

Composition Notebook Journal instructions

by Trisha DeFoggi

Supplies:

Composition notebook
2 sheets of scrapbook paper (you can use 12x12 or 8.5x11)
3 8-1/2 x 11 inch sheets of cardstock
sticky strip
SNAIL
ribbon

Additional Supplies:

Items to decorate finished journal



Step 1: Cut both pieces of scrapbook paper to measure 7-1/2 inches wide by 11 inches tall. Make sure if there is a distinct angle the pattern is at, that you cut the paper in the right direction!



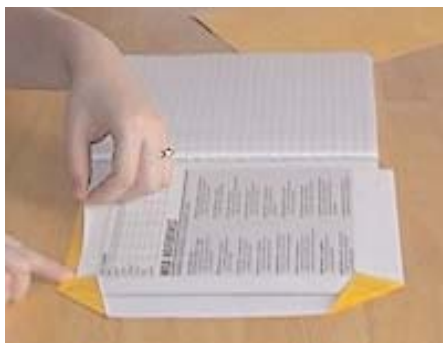
Step 2: Adhere a piece of sticky strip the length of the cover of the composition notebook about a half-inch away from the left edge of the journal. Remove the backing from the sticky strip and adhere the scrapbook paper (right side up!) to it with the extra scrapbook paper hanging over the top, bottom and right edges of the journal.



Step 3: Open the journal and place the cover face down on the table. Apply SNAIL adhesive to both corners of the inside of the journal cover. Then, fold the scrapbook paper tightly over both corners.



Step 4: Next, apply SNAIL to the bottom edge of the inside cover of the journal and fold the scrapbook paper tightly up over the bottom edge of the cover. Repeat for the top of the journal.



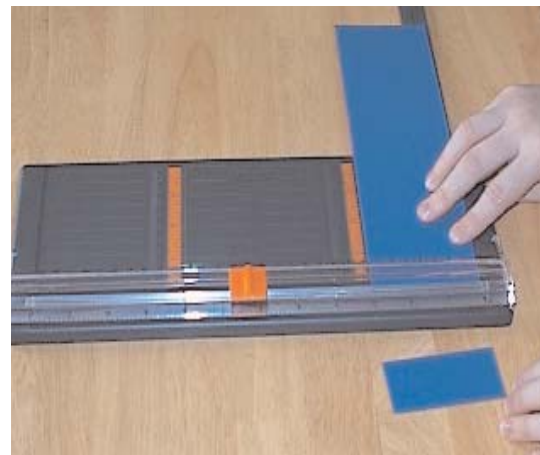
Step 5: Next, apply SNAIL to the side edge of the inside cover of the journal and fold the scrapbook paper tightly up over the side edge of the cover.



Your journal will now be covered on one side. Repeat Steps 2-5 for the back cover.



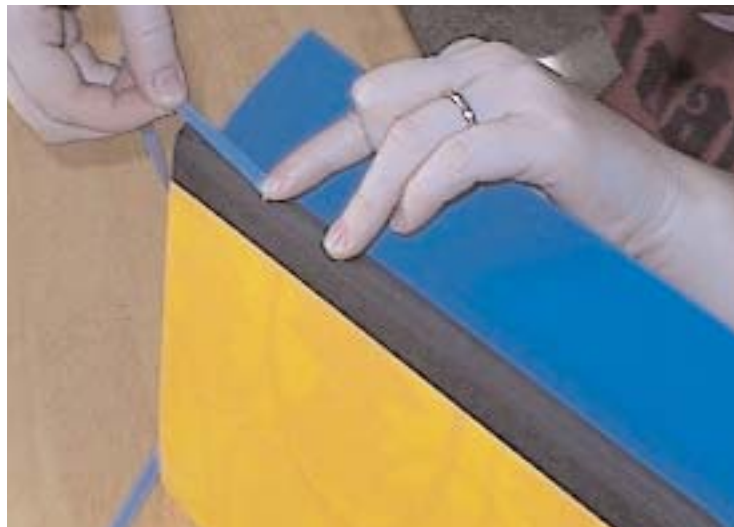
Step 6: Set your journal aside and cut 1 piece of cardstock to measure 3 inches wide by 9 3/4 inches tall. This will be your cardstock binding.



Step 7: Adhere a piece of sticky strip about 1 inch away from the binding of the book on top of the scrapbook paper on your cover. Peel the backing off of the sticky strip and adhere the cardstock binding along the edge of the sticky strip.



Step 8: Adhere a piece of sticky strip about 2 inches long to the edge of the original journal binding. Remove the backing and adhere a piece of grosgrain ribbon to the sticky strip. This will be your "bookmark."



Step 9: Place the bookmark in the middle of the pages and trim to the desired length.



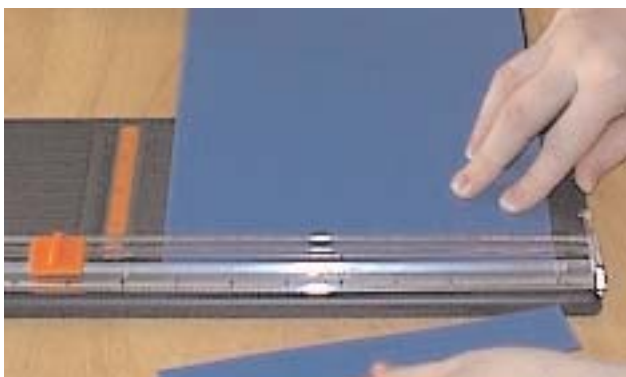
Step 10: Adhere a piece of sticky strip along the inside edge of the other side of the binding piece of cardstock. Peel off the backing and wrap the cardstock piece around the journal binding tightly to create your new binding.



Step 11: Squeeze a thin line of Crystal Effects or other liquid glue onto the journal binding on the front cover. Adhere ribbon to the Crystal Effects and trim to fit the length of the front cover. Set aside to dry.



Step 12: Trim another piece of cardstock to measure 7-1/2 inches by 9-1/2 inches. Trim just the very corners off of one of the long ends of the cardstock. Repeat for the other piece of cardstock. These will be your inside panels.



Step 13: Apply sticky strip to the long end of the cardstock opposite the trimmed corners and apply SNAIL to the other three edges and the center of the cardstock



Step 14: Peel off the backing of the sticky strip and carefully position the inside panel so that the trimmed corners match up with the rounded edges of the journal. Press the edges down firmly. Repeat for other inside panel.



Step 15: Decorate the front of the journal as desired. For this particular journal, I used Brilliant Blue and Summer Sun cardstock, Collage Alphabet, Brilliant Blue craft ink, clear embossing powder, heat gun, brads, ribbon and dimensionals.



To create a matching pen, use a Pentel RSVP pen and cut a piece of scrapbook paper to measure 3-1/4 inches by 1-1/4 inches. Remove the ink barrel of the pen and tightly roll the scrapbook paper around it. Insert the ink barrel with the scrapbook paper back into the pen.



Congratulations, you did it!

