

# About Me Journal

By Deanne Evans

Journals are a great way to record feelings or your daily goings on. I've altered a chipboard journal which has 20 top loading sleeves, each one is going to have a mini scrapbook page describing something about me, a great future keepsake.



## Materials required

7gypsies Chipboard Album (or anything similar)

Fablon (sticky back plastic)

2 x Coordinating Cardstock

'Around The Block' Spring Puffy Shapes (or any embellishments for your front page)

Double Sided Sticky Tape

Foam Pads

PVA glue

Bind-it-all Machine

Tape Writer

Chipboard Numbers

## **Instructions**

1. Cover your album covers front, back, inside and outside with chosen fabric (or cardstock) and using your Bind-It-All, re-do all the holes.
2. Cut your two pieces of cardstock for the front of your book and layer.
3. Using your chipboard numbers and tape writer, write out and adhere your journal title to your front of book (as you can see mine is '20 things about me').
4. Arrange your embellishments around your title and adhere with foam pads and PVA glue
5. Done. ☺ One journal book ready to fill with all the things about me, from phobias to special days and memories.



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