

Inspiration Journal Pattern



A few years ago a friend taught myself and another friend how to make a fabric journal that came complete with 4 sections of paper to write or draw on and also included pockets that could hold ideas written on scrap pieces of paper, movie ticket stubs or any item that may inspire you. I thought this was a wonderful idea and had fun making one with her. Recently my partner was going to sell his work at an art show and since I was going to be there all day myself I thought it would be a nice idea to have something to sell as well but what? By chance I came across a picture of the journal I made years ago and so I asked my friend if she had the pattern. She told me there was no pattern it was a class she took a long time ago and it was hands on. I found the journal I had made and looked at it long and hard until I could figure out how I thought it was put together. I ended up changing a few things and came up with my version of the journal which I have called the "Inspiration Journal".

Journal Cover Supplies

- 9 x 13 inch piece of focus fabric
- 9 x 13 inch piece of co-ordinating fabric for the inside of the journal cover
- 9 x 13 inch piece of Pellon Peltex 70 Ultra firm Stabilizer
- Decorative Threads for Thread Painting and Quilting
- Package Ultra-Wide Double Bias Tape
- Package of Beading Cord
- Decorative Beads with large enough holes to be able to go on the beading cord
- Any other embellishments you may want depending on the focus fabric, I have used seed beads in flowers and crystals on butterfly wings

Inside Journal Supplies

- 40 sheets 8 ½ x 11 inch computer paper
- 4 sheets 12 x 12 inch scrapbook sheets
- All purpose glue

Other Supplies

- 505 Fabric Adhesive Spray
- Awl
- Hammer
- Block of Scrap Wood
- Needle Nose Pliers (optional)
- Upholstery Needle
- Wonder Clips
- Free Motion Quilting Foot



Creating the Journal Cover

1. If you are going to thread paint the focus fabric you will need the 9 x 13 piece of focus fabric and the 9 x 13 piece of Pellon stabilizer
2. In a well ventilated room or outside spray the 505 Fabric Adhesive spray to the wrong side of the focus fabric. Once this is done carefully place the focus fabric so that the right side is facing up to one side of the stabilizer.
3. You are now ready to thread paint.
4. If you don't want to thread paint your focus fabric you can move on to step 7
5. To thread paint you will need a variety of decorative threads and your free motion foot for your sewing machine. You can do as much or as little thread painting as you like. I use many different thread types and thicknesses to get the look I want. You simply move the piece back and forth under the needle like you are drawing or shading in. You can find many good references online for how to do thread painting if you want or need more information.



6. The back of the Journal cover will look like the below picture.



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7. Once you have finished the thread painting it is now time to get your co-ordinating 9 x 13 of fabric.
8. In a well ventilated room or outside spray the 505 Fabric Adhesive spray to the wrong side of the co-ordinating piece of fabric. Once this is done carefully place the fabric so that the right side is facing up to the backside of your piece.
9. The stabilizer should now be “sandwiched” in between the focus fabric and the co-ordinating fabric.



10. Complete the stitching on the journal cover by doing some free motion quilting to keep all three layers together. You can do as much or as little as you like. For the sunflowers above I free motion quilted around each flower and petal with gold metallic thread, the frog cover below was simply quilted in a leaf design using a green variegated thread.



11. Once the quilting is complete it is time to sew on the binding. Using the ultra-wide double bias tape in a co-ordinating colour and starting at the bottom of the journal cover at about the centre. I eye ball this but you can measure if you wish.



12. With bias tape one side is slightly wider than the other. Make sure the shorter side is on the front and the longer side on the back.

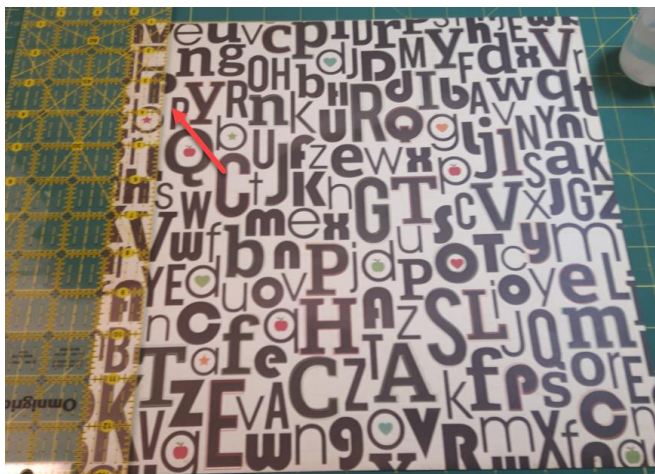


13. Start sewing the tape down ensuring you mitre the corners as you go. For a good video on how to do mitre the corners go to <https://www.youtube.com/watch?v=28E8P-ztc>.
14. Work your way around the entire journal cover until you are almost back to the beginning. I simply overlap the ends making sure I turn the overlapping edge under so that there are no raw edges showing and stitch everything closed. You may have another method you use to join the ends.

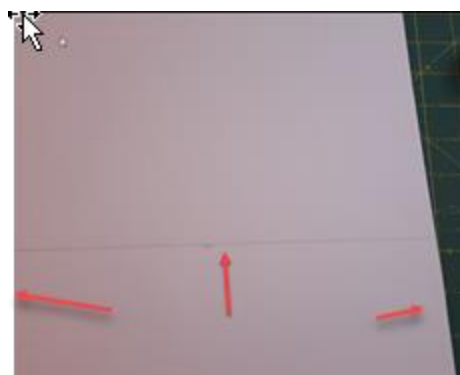


Creating the Inside Paper

1. First we are going to create the pages with the pockets. You will need the four 12 x 12 scrapbook pages.
2. Trim 1 inch off one side so the page now measures 11 x 12



3. Measure down 8.5 inches on the inside of the 12 inch side of the scrapbook paper and draw a line. Make a fold on the line and measure to make sure it now measures 8.5 inches from top to fold line. Once you are happy with the fold open the page up and run a thin line of glue on the edges below the pencil line. Refold the bottom of the page up.



4. Your page will now look like this. Set these 4 pages aside and let the glue dry.



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5. While the glue is drying on your scrapbook sheets take the 80 8.5 x 11 sheets of paper you have and divide them into 4 sets of 10. Randomly add one scrapbook pocket paper into each set of 10. You should now have 4 groups of 11 sheets of paper. 10 normal and 1 pocket.
6. Fold the 4 sets of paper in half lengthwise.



Putting the Journal Together

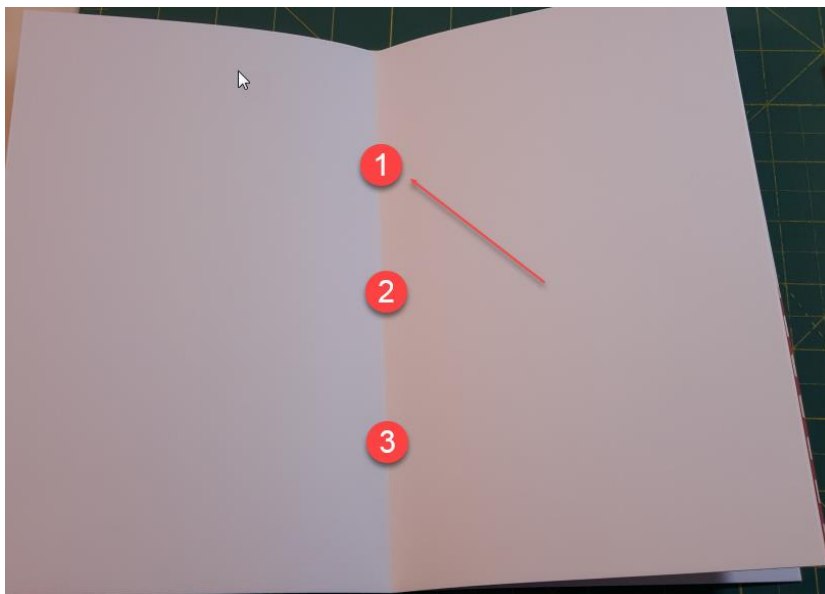
1. It is now time to put the journal together. Cut out the template provided on the solid lines. The template will be used to punch 3 holes in the centre of your folded paper.
2. Take one set of your papers and place the template middle on the fold. Hold in place with the wonder clips or some other type of clip. Place the papers on the block of scrap wood. Place the awl on the first mark (Make sure to use the middle marks for the paper) and use the hammer to make the first hole. Do the same for the other two. You should now have one set of papers (10 sheets plus 1 folded scrapbook sheet) that have 3 holes punched in them down the middle.
3. Repeat this for the other 3 sets until all 4 sets have 3 holes.

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4. Take your journal cover and find the middle. Place the template onto the journal cover and hold with the clips. Place the journal cover on the scrap of wood and using the awl and hammer create 6 holes. Three on one side of the centre and three on the other side.

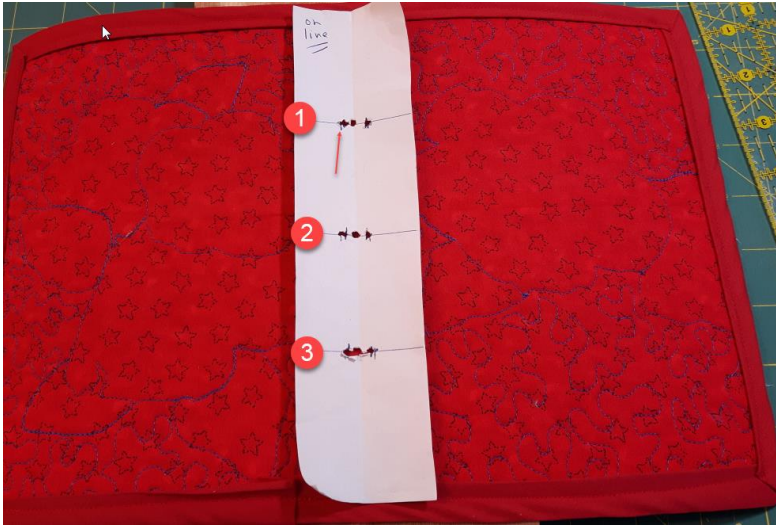


5. You will now be ready to bind the papers to the journal cover.
6. Cut four lengths of the beading cord. Two at 50 inches and two at 46 inches.
7. Take one of the 46 inch lengths and thread the upholstery needle onto it.
8. Starting with one of the sets of paper insert the needle into the inside of the paper through the top hole.



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9. Then insert the needle into the top hole on the left hand side of the journal cover



10. On the outside of the cover bring the needle down to hole number 3 and insert from the outside of the cover to the inside and then through the papers on hole number 3. You should now have the cord ends on the inside of the journal. One end through hole 1 and one end through hole 3.
11. Insert the needle through the middle hole (2) of the papers (inside) and then through hole 2 of the inside journal cover.
12. Unthread the needle and thread the other end (the one still on the inside of the journal).
13. Repeat step 11
14. Now both ends should be on the outside of the journal. Make sure they are even and put a clip on these ends.
15. Take the other 46 inch length of cord and repeat step 9 using a second set of papers and using the same holes as before.
16. Place some beads on the needle and then repeat steps 10 through 14.
17. Make sure the beads are to one side and the papers are fitting in snug to the journal cover and tie the cords



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18. Now thread a longer piece of beading cord and repeat the above procedure except using the second set of holes in the journal cover (see picture above)
19. Once you have everything tied off take the first set of cords and tie a knot part way down. Thread one of the cords through the needle and string some beads. Tie a second knot part way down. Finally tie the cords at the bottom.
20. Repeat for the other side.
21. Embellish with beads crystals or anything else you would like
22. Tie the journal and enjoy your creation.



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