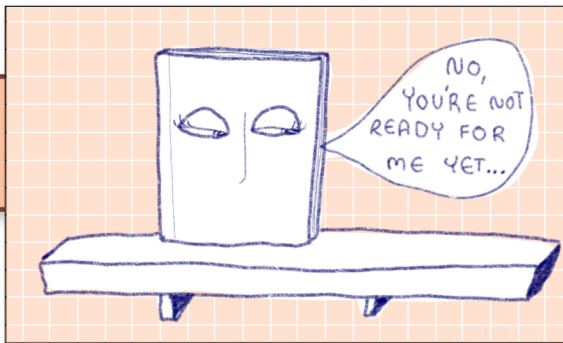


BREAKING IN A NEW JOURNAL

I



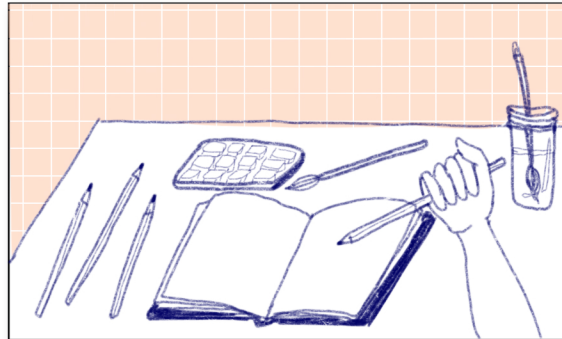
PICK A JOURNAL

Pick a precious one. One that's been staring at you from your shelf saying "LEAVE ME ALONE, YOU'RE NOT READY FOR ME!". If you're not ready to crack on with a new journal, grab a neglected one and ease yourself into the idea with that one (or if you're just playing along, you do you, haha :D)

GRAB A BUNCH OF SUPPLIES

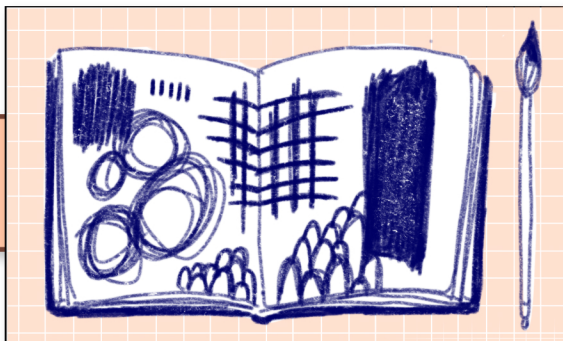
Grab a few supplies you *want* to *play* with (emphasis on want and play). Try not to overwhelm yourself for choice and bring everything you've ever owned to the table. As you're playing you will probably want to grab something else, at which point you should go grab it - the point is not to start with everything.

Let your intuition lead you to pick supplies.



2

3

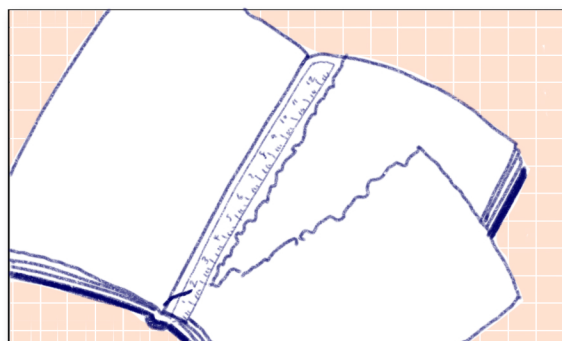


MAKE A RECKLESS MESS

At this stage you're going to want to play like a 5 year old. Try to focus on playing with one thing at a time to avoid your brain taking over. Play with **COLOR, PATTERN, SHAPES & TOOLS**. Use the video and PDF downloads as a reference for simple things to try. There's no need to finish anything or create anything great, we're just backgrounding for now.

TEAR OUT THE BULK

By now you might have chunked up the book, which is a great feeling! But, we haven't added much yet and chances are you have 6 boxes of ephemera and collage sheets you might want to play with. Tear out blank pages (and any unhappy pages) leaving a margin at the spine of the journal. Try to avoid tearing out of the spine as this might cause the binding to fall apart.



4

5



RETURN WITH YOUR IDEAS

No pressure, and there's no prize at the finish line for this step. As you were playing you might have had a few ideas pop into your head that would be good to try now. I like to start with collage and sticking ephemera to random pages. As I flick through the journal I chase down any idea; the good, the bad and the completely random. Also, congratulations! Your journal is no longer precious and you're in a great place to let your imagination run free!