

# Thinkibility 29 days Challenge

## Day 8 - Doodling

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**Fill a paper with shapes, patterns, drawings or scribbles. Let the doodles take shape on their own accord.**

Doodling has been described as deep thinking in disguise. A tool that can help for solving tricky problems. Doodling can help you focus and pay attention. It is also a great way to relax and expressing yourself.

Challenge yourself:

- Listen to a talk while you are doodling
- What happens when you play music while you doodle
- Does the type of music influence the character of your doodle

You can download zentangle patterns [here](#).

Articles about Doodling

[The Power of the Doodle: Improve Your Focus and Memory](#)

[How to Doodle](#)

[Doodle Art](#)

