



# Gratitude Journal-8+

A unique journal to jot down everyday moments

## Supplies:

46 pieces computer paper

10.5" x 13" piece of cardboard

fat quarter or 12" x 14" piece  
fabric

yarn darning (needle)

1" long wooden letters

glue gun

glue sticks

cotton twine

markers

scissors

8 1/2" x 11" cardstock

paper plates or scrap cardboard

ruler

ribbon

tablecloth or protector

paper trimmer (optional)

rotary cutter (optional)

## Instructions:

Allow 2 hours for setup, project, and cleanup.

1. Plug in hot glue guns with glue stick and place on paper plates to catch drippings.
2. Gather paper and fold in half width wise (horizontal crease).
3. Using ruler, mark out 5 dots down fold of computer paper.
4. Poke out each dot with the needle.
5. Center one of the folded sheets in the cardboard. Use pen or pencil to mark through holes. Poke holes in cardboard.
6. Place sheet of paper over cardstock and mark through the holes. Poke out holes with needle.
7. Fold cardstock.
8. Thread the needle with twine and tie knot around needle. Cut off enough twine to wrap around the length of the book 3x. Set aside.
9. Place cardboard down, then cardstock, then paper with holes lined up. Begin sewing from back to front. Complete until thread is used and pages are sturdy. Last stitch should be in back, tie knot and cut off excess.

10. Unfold fat quarter and place flat. Center book and use ruler to leave a 1 1/2" overhang on all sides. Cut to size.
11. Fold the edges of the fat quarter around the edges of the cardboard like wrapping a gift. Be sure to pull taut and keep fabric under cardstock. Glue down.
12. Glue cardstock in place, ensuring fabric is covered.
13. Fold book in half. The thickness of the cardboard should create a natural spine. You can score the inside of both covers and/or trim the pages, if desired.
14. Create words with the letters/numbers that will fit on the cover such as "365 Thank Yous" or "Believe". Get creative.
15. Color the letters/numbers with marker or leave as is. Glue letters/numbers to cover.
16. Measure ribbon so it runs 2x the length of the book. Cut. Fold in half. Glue one half into front cover of book along spine, leaving the other half loose. This will serve as a bookmark.
17. If you would like, create grid on pages by finding the center horizontally and vertically. Basically, making a giant "T" in the center. This can be completed later.
18. Adorn with shapes, stickers; etc. It can be a summer journal, notebook, recipe book, mini scrapbook. Feel free to get creative and make it your own! Enjoy!