Creative Journaling with CBTV Live

Chapter 1 - Chapter 1
Creative journaling
(upbeat music) - Hey, everybody. Welcome to creativebug live. I'm Courtney. - I'm Liana. - You probably recognize us by now. And we have a really exciting live shoot for you today because look at this table. How fun is this? - All the art supplies are out. - [Courtney] We've got everything out. And this is all the fun things that you can find at your local Jo-Ann. - That's right. Jo-Ann is actually really focused on journaling right now. We're talking about Jo-Ann fabric and craft stores. - Yeah. - And so they are, gave us a challenge. They said what if we sent you all of this really cool stuff and let's see what you can come up with for journaling ideas. - Yeah, so we thought about journaling in the way that we love to do it, which is without too many rules, without too much structure because we think that journals should be what works for your life, in your plan, so Liana, what do you have in front of you? - [Liana] Well I decided to do something that's actually a gardening journal. And I don't know about you guys, but when I hear the word journal, I mean, it could be so many different things. It could be a diary, where I am writing down my deepest-- - Darkest thoughts. - And (laughing). (both talking) It's all about my love for Courtney. And, or it could be a day planner kind of thing. Or it can really be anything. - It could be a log, like a tracker. It could be about your food and your diet, about your exercise habits. It could be about your creative habits. So we thought we'd share some tips and techniques for getting all of this fun stuff into a book, whatever that may look like for you to track whatever your creative habits are, your gardening habits, or even just writing down your dreams. It could be anything. - Exactly. - So let me just give you a little bit of the lay of the land. Because we do have a lot of stuff in front of us. I have a sample kind of journal of what, if I were going to create something that would work for my daily life. It has to contain a lot of different things. So I've got some reminders here and I was gonna show you how to use some stamps, which is some basic Post-It notes for flexibility so that you can remove this when it's no longer relevant or move it on to the next page if you forget to do it one week. I've got a little bit of watercolor in here. I've got some Washi Tape. And then we're gonna show you how to use some different pens too. - [Liana] And what kind of journal are you working in? - [Courtney] Yeah, what I love about this, this is a Teresa Collins. It's sort of like a bullet style journal. We've done that on a live shoot before. It's got this, kind of graph, but in dot form, which is super flexible. So you can draw out sections. She also makes some little, tiny three-pack ones with lines, actual graph paper, or this grid dot pattern so it gives you a little bit more flexibility. You can make your own journal. Liana's got a watercolor journal in front of her because she does a lot of painting as well. - [Liana] Yep, so, I have a mix media one, so this is really good for, what did you say, watercolor-- - Watercolor, acrylic paint. If you watch any of Dawn Sokol's classes, you would be familiar with that kind of art journaling. You can use marker pens in it. - Yeah if you're gonna be using marker pens or Sharpies or things like that, so that you will have a nice thick page. It won't bleed through on the other side. - Yes, but if you just want to do one watercolor spread or use some Sharpies, you can also use my favorite craft stick, the Scotch brand craft stick, and glue two pages together for thicker pages. - [Liana] I love it. - [Courtney] So lots of flexibility. We're talking about flexibility. And remember, because we're live, you can write in and ask us questions as we go. What should we start with? Do you want to do some rubber stamping? - Sure. - And you can do this with me if you want. - Okay. - So the thing, I mean I love rubber stamps, and nowadays there are kind of two stamps. This is your

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traditional rubber stamp, it's rubber on the back, and it's got your wood block on the top, but there's also this kind of stamp, which people are opting for them because they require a lot less storage and they're usually a little bit more affordable and you get more imagery. So this is actually used with an acrylic block and these are reusable forever and ever and ever. They usually come in a little pack of multiple sizes, which gives you some flexibility so you're not putting a little tiny word on a giant block. Maybe you try the rubber and I'll show this one. - [Liana] Okay. - [Courtney] Okay. So that Don't Forget stamp I love, because it fits almost perfectly on a Post-It note. - Oh, that's awesome. - [Courtney] It's just like, just shy of it, but it's gonna work for this. I'm gonna give you some scratch paper. I'm also gonna give you some ink. - [Woman In Background] Can you repeat where you got the journal from one more time? - Yeah, for anyone who's watching, welcome. If you're from creativebug, hi. You're probably familiar with our live shoots Tuesdays and Thursdays, and if you're coming from the Jo-Ann crowd, also welcome. The journal, we're talking about journaling in general, and the journal that I'm working in is a Teresa Collins journal. This is a super thick one so this will last me the whole year, but it's very flexible and customizable. We're gonna show you some different things you can do with it. And then, she also makes some little guys, Liana's using a blank watercolor or mixed media sketchbook and she's turning into a journal that works for her needs. - [Liana] That's right. - [Courtney] So it gives you, like I said, flexibility. Okay, so you got your Don't Forget. I was gonna show you how to mount this. You want to keep these little plastics pages, these really, kind of, they stick with cling, like static so they're not sticky to the touch like glue. And let's see, I think if you're not super great at hand lettering, which we are gonna talk about a little bit later. (Liana laughs) These are great because they do have a hand lettering style so I'm gonna peel off Saturday. This is what it looks like. - [Liana] That's so cool because I actually, when I first saw this, thought that they were stickers. - [Courtney] Oh yeah, right! They do look like that. - Puffy stickers that you stick down in your book so I love-- - [Courtney] These are reusable forever and ever. And actually what's awesome about this, you can create a pocket and just slip this into your journal and take it with you. - [Liana] Nice. - [Courtney] So these stick with static cling. This one happens to have a grid, which allows me to line up my Saturday pretty nicely. Has a doubled edge. That means this side goes closer to my paper and this is the top side. So for inking up your stamp, and this is where you can start to follow along, I actually like to hold my pad in my dominant hand and hold the stamp in my nondominant hand and do lots of little taps. - [Liana] I feel like when you were a kid, you always-- - [Courtney] You like, (grunts) and you grind it in there and then it's terrible because that's where you get all those mistakes, right? Where you can see this edge or halo. Sometimes your block will get stamped too. - [Liana] So are we kinda like painting it on? - [Courtney] I wouldn't do swipes. I would do little taps. Tap tap tap tap tap. I've got a little bit of ink. The one thing about these cling film ones is they're a little bit more shallow than the regular rubber so you have to be a little more careful. But that's why I've got some baby wipes on hand. You can just clean up that edge. And I can test this on my scratch paper first. So that looks like a nice clean impression. You do need, no matter what rubber stamp you're using, you do need to re-ink with every impression. How does that look? Oh, beautiful! - Oh! It went off the edge a little bit though. - [Courtney] That's okay. It's so close. I think that's awesome. - [Liana] I decided that my Post-It basically is scratch paper. - [Courtney] Perfect. But you can use that and you can move it around. So I could stamp right on to this little Post-It or I can stamp this directly into my book. So let's say these are things, oh, I can see that I've got a little bit of ink there. Just clean that off with my baby wipe. - [Liana] Okay and cautionary tale. I just smudged mine. I went like this with the Post-It. - [Courtney] Patting, patting. Just do some patting. Yeah. That's okay, stamp another one.

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That's why it's on a stamp. A Post-It note, rather, as opposed to in your journal. - I am here to make mistakes for you so that you won't make them. - [Courtney] That's a great thing. That's the great thing about live. So there's my Saturday. This could be my list for all the things I want to do on Saturday and I could use my Sharpie. I could use my big pen. These Pigma pens are really great. This one happens to have a brush tip. So things that I want to do this Saturday. What am I, I'm gonna be at the shop this Saturday. So shop day for me. - [Liana] (excitedly) Ooh I got it perfect! - [Courtney] I'm also probably gonna meet my parents for coffee. Coffee with dad. And then, I still need to schedule Charlie a haircut. That's my dog. For anyone who's new. Charlie haircut. So I need to do all those things on Saturday. - [Liana] Cute! - So that's one start, right? Is this to making, that's something that's really popular. Where might you put your Don't Forget? - On the door probably. (laughs) - So it's coming right out of the journal. No but that's good, 'cause you could be at your office. You could have a whole little stack of these. - [Liana] I would actually make a whole stack of them. - [Courtney] Yeah and then you can put some in your journal. You can put some on your door or whatever. Put it on your monitor or whatever-- - So now, do you do, would you do a whole spread, you know, for a day? Or would you kind of just fill it up as you go. - [Courtney] I know. I kind of have two minds about that. Sometimes it's better to pre-plan a little bit in advance so that if it's there, you're more likely to fill it in. But I wouldn't fill out my entire journal right away. Because I need the flexibility of things changing, right? What happens if you go on vacation and that weekly structure, you want to bring your journal because you're keeping all your notes, maybe your hotel phone number, all of that kind of stuff, but you don't want your work structure for your vacation. Liana's going on vacation really soon. - I am. - Are you taking a journal with you? - I bet I will. - Yeah, she's going, where are you going? - Italy. (squeaks) - She's gonna be live broadcasting from there. Tune in. Just kidding. (laughs) - I wish you were. That would be awesome. But you could do some other fun things too for your daily headers. If you're just practicing your lettering. So I'm not great at lettering. We actually had Michaela from Sakura of America here this week filming classes and she'll be on our live shoot on Thursday. We'll be talking about mail art and some fun stuff. She's an expert at lettering. But something you that you can do that's fun is just using these brush pens, which have a thick and a thin. You can get some nice calligraphic marks. So I could do something like that at the top of my day, and you can go back in with a smaller pen. It's just a fun way to get layers and textures. - [Liana] Yeah in case you forgot. Saturday Saturday Saturday! - [Courtney] Yeah this is for Saturday. It's list making. What else do I have in here? Oh! For tabs, you can use Washi tape. So we've got some Washi tape here. What's cool about the fact that journaling is really popular right now is there's a lot of the hard and creative work done for you. So if you don't have time to sit down and paint in your journal like Liana's been doing, which I'm gonna let her show you soon. Sorry I've been talking the whole time. - No. I love seeing the way your brain works. (laughing) - If you don't have time for all of the hard work, a lot of these fun things are available to you so that you don't have to do the hard work. So when you only have five minutes, you can still have a really beautiful looking spread. I love Washi tape. I'm a huge Washi tape fan, and I like this because it has all of the days of the week. So just in case you forgot that page was for Saturday. (Liana laughs) Here it is again. (laughing) Saturday. But you can also use Washi tape. You have options. But you also have things like just decorative Washi tape. This one matches yours better. Okay. And this could be for tabs. So let's say there's a list you always want to come back to, like goals for the month, goals for the year, creative goals. You can put that on one page. Could be anywhere in your sketchbook. And you make a little tab for it. - [Liana] So you just fold it over? - [Courtney] Yep, onto the page. Try to line it up. - And we leave some of that sticky? - [Courtney] Yep. Yeah. And so then this, you can

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always come back to. So you can have little tabs. And you can even write on these tabs. - [Liana] Ooh I love that. - [Courtney] What they are. You could put goal. Goals. - [Liana] That looks like a beautiful ribbon. - [Courtney] Oh yeah, that's really pretty. I love that. - [Liana] Cool. - [Courtney] Yeah. So what else should we do? - Well do you want to talk a little bit about our watercolor additions? - Yes! So you're working in a watercolor journal. How do you start your pages? - So for this one, my impetus was really, I wanted to have a gardening tracker. So every year I feel like, I plant seeds and I go through all of these rituals but I never write down when I'm doing it or how things went right or went wrong. So I thought it would be kind of cool to start a gardening journal. So in this case, this was kind of my, starting in January, which is when I planted the seeds, kind of six months, big picture plan. - [Courtney] So did you make these categories first and then you filled them in? - [Liana] Yep, and then I've just been keeping track of what I planted in January and then I got aphids in February. And then I maybe killed a few plants, but then replanted it. So anyway, I'm telling the whole story. - The highlights and the low lights of home gardener. - I will remember what I did. - So did you watercolor this page first and then write? - [Liana] I did. - [Courtney] That's awesome. If you have seen some of our other live shoots or follow us on Instagram, Liana had this beautiful journal that she committed to, you did it for 30 days? - I did. - Where she watercolored each page and then wrote in it. - Yeah so I got a nice ritual down where every night, I would paint a spread and then I'd let it dry overnight and then the next day in the morning, I would write in the journal, so-- - Which is awesome so if that's what works best for you, just pick up a blank watercolor book or make your own, just using some watercolor pages and that can be what your journal looks like. It doesn't have to be in the journal section. - [Liana] Yeah and in this one, so another idea for gardening, which is something that I find very helpful, is sometimes you plant things but you can't remember what you planted where. And so I think it's really helpful to create a grid, so in this case, for instance, I have a planter box. So let's say... I'll just paint a little perimeter here. And these are just plain old watercolors. Anybody can do this. Whatever you've got on hand. You could also do this with brush markers. - [Courtney] You could use regular markers. The watercolor's so pretty though. Do use the materials that feel good for you, right? - Exactly. - Don't make this hard. Because then you won't do it. - [Liana] You definitely won't. Oh do we have a question? - [Woman In Background] We do. So speaking of not making things hard, Nicole and Brianne have commented-- - Hi, Nicole and Brianne. - [Woman In Background] They struggle with feeling like their journaling is too messy or it's not perfect. It's really self defeating for them. So how can they get over that fear and get started? - Oh that is step number one is getting over the feeling of being perfect. - If you couldn't hear, Allie was asking questions on behalf of Nicole and Brianne. Welcome back, you guys. Thanks for joining us. And just how do you get over the journal not looking perfect? Like right now, things are looking pretty good, except for my crazy Saturday. (laughing) - She loves the weekend. - But this page is nice, right? I mean, how would you, what Liana just said, you have to, from day one, get over the perfection. - So first of all, get over the concept of working in order. I think that helps to mix things up. So give yourself the freedom to flip around. So you don't need to start on page one and go all the way through. That's what adding a date is for. You know? So for instance, over here, I started, this is where I was sketching what some plants look like. - I love that. - And, you know, it's kind of like trial and error. You know I was just saying to Courtney, does that look like arugula or does that look like kale? - [Courtney] Right. Doesn't have to be perfect. - [Liana] And we're just doing little studies. You can see my handwriting isn't perfect. It looks kind of like a kid's handwriting. - [Courtney] But it's yours, right? - It's mine! - And that's what's fun about using a combination of stuff that you make, you create, you write in, and then supplementing it where you

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are that perfectionist and you want the pretty Saturday, right? Use the things that work for you and then add your own flair to it. - Yeah, a good journal has to feel like home. And you'll see as you continue to add it onto your journal, the beauty that comes from it is in the consistency. Because you're gonna see, even if you don't like your handwriting, you're gonna see that same handwriting on every page. And if you kind of stick with some of the same materials-- - There'll be a cohesiveness. - It will feel cohesive. It'll really start to come together and you're gonna be like, oh this is my most precious-- - Object. - Object, yeah. - I have to say, I didn't even learn from my own lesson, but the one year I kept a planner notebook, place for homework, consistently for a year was the year that I studied abroad in France when I was in college. And I had an old, vintage ledger. It had my photography homework assignment. It had places I wanted to check out on the weekend. It had musings about my boyfriend, who I was missing who was back home. It had everything. I mean it kept all the functional stuff and all the pretty stuff and all the inspiration, all the nitty gritty. And that book, I refer to more than anything else, and every year goes by and I wish I would have kept another one. Because now I'd have 10 or 15. - Right? - So just do it. Just start somewhere and do it. And you'll figure out the rhythm that works best for you. And the materials that supplement that. - Yeah, exactly. - So tell us again what you're doing here for the people who are just joining us. We're talking, we're giving lots of life lessons and some journaling lessons. - [Liana] I forgot to show you how to not be too precious in a journal. So this is a planter box. I have a raised bed and I'm planting a whole bunch of different things in here and I'm trying to remember what I planted where. So you know, when you put seeds in, you can't see what's happening. So, you know, this is good to do before you go out and start planting, or you could do it after. Look, I don't care that that just bled into it. That's what makes it fun. So what I think is really fun to do is to go in and I know, for instance, that the sweet peas are gonna be here. So I'm gonna go ahead and do a few, like, pretend sweet peas here. - [Courtney] Which I love. - [Liana] And, you know, we're gonna just imagine. It doesn't even have to really look like what it looks like. You can be like, oh yeah. I remember they kind of curl off of the stems like this. And then you'll go in later with some actual pen, and you can write in what it is. But it's just this little visual recording. It makes it so sweet. So I can just keep adding. - [Courtney] I love that. I love the hand in that, but if even that is too intimidating, start with just the watercolor borders. Put in a swatch of color using watercolor and use your handwriting on top. Use a stamp on top. Do what feels good and then, like Liana, I mean, I think that's perfect. That looks amazing. But it doesn't have to look representational. So she's okay with that. She's like, this is what to me in my memory it looks like but when it grows it might look like something else. - Yeah, or you can take the packaging-- - Oh I love that! - Yeah, you could take the packaging from the seed packet and use that as collage. Just some glue stick, glue it down on the page. - I love it. - And add a little bit of marker around it. - Cute. - It's really-- - I love that. - So I see you have some, some watercolor over there too. - [Courtney] Yeah, so let's say this is maybe more for my work and record keeping that way and not so much my art journal, but I want to add some watercolor elements. I added this little swatch here because I got a new Quay paint set, which was so awesome. So I was testing some new colors. So I just cut some scraps that I can tip in or tape into my journal. I got one of these handy watercolor brushes. It's just a water brush so the water is in the ferrule, or in the handle, rather. So I don't need to bring a little bit of water with me. It's just ready to go in my backpack. And let's say I just want to test some blues. Gonna do that. And then that way, I can still get that watercolor feel but my pages aren't really primed for watercolor because they're just notebook paper, which fits my normal purposes fine but in this case I want to add the watercolor. Then that's when I can just use these little watercolor scraps to add. Ooh. That's fun. The blues are

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nice. This is so cool. - [Liana] Yours is a little bit more of an artist's notebook. - [Courtney] Yeah. You know, might be places where I put ideas for new classes for creativebug. It might be books I want to read. I think a lot of people will use these journals as lists, places where they keep lists and things they want to come back to. Liana's going to Italy and I'm going to New Orleans in May. I'm super excited about it so I need to start keeping track of places I want to visit and maybe researching some cemeteries where I might want to do some painting and having some pages ready for that. Ready to go. - [Liana] I would love to make these little color swatches like when I go to Italy and make color swatches for every town. - That would be amazing. Like a little pallette. - Sitting down every day and really taking in what I'm seeing. Just the colors that I'm seeing. - Yeah. I mean, but, if you're not going to Italy or New Orleans, that's no problem. You can do this in your own backyard. You can do this in your own neighborhood. Just slowing down and taking a moment to appreciate the beauty that's around you. Some of you are in snow right now. That has its own color, which is pretty incredible and it'll be gone soon. We had kind of a gray, cloudy day. I mean, paint something, the sky. Paint the colors on your street. Pick a topic, usually it's just about taking a moment to kind of recognize those things instead of just walking past them and making them a frustration. Like, kinda meditate on that for a minute. This still has to dry but I'm just gonna tape it in for now. - [Woman In Background] We have another question. - [Courtney] All right, let's hear it. - [Woman In Background] Elise wants to know, how do I combine journaling with keeping a planner? - Okay so journaling, you're talking about personal journaling. Elise is asking how do you combine planner plus the journaling. I think it's the same thing. You have to figure out structure that works for you. Sometimes it might be dedicating particular sections to the journaling itself or the planner itself and keeping those straight. It could be just letting it kind of bleed and blend together. Like for Liana, when she did her watercolor pages, she was just focused on the watercolor and then when she went to journal, the watercolor was there for her. So she didn't have to think about both sets of her brain right at the same time. She didn't have to think about the painting and the writing component. The painting she did on her own and then the writing you did on your own. - Mm-hmm. It has to be, it has to be easy. It has to be doable and my one tip I would say, if you're doing a daily planner. So it's kind of a great way to integrate, I think, creativity, with your daily life. But it has to be doable. And so I would really be selective about what supplies you're gonna use and get yourself a little pouch that goes with you everywhere, so it's almost like your makeup bag except for it's like your most trusted Sharpies, you know, brush pens, your day of the week stamps if that's your thing. - Yeah or your Washi tape. I think that's great advice and you can even change it out every month. So like one month you might only have blues, greens, and purples or something in your bag. Or you might do monochrome and then you can switch it out. So it's still exciting and interesting to use those supplies but you are limiting yourself. Sometimes too many supplies can be super overwhelming like this table right now. And certainly, of course, you can put this in your backpack and take it with you to work. (Liana laughing) Although we tried-- - What, is this overwhelming?! - You should see the inside of my backpack. I definitely try. - Yeah she does bring the entire desk with her. - I have a mini library in my backpack at the moment. This, I actually do bring with me, this little Quay watercolor set. This one happens to be the 48 set, but you can get, I think they make it in a 12 or an 18, which would be even smaller, super easy to slip into a backpack. - Yeah I have little travel one, and as long as you know how to mix your primary colors, you can create any color you want. - Yeah, with three colors essentially. Totally true. Other things that we have that are super fun. Stickers, so, to do, get things done, top priorities, bucket lists, I love these little packages of stickers. They're super affordable and they allow you to create different little tabs. - [Liana] All right! -

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[Courtney] Can use some of these. - [Liana] I know. - [Courtney] Like, note to self. Here, this is my note to self, my goal. Walk more at lunch. We work in a building, which is a little bit hard to get outside so I need to remember. - [Liana] This one is just Get It Done! That's my little inspiration for my plants. - I love that. That's awesome. (laughing) Another thing is, when you're at Jo-Ann, I really love those little aisles where everything is under $5. It's usually right by the register. Smart. - You all know what we're talking about. - Yeah we do. And, but what's cool about that is they change pretty regularly. There's usually some kind of theme. These stickers, you can often find stickers like this, which is perfect for this kind of application, right? So Don't Forget, you got little arrows, little tiny places for making notes, flags. The other thing they almost always have are these note cards, which actually are great to just have in general because it's always nice to send a thank you note. But I saw these and I was like, I'm gonna use this card and Liana's gonna use this envelope and she's gonna put seeds in it. Because she's got a gardening journal. Look how cute that is. - [Liana] So cute. - [Courtney] And mine's gonna be a little drawing. I could just put this in for when I'm ready for something to happen later, so I could glue it in, but what's actually even easier is just taking a length of Washi tape (Liana gasps) and literally just putting it in. - [Liana] Brilliant! I think I'm going to glue mine in. - [Courtney] You should, yeah, yours got seeds. - [Liana] And so in this case, I have this little baggie full of seeds. This is from my mom's neighbor, Phyllis, and I admired her black-eyed Susans. I can't even make this stuff up. And she gave me a baggie full of seeds that she had saved. - That's so cute! - So if I wanted to be extra cute, then I could dump some of these. - I love that. You should write that memory. Like sometimes you think you're gonna remember, but you're not going to. So black-eyed Susans, Phyllis, maybe the season and the year? Do seeds expire? - They do. - So, you need to know-- - Use 'em or lose 'em! Okay, so I'm gonna seal this up with a little bit of Washi tape because I can take that off later. - Yep. Washi tape is permanent until you need it to be impermanent so it can peel right up. It sticks pretty well inside of a sketch book. But then if you need to remove it, you can. - [Liana] Okay. (coughing) I guess I'll glue it down on this side. And then just, for those of you tuning in, we actually have a special offer for you. We have an arrangement with our friends at Jo-Ann where if you sign up for creativebug, so we are a site that hosts online videos in all sorts of crafts and if you side up for creativebug, it only costs you $1. You get one free class and you get a 30% off coupon from Jo-Ann. - So you can buy some of this fun stuff. - Allie's gonna post a link for you guys to sign up if you're interested in this. - I might have inhaled one of your seeds. (coughing) - Oh no! - Excuse the coughing. - The pollen is in the air. All right. Phyllis's seeds. Going down. - [Courtney] I love that. - [Liana] Awesome. And then I'll write the memory on it. - [Courtney] Perfect. - [Liana] Seeds from Phyllis. Well I think we have probably covered-- - [Courtney] The spectrum here. - [Liana] Yeah and maybe you have some more ideas for how you're using journals. Remember we're live. We do this every Tuesday and Thursday which means you can write in and tell us about your experience next time. This Thursday, we're gonna be joined by Michaela from Sakura and we're gonna be talking about how next month is letter writing month. - Yes! We will be doing a daily lettering challenge. So everybody tune in. - It's great for journaling. It's great for your crafts card making and we'll see you on Thursday. - Bye! (upbeat music)

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