

I have fallen in love with the creative process of creating Junk Journals. Have you heard about them? If not you're probably wondering what exactly is a Junk Journal.

### What is a Junk Journal?

A Junk Journal is a hand-made book consisting of different types of papers and materials. These materials may have ended up in the recycling bin - thus the name junk. Almost any kind of paper can be used - scrapbook paper, copy paper, notebook paper, different sizes of notepads, ledgers, grid, vellum, magazines, music, envelopes and wrapping paper.

### What do you do with a Junk Journal?

Junk Journals can be used in a variety of ways.

- memory book
- photo keeper
- travel journal
- coffee table book
- wedding guest book
- gratitude journal
- spiritual journal
- art journal
- planner
- bullet journal
- recipe book

The list can go on and on!



A recipe Junk Journal I made with family recipes for my sister's birthday.



A December Daily journal full of pictures I made for my grandson. The cover and lots of original pages are from a Little Golden Book.



This journal I received as a swap. It is a soft cover journal made with sewing patterns. There is so much vintage and shabby goodness inside.

Does this sound interesting? Beware, once you begin, you may not want to stop!

### **Where do you start?**

Your first step might be to decide what kind of journal you would like to create. Then begin collecting Ephemera. What's ephemera? I looked it up in the dictionary and it says, "Items of collectable memorabilia, typically written or printed ones, that were originally expected to have only short-term usefulness or popularity."

To give you an idea of what might be used, I'll talk about a travel journal. I save tickets, receipts, coasters, maps, brochures, post cards, paper bags, menus, coffee sleeves... almost anything can be used.

Other items that might be used in your journal:

- lace
- ribbon
- buttons
- doilies
- match books
- words or pictures from magazines
- fabric
- yarn
- tags
- tissue paper
- old game pieces (think Bingo cards)
- stationary or note cards
- label from a snack or new favorite food
- vintage sewing patterns
- anything vintage
- photos

Have I peaked your interest? Do you want to give it a try? I'll be back soon for Part 2 of Junk Journaling. Next time's topics will include making a cover, signatures, and assembling your journal. If you can't wait, you can check out YouTube videos. Search for Junk Journals. Just be prepared to spend some time down the rabbit hole!



My love for creating has taken many twists and turns, or as Anne would say, the Vortex! I have been crafting as long as I can remember. Sewing, quilting, stamping, card making, and most recently, Junk Journal creating. As a retired teacher, my heart is in helping people be successful. The wonderful thing about Junk Journals is that there are no rules!