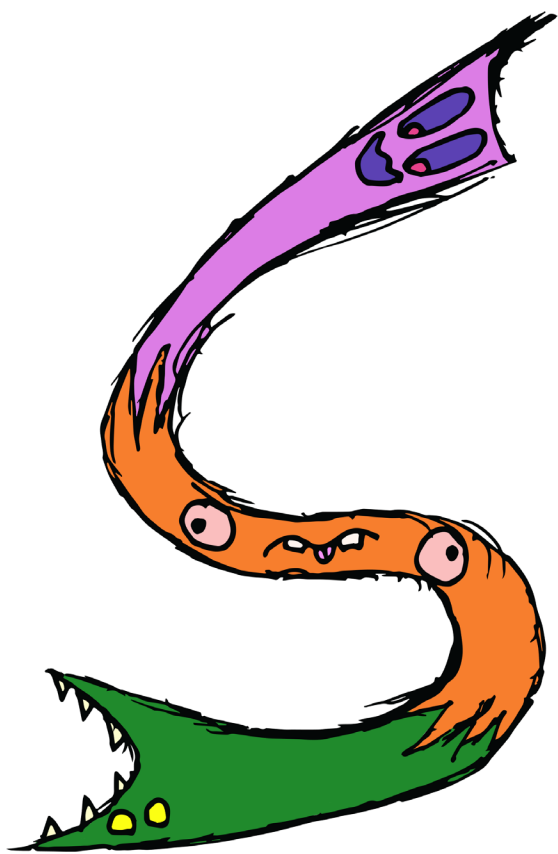


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You have any nosy or annoying neighbors that drive you crazy?

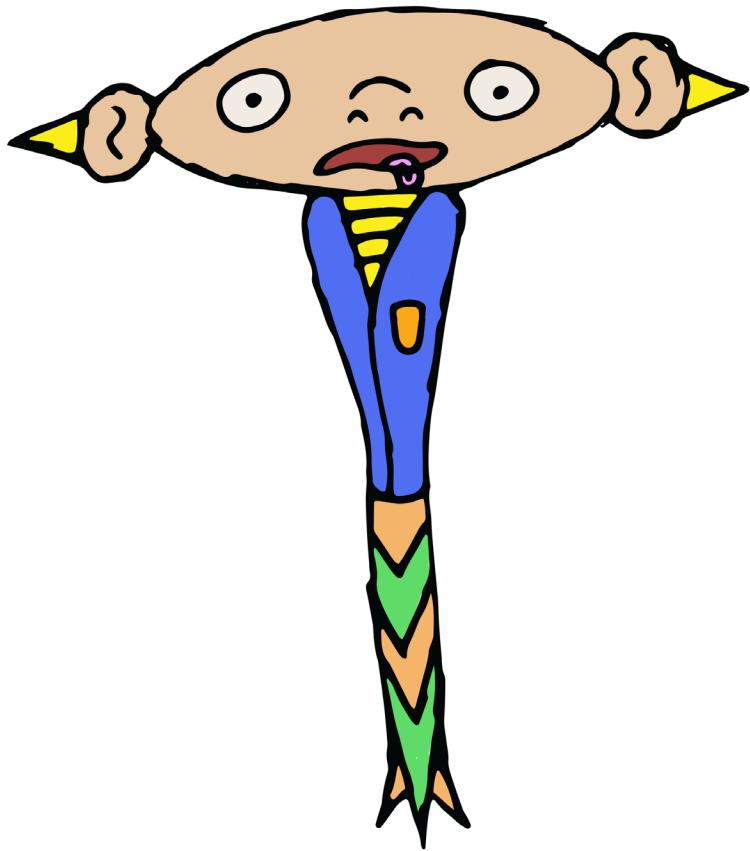


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Try watching a foreign film tonight, one that you haven't seen yet.

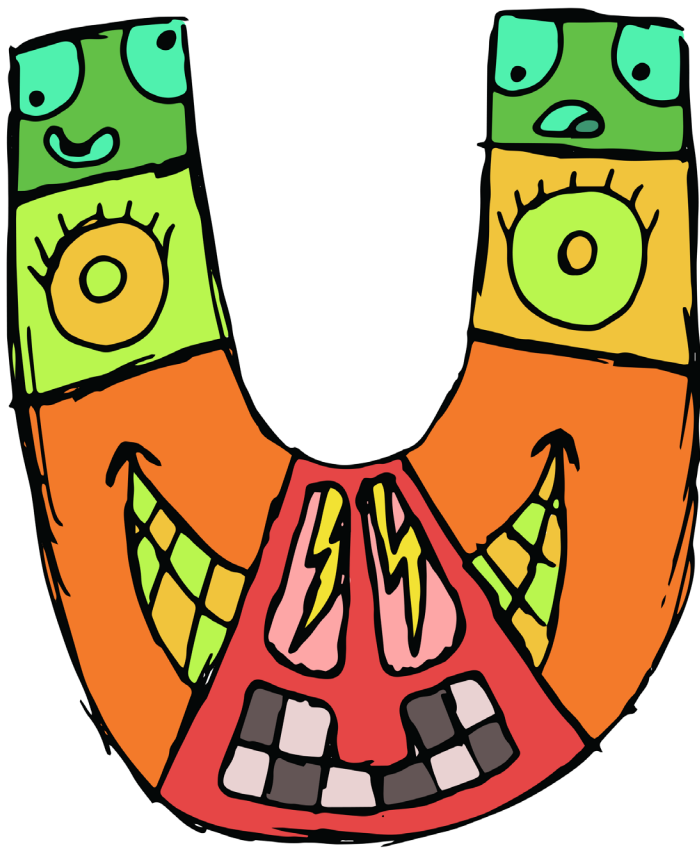


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Do parents think about how many other people share their babies name?



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Non traditional pet ideas:

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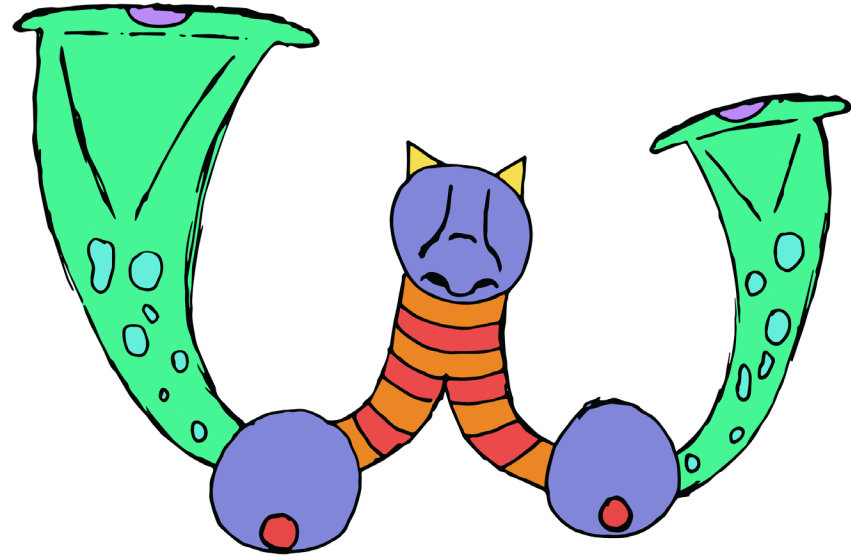


Go outside before you respond to this.

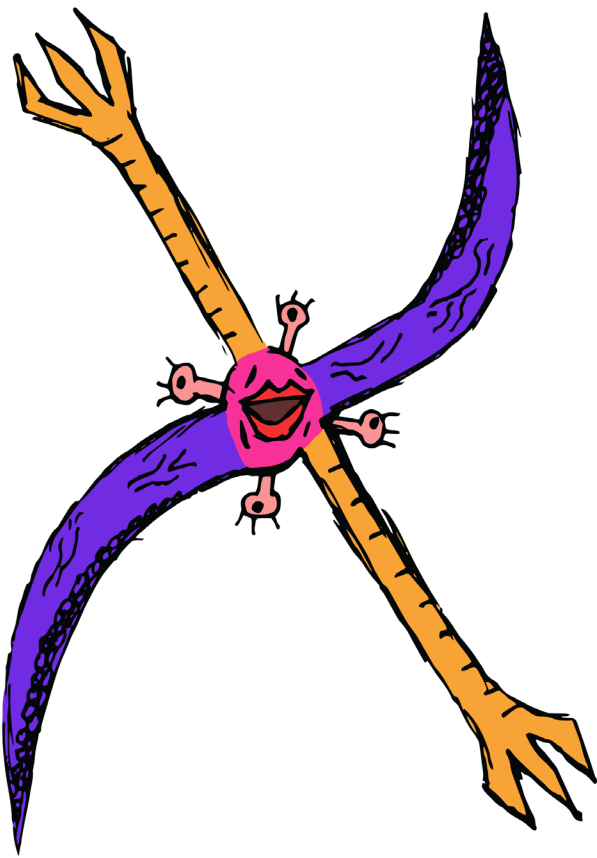
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What makes a villain scary?
A hero welcoming?

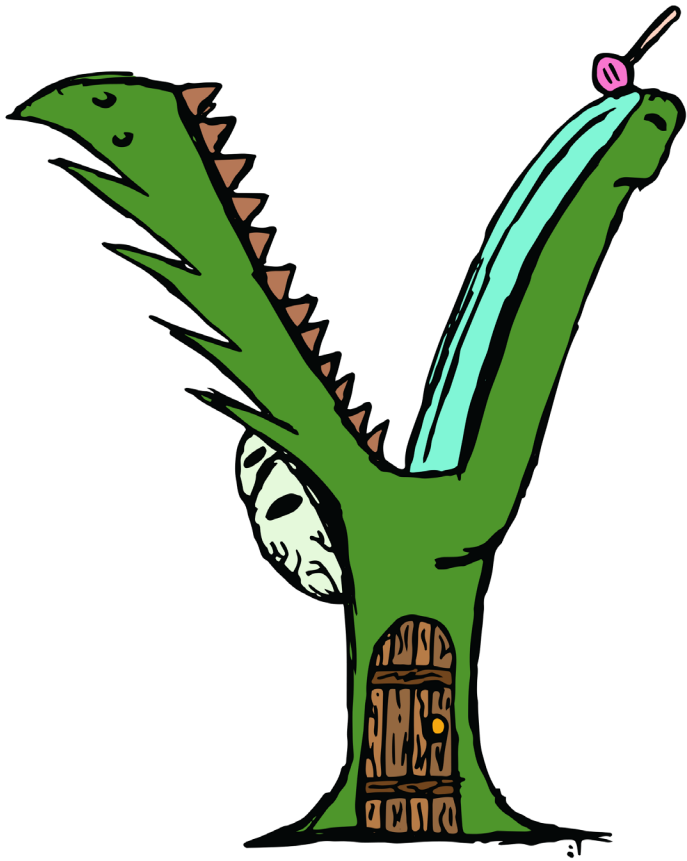


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Everyone's interpretation of normal is different, even someone very close to you.



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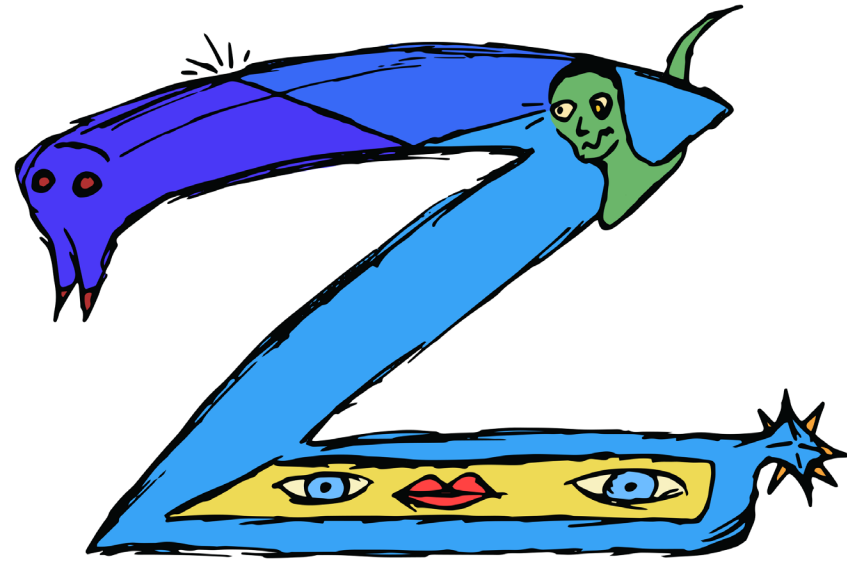
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Bunnies raided my garden and set up a nest in a pile of rocks in my backyard.

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You'll never remember something the same way it happened.

