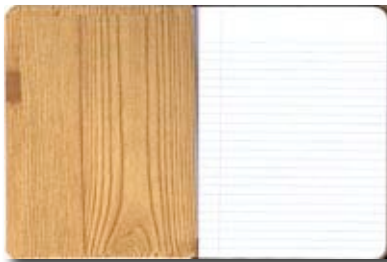


## Make Your Own Journal

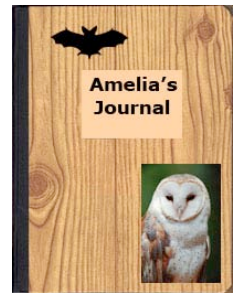
1. Start with a composition notebook - it can have lines to write on, or it can have blank pages. Use whatever you prefer!
2. Pick out a pattern of adhesive shelf liner or contact paper. You can find this at most grocery stores, drug stores, or hardware stores.
3. Cover the front and back covers of the notebook with the paper you've chosen. Don't forget to wrap the inside covers as well. I like to leave the black binding on the side of the book uncovered for a cleaner and more professional look.
4. Time to decorate! You can write on your book covers with permanent markers (any other kind will smear), and decorate with stickers, buttons, ribbons, or any other unusual items to make your journal uniquely yours.
5. Now that you've completed the outside, it's time to start filling the inside of your journal. Use it to write your thoughts, ideas, stories, or poetry. Add drawings if you're artistic, or cut out pictures from magazines to make it more interesting.



The most important thing is to have fun!



Don't forget to wrap the inside covers!



One of my many journals



### DID YOU KNOW?

Leonardo da Vinci filled more than 13,000 journal pages with notes, ideas for inventions, and drawings! These famous journals also included Leonardo's shopping lists that he made for himself.

Who knows? One day YOUR journal may be famous!