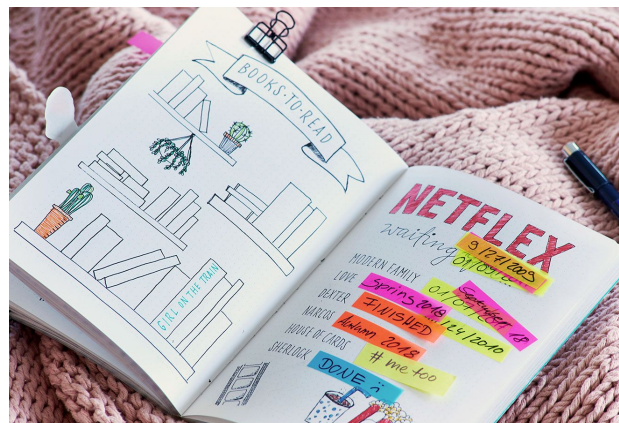
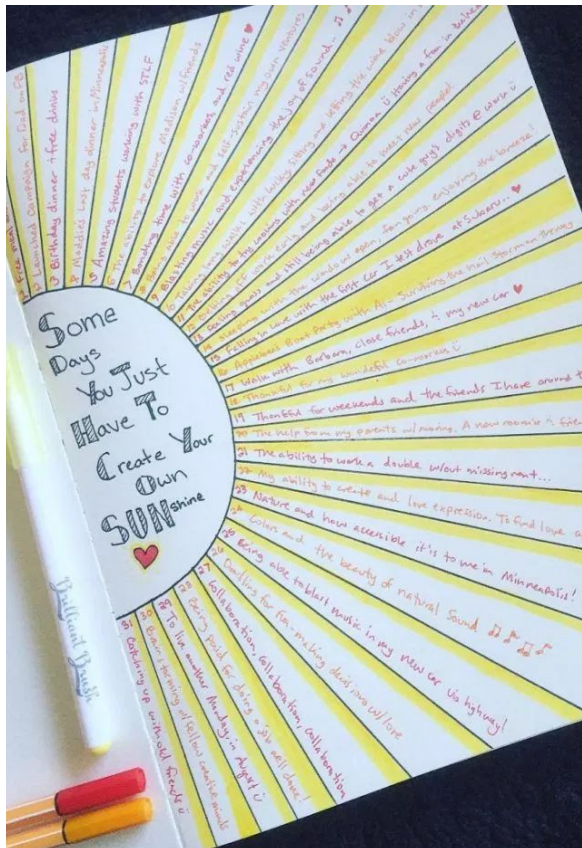


## Ideas for Scrapbooks or Journals:

### Journal Theme Ideas:

- **Positivity**--each day, take one page of the journal and write down all the things that you were thankful for that day or that brought joy to your life. If you are artsy, you can doodle inside the pages or come up with a creative layout for your happy thoughts (like leaves on a tree or writing down everything in a spiral). You can also tape inside found objects from your day like theater tickets, photographs, stickers, cards, or the positive message inside a Dove chocolate wrapper. When the journal is complete, you will have an amazing book filled with good memories!
- **Creative Writing**--each page is a different writing prompt to inspire you to write for 15 minutes a day. You can find thousands of these online (or you can grab an extra copy that is inside this kit). Nothing helps boost your creativity more than exercising it each day! When complete, this journal could also be a great resource for coming up with ideas or working towards larger writing projects!
- **Bullet Journaling**--the journal is filled with different things you want to track in your life. Perhaps you want a page to be a to-do list of your yearly goals, a chart to keep track of how much water you drink each day, or a bookshelf of all the books you read during the year. Pinterest is filled with thousands of ideas of ways to fill the pages. For those who find comfort in doodling, the designs can be extremely elaborate, but if you find the task to be daunting, you can just make charts or lists (and even print out pre-designed pages to glue inside!)
- **Question of the Year**--choose a big question that you could ask other people throughout the year. Perhaps it is as big as "What is important in life?" or as detailed as "What is your favorite movie and why?" You can either write the question on the cover of the journal or make each page spread a different question. Throughout the year, carry your journal with you and ask friends, family, or even strangers to write their answers inside of the journal. It's always interesting to look back on what others wrote and see the various handwriting styles!





## Scrapbook Theme Ideas:

- **Vacation Memories**--pick a recent trip you went on and showcase all of your fun memories with photos from your trip! You can even decorate the pages with a theme (i.e. tropical for a trip to Hawaii, animal stickers for a trip to the zoo, or use a map of a location as the background).
- **Friends Scrapbook**--print out photos of all of your friends. Glue them down on the pages and have your friends write notes to you in the margins.
- **Ticket Album**--glue down all the tickets you gather from movies, concerts, sporting events, theatre productions, train, bus and more!
- **Family Tree Profiles**--on each page spread, either glue a photo or sketch a portrait of family members. Then, put stats next to each one such as their birthday, where they were born, their favorite childhood memory, favorite foods, etc. This can include relatives who are currently living or be a scrapbook of your family ancestry.
- **Paper Instagram**--take your favorite photos from your instagram, print them out, and collect them inside of a scrapbook just like they did in the good ol' days. That way, you still have your artsy shots but don't have to worry about charging your phone.

