



Lettering Project

GRATITUDE JOURNAL

2020 has been a challenging year for us as so why not focus on what you love and are grateful for? It's a good way to practice mindfulness so why don't you have a go at making your own little gratitude journal to record your thoughts and feelings?

YOU WILL NEED:

- Modern Calligraphy Gift Set with ShimmerInks
- Callicreative Duotip markers
- A5 card in a selection of colours and patterns
- Elastic
- Scissors
- Glue
- Pencil
- Ruler
- Eraser
- Decorative tape
- Stickers
- Scrapbooking tags or note cards

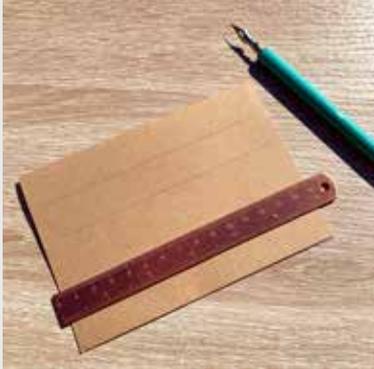


Project Time: 40 Minutes

Project Level: Beginner



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STEP 1

Choose one of the sheets of card to be the cover for your journal. Fold it in half and then use a ruler to draw two straight lines on the front of the book.

STEP 2

Use your pencil to write the word "Gratitude" on the first line and "journal" on the second line.



STEP 3

Take your bottle of Brandy Flambe ink and make sure the lid is screwed on tightly, then give it a shake to redistribute the gold shimmer if it has settled on the bottom of the bottle.

STEP 4

Insert the nib into the holder and then dip it into the bottle of ink. Slowly go over the outlined letters until you have completed the title of the book. Make sure you press down lightly when you are writing the up strokes and use a little more pressure on the down strokes for thick lines.





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STEP 5

Leave the ink to dry for a few minutes and then you will be able to see the gold particles sparkling in the light. Once the ink is completely dry use an eraser to remove any visible pencil lines.



STEP 6

Using the calligraphy pen and ink again write 2020 on a small sticker.



STEP 7

Add a strip of decorative tape along the bottom of your cover and then place the 2020 sticker on top of the tape on the right hand side.



STEP 8

Take your remaining sheets of A5 card and fold them all in half the same way as you did in step one.



STEP 9

Place all the sheets together and inside the front cover of the book





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STEP 10

Make two small cuts on the top and bottom of the spine of your book, on the cover and all the pages.



STEP 11

Take your piece of elastic and wrap it around the middle of your book, make sure it sits inside the slits you cut so it will hold all the pages in place. Tie it tightly in a knot on the spine once you have it in the right position.



STEP 12

Trim the excess elastic from the knot to make it look neater.



STEP 13

Decorate the pages inside your journal with the Callicreative Duotip markers. You can do doodles, write quotes and add stickers, scrapbook tags and note cards to inspire you. Leave yourself plenty of space to fill in with all the things you are thankful for!

REMEMBER, IF YOU RUN OUT OF PAGES YOU CAN ADD MORE WHEN YOU NEED THEM AS THE ELASTIC WILL STRETCH TO ACCOMMODATE A FEW EXTRA SHEETS, JUST FOLD THEM IN HALF AND SLIDE THEM UNDER THE ELASTIC TO MAKE A THICKER BOOK!