

Ideas in Journaling – By Amy Lynch, Time 2 Scrapbook ©2006

Many of us keep picture albums, scrapbooks, and maybe even journals or diaries. Why not combine them? Scrapbook journaling is a way to record the important times of your life by using photos, keepsakes, and written accounts all together in one album. This makes a more complete account of the activities and events.

THE JOURNAL ACCOUNT

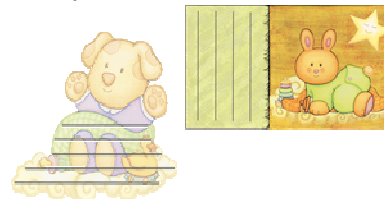
1. When recording an event in your journal, make sure this information is always included:

- a) Date
- b) Who was there?
- c) Name of the event (i.e. Jacob's 3rd Birthday, Adam's 1st Little League Game, Our Family Reunion)
- d) Where did it take place?
- e) Events that took place - the story or account of the experience.
- f) Special memories or happenings of the day.



2. Try to record the occasion as soon as possible even if all you can do right then is write it on a separate piece of paper and put it in the box with the pictures. It is surprising how quickly you can forget the details!
3. I know this might be hard (especially for those perfectionist personalities) but journal in your own handwriting as much as possible. This is part of the treasure! Maybe not now, but when your great granddaughter is looking at the album 40 years from now, it will create such a special connection for her to not only read your thoughts and memories but see it in your handwriting.

4. What to Journal on – well...ANYTHING. Actually on the page or a separate tag or card. It is only limited to your imagination and what you want to do. There is no wrong answer here. One of the things that I have done is create a tag from cardstock in the shape of a picture or clipart that matches the page layout. It's fun and can help tie it all together.



5. Make sure and use the right kind of writing tool. There are many to choose from that offer different looks and colors. Just make sure the ink is acid free. If you're not sure – don't use it. You can buy them almost anywhere from calligraphy styles to watercolor to embossing. Invest in your memories.

EXAMPLES OF EVENTS TO RECORD

The possibilities are endless. Part of the fun will be coming up with ideas. Here are just a few to get you started:

1. New school year

Take a picture of your children before they leave for school. Make sure you record the date.

drawn to this look because it reminds us of a simpler time, warmth, family ties and history. They are priceless!

LOCATOR PHOTO

When taking photos of several travel points or sites, stop to snap a photo of signs that tell where you are. It's so difficult to remember what you've seen when you are taking in a lot of new landscape at once. While it seems like a waste at the time, the locator photo will save you the agony of ignorance later.

GIFT PLANNING and BACKUP PLAN

As much as possible make copies of everything. Get duplicate photos, copy or scan your scrapbooks or journaling. If you scan or photocopy them, you can keep a copy on disk in case of damage to your original. And once you have a backup – back up your back up. Send it somewhere away from the original, a friend, relative, etc. Backups don't necessarily mean safe. If you take the time to back them up, take the time to protect it.

Also, duplicating your work allows you to give it as a scrapbook gift for someone. I have two boys very close in age, and to find separate pictures of them is difficult. My plan one day is to do a scrapbook as a gift for each of them. This duplicating and copying idea will come in handy for me.