



Creative Junk Journaling

1: Introduction to Junk Journaling

2: How to use Junk Journaling

- Memory Keeping
- Travel Journal
- Self Care
- Bullet Journaling
- Planner
- Inspiration- DIY Projects, Pretty Pictures, (POP) Pinterest on Paper
- Goal Tracker
- Gratitude Journal
- Prayer Lists
- Habit Tracker
- Garden Planner
- Art/ Sketch Journal
- Favorite quotes

3: Book/ Notebook Ideas for Junk Journaling

- Traveler's Notebook
- Altered book
- Planner
- Spiral Notebook
- SMASH Book

4: Ideas to add to your junk journal

- Old/New Photos
- Receipts/ tickets
- Napkins
- Old paper
- New Paper
- Journal Cards
- Textile, material, ribbon, leather, tulle
- Washi
- Paints: Watercolors, acrylic paint
- Anything and Everything