

How Would You Paint Solitude?

Soulscapes Creative Worksheet

Use this worksheet to turn your own experience of solitude into a visual language. There is no correct answer and no image to copy. Choose what feels closest to you.

STEP 1

What does solitude feel like to you?

- | | | |
|-----------------------------------|--------------------------------------|---|
| ☐ Peaceful | ☐ Lonely | ☐ Safe |
| ☐ Empty | ☐ Restorative | ☐ Uncomfortable |
| ☐ Chosen | ☐ Imposed | ☐ Something else |

Choose your experience - not what solitude is supposed to mean.

STEP 2

What kind of space holds your solitude?

- | | |
|--|---|
| ☐ Vast and open | ☐ Small and enclosed |
| ☐ Somewhere distant | ☐ Somewhere familiar |
| ☐ At a threshold | ☐ No place at all |

Space can suggest freedom, exposure, protection, confinement, distance or transition. Treat it as part of the meaning, not just a backdrop.

STEP 3

What needs to be present - if anything?

- | | |
|---|--|
| ☐ A single figure | ☐ An object |
| ☐ A landscape | ☐ Empty space |
| ☐ Light and shadow | ☐ Pure colour and shape |
| ☐ I don't know yet | |

Build Your Visual Language

STEP 4

Choose your colour language

Warm

Comfort, intimacy, memory, intensity

☐

Cool

Stillness, distance, quiet, spaciousness

☐

Earth & neutral

Grounding, restraint, simplicity, silence

☐

These are possibilities, not rules.

STEP 5

How loud is the painting?

☐ Soft / muted palette

☐ Rich / saturated palette

☐ High light-dark contrast

☐ Low contrast / close values

☐ Mostly one colour family

☐ One accent colour

Should the painting whisper - or speak loudly?

Your Creative Brief

My solitude feels:

It exists in:

It needs:

Its colour language is:

Its emotional volume is:

Now make it visible.

Take five minutes. Sketch if needed. Keep it simple. You only need a starting point that belongs to you.