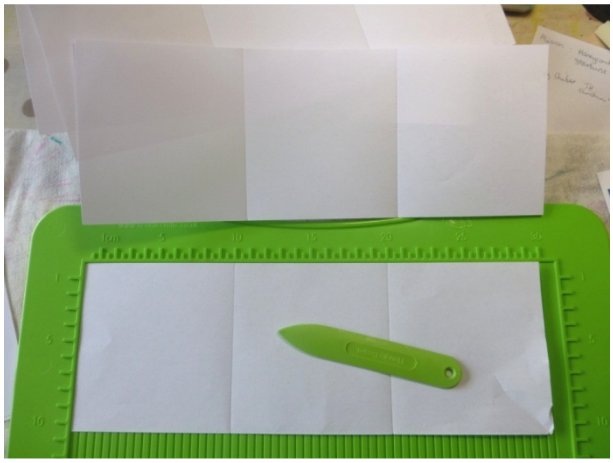


Completing your journal

How you complete your journal is entirely up to you. So much depends on what you have found out and what you want to include. I will show you what I did with mine which I hope will inspire you. I look forward to seeing what you do with your journal.

I decided I would take each year and write about it – to use my list of events and equivalent benefits and then journal about it.

I made a sample paper version of the journal using printer paper so that I could plan out how I was going to fit everything in.



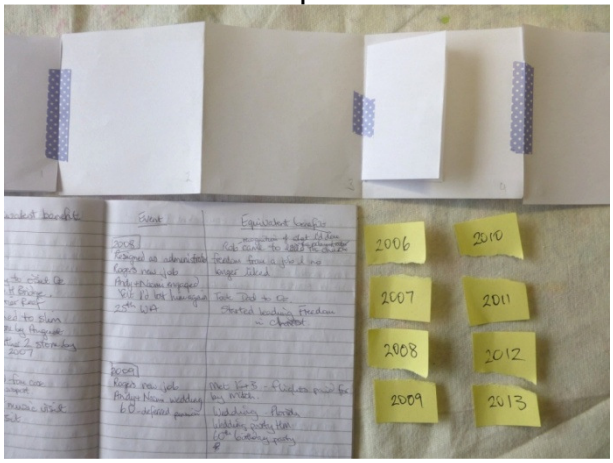
I assembled the paper version to match the journal and taped the papers together with Washi tape.



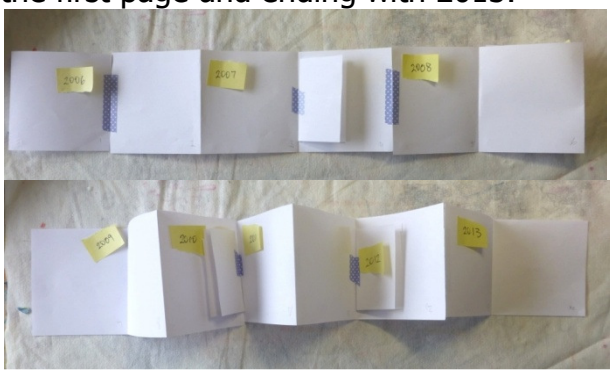
I added in the equivalent of the sewn pages.



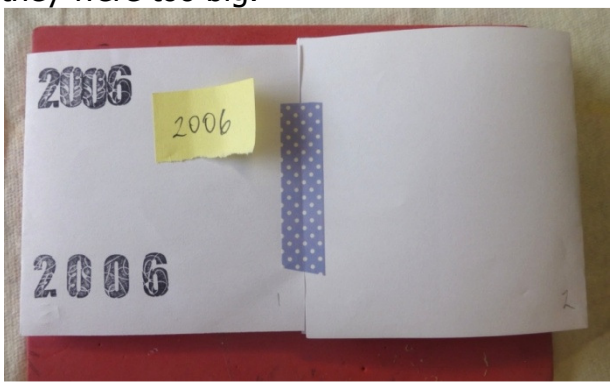
I wrote the dates on pieces of Post-it notes.



I worked out which page would be which using the dates, knowing that it could be flexible apart from starting with 2006 on the first page and ending with 2013.



I tried out some stamps I had to see if stamping the date would work but decided they were too big.



I found some sheets of alphabet & number stickers from my stash and decided to use those.



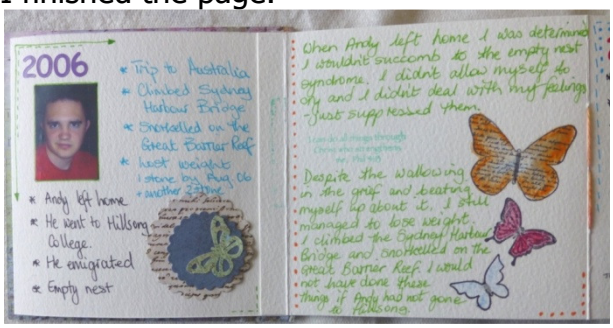
If you don't have these you could write the dates or the headings.

I also printed out small photographs for each year. This was quite something for me because I rarely use photos of people in my artwork.

I started with a photo of Andy from December 2005 and listed with a black pen the events of 2006. I used the turquoise to list the seeds of equivalent benefit. I used watercolour paints to colour the butterflies. I began to journal using the green pen and then stamped the Bible verse.



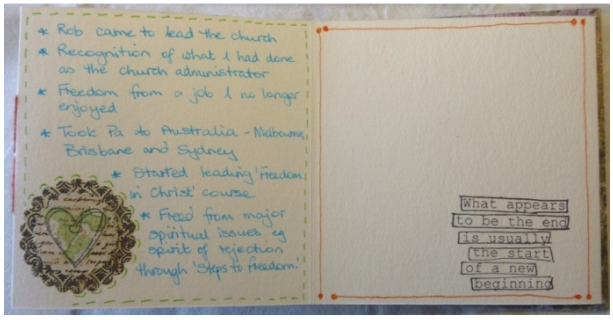
I finished the page.



I went through the rest of the journal putting in the date, listing the events in black for each year and adding the benefits in a colour. I chose to restrict my colour scheme to turquoise, green and orange.

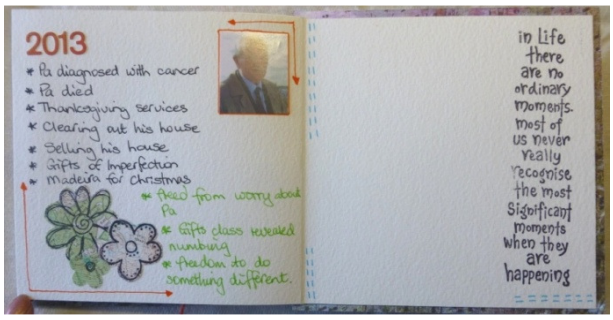










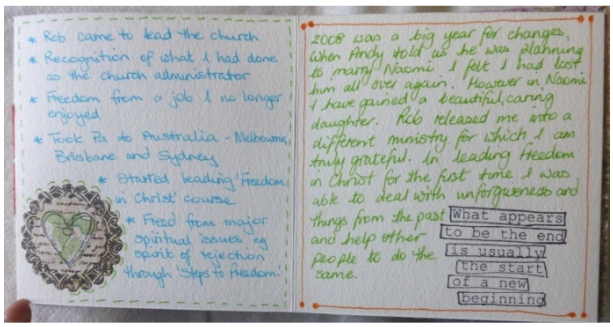


Then I took my time to journal all the rest of the years.





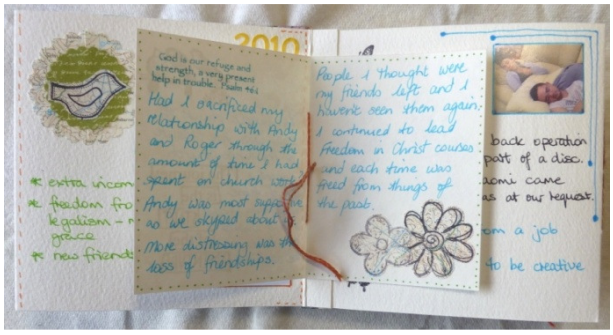






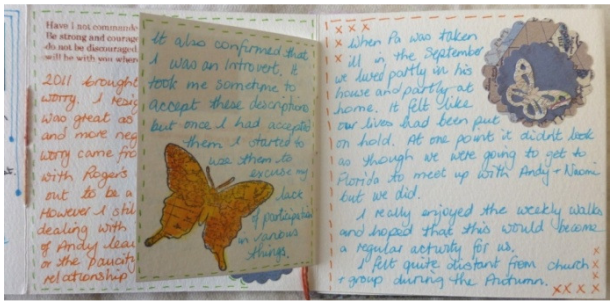


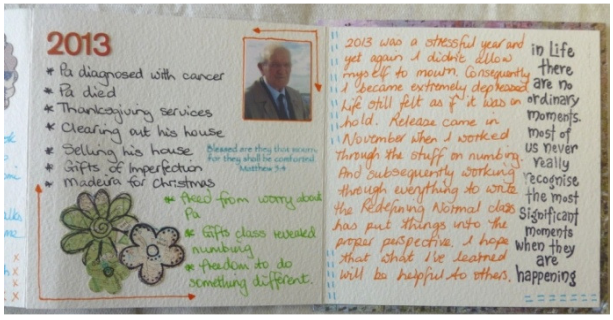




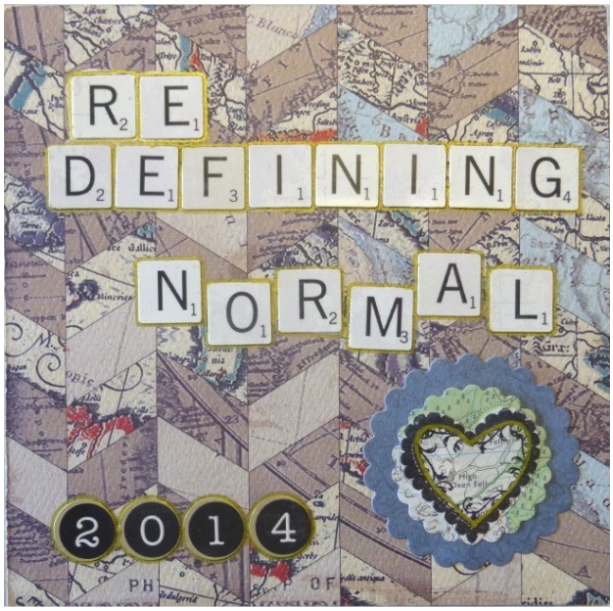








I completed the journal by putting the title on the front.



I kept my journal simple using different coloured pens and some simple embellishments and some stamping.

You can choose whatever technique you wish. If you look through my journals on my blog http://newlycreative.blogspot.co.uk/ you will find a great many different ways to make and decorate a journal.

Don't hesitate to ask me any questions you might have about the making of the journal.