

Annie Speaks: Annie Journal

You Will Be A Needin':

For your journal cover and pages; you will be a needin':

- Copy/printer paper for journal pages, or if you like a better grade; it's strictly up to you
- Card stock or something thicker for the cover
- Printer (of course) to print off your journal

To bind your journal; you will be a needin':

- Tooth floss or waxed beading string; just make sure it's waxed
- large-eye darning/sewing/embroidery needle

Staining: Instant coffee, vanilla extract, fragrance oil, old cookie sheet, rags, wax paper, glass jar with lid, sponge brushes, spray bottle, funnels.

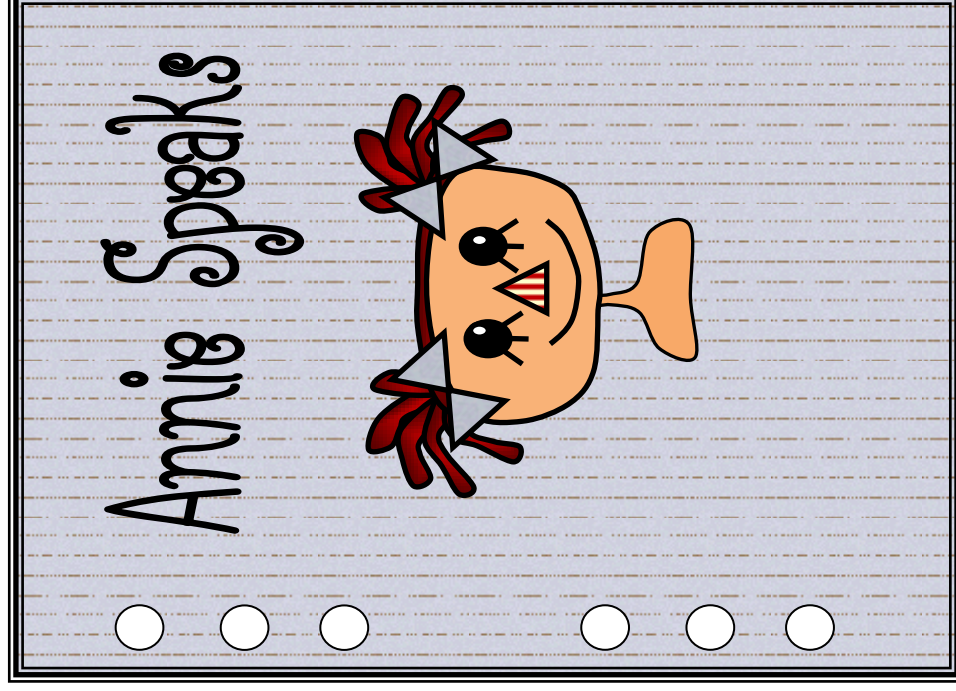
Lillie Mae's Crafts

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Annie Speaks; Annie Journal



By Brenda Greenwalt
of Lillie Mae's Crafts

Lillie Mae's Crafts

A Lillie Mae's Crafts original design by Brenda Greenwalt

Annie Speaks; Annie Journal

Read through all directions before beginning.

For illustrations of the different steps and techniques as well as the stitches visit my "Stitch 'n' Stuff" page on my website at <http://www.lilliemaescrafts.com>

Create a journal for yourself that is guaranteed and specifically designed to lift your spirits and create a personal comfort zone by a "feeling better" about myself attitude.

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Directions:

Here are the two templates you will need for your journal. Print the cover off on card stock and the pages on 20 pound paper or, if you prefer, plain ole regular copy/printer paper. Print off as many pages as you like; don't forget to print on the backs also.

To bind, measure the length of the book and times that by 2-1/2 or 3. Cut off a length of waxed floss or waxed beading string to this length. Thread one end onto the needle being sure to leave a nice long tail (for tying). Take the needle in and out of the holes pulling tightly after each to make sure the "thread" is taught. When you get to the top, go back down and when you get back down to the bottom, tie off the thread and hide the knot by pushing it into one of the holes.

You're done with Annie Speaks; Annie Journal. I hope you enjoyed making it as much as I enjoyed designing it. If you have any problems or questions at all, please don't hesitate to e-mail me or visit my "Stitch 'n' Stuff" page at <http://www.lilliemaescrafts.com>

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date _____

5 Things I liked About Myself Today

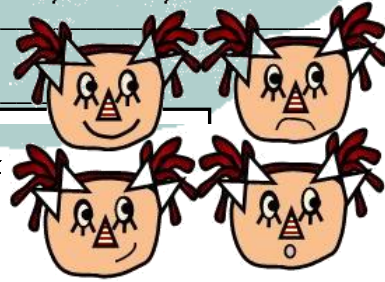
1. _____
2. _____
3. _____
4. _____

Today I did something....

-something nice for someone
-learned something new
-did something fun & enjoyable
-finished something
-rewarded myself by

About Today

My Mood Today Is:



My Goals for Today

- _____
- _____
- _____
- _____
- _____
- _____

The weather today is



Annie Speaks

