

A Guide to a Creative and Personal Thought Book

- Title Each Page
- Write not only the date, but the time and location whenever you record anything
- Sketch, even if it's ugly.
- Use stickers! They're fun and easy.
- Glue in anything and everything (tickets, receipts, tags, pictures from others, etc.).
- Write in the form of letters sometimes (you can even address them to yourself).
- Write poetry
- Paint
- Create collages
- Print pictures to glue in
- Press flowers, leaves, grass, stone rubbings, and tape them in.
- Let others write notes to you in it; it inspires outside thinking.
- Record playlists, recipes, memories, movies and book ratings, dreams, EVERYTHING!
- Use sticky notes
- Get Creative
- Be yourself ☺

Good Luck!!

A Guide to a Creative and Personal Thought Book

- Title Each Page
- Write not only the date, but the time and location whenever you record anything
- Sketch, even if it's ugly.
- Use stickers! They're fun and easy.
- Glue in anything and everything (tickets, receipts, tags, pictures from others, etc.).
- Write in the form of letters sometimes (you can even address them to yourself).
- Write poetry
- Paint
- Create collages
- Print pictures to glue in
- Press flowers, leaves, grass, stone rubbings, and tape them in.
- Let others write notes to you in it; it inspires outside thinking.
- Record playlists, recipes, memories, movies and book ratings, dreams, EVERYTHING!
- Use sticky notes
- Get Creative
- Be yourself ☺

Good Luck!!