

Project 1 – Daily Photo Journal

Materials

- 6–20 pages of card stock (depending on the length of your journal)
- Utility knife and cutting surface
- Glue stick
- A 3 x 5 photo for the cover

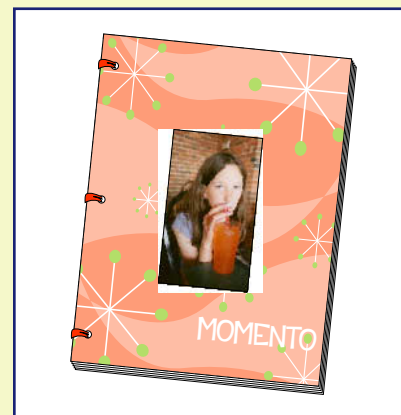
There are two steps to assembling the journal. Step one is to print the pages and assemble the front cover. Step two is to assemble the journal and bind the pages.

After you've finished making your journal, all you have to do is find a special moment each day and capture it with a photograph. Then tape or glue the photograph onto a daily journal page and write your thoughts next to it. When you have more free time, work on the exercises provided on the bonus pages.

Instructions

Step one: Print the pages and assemble the front cover

1. Print the artwork for the front cover and the backing sheet. Also print the bonus pages and set them aside.
2. Print 1 to 14 copies of the photo page (for more than 14 photo pages create additional journals—this will prevent the journal from becoming too thick).
3. Cut out the pages along the dashed line.
4. Use your utility knife to cut the center from the front cover as indicated.
5. Rub glue on the area marked "glue photo here" on the backing sheet. Line up your 3 x 5 photo within the guides and press down onto the glue.
6. Rub glue on the other sections specified on the backing sheet.
7. With the backing sheet image facing up (glue up), line up the front cover and press the two together. Allow the pages to dry completely.





Project 1 – Daily Photo Journal (continued)

Step two: Assemble and bind your Daily Photo Journal

Hint: As an option to the steps listed below, you can take your journal to a quick-print shop to have it professionally bound with a variety of binding styles.

1. Using an adjustable three-hole punch, punch holes on the binding edge of each page.
2. Stack the two bonus pages with the images facing up. Next, gather together the photo pages and stack them (images facing up) on top of the bonus pages. Finally, place the cover on top of the stack, with your photo facing up.
3. You can secure the pages in a variety of ways—be creative! You can thread short lengths of ribbon through each punched hole and loosely tie them in a bow. You can also place binder rings (available at office supply stores) through each hole.

Good idea: Embellish your finished journal with a ribbon tie. Punch a hole at the midpoint along the edge of the cover. Do the same to the back cover. Reinforce the holes with metal grommets or hole reinforcement stickers and tie short lengths of ribbon through each hole. Tie the ribbons together to hold your journal closed.

*Cut
Out*

MOMENTO

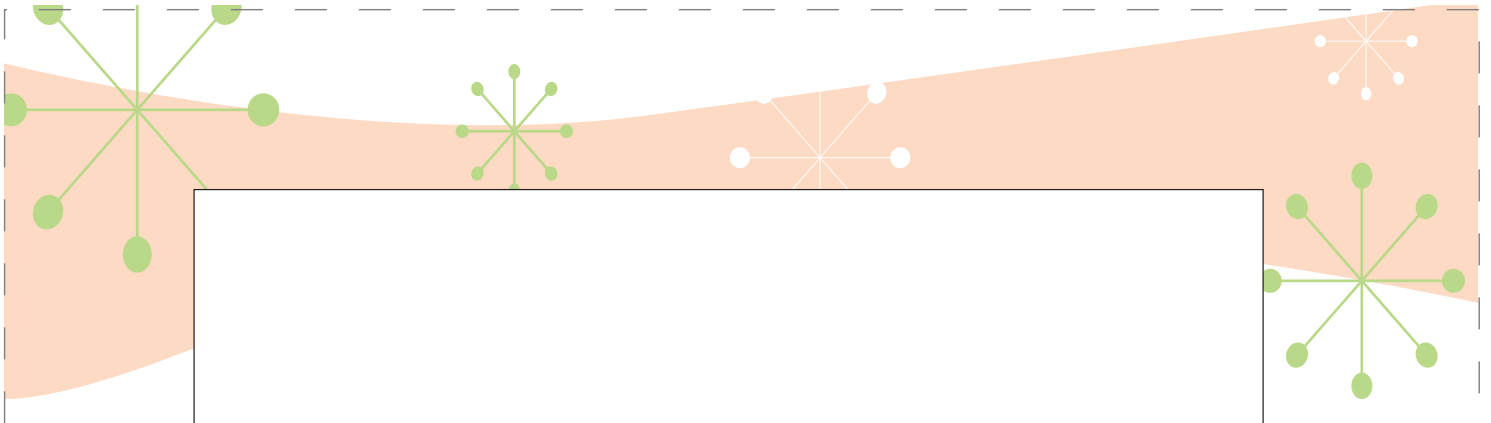
Glue here

Glue here

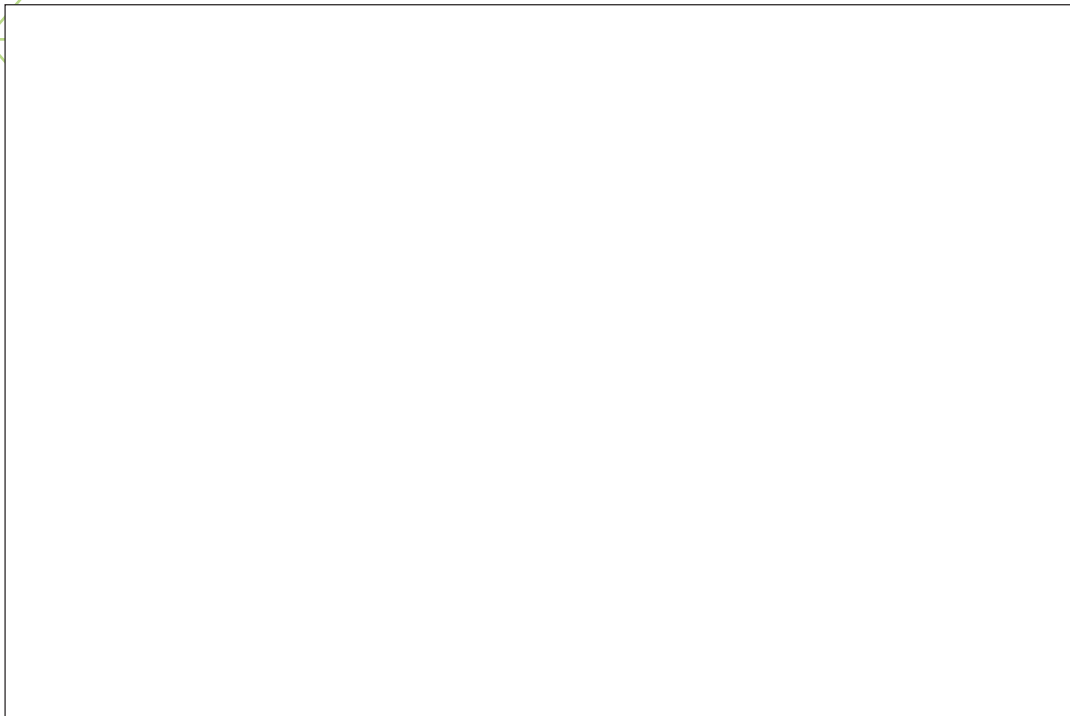
*Glue
photo
here*

Glue here

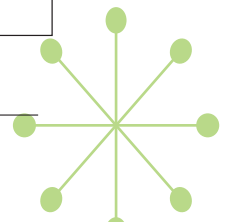
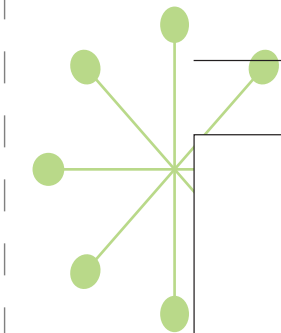
Glue here



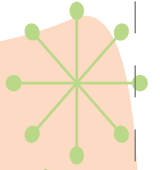
Date _____



Date _____



THE BEST MOMENTS OF MY LIFE

A large empty white rectangular box for a photo.

My best date

A large empty white rectangular box for a photo.

My best vacation

A large empty white rectangular box for a photo.

My best day at work

A large empty white rectangular box for a photo.

My best night out with friends

A large empty white rectangular box for a photo.

My best birthday party

A large empty white rectangular box for a photo.

Best

DREAM A LITTLE DREAM

Your dreams can provide insights into your daily life. Awaken your full potential by documenting your most memorable nighttime visions.

Dream #1

Dream #2

Dream #3

Dream #4
