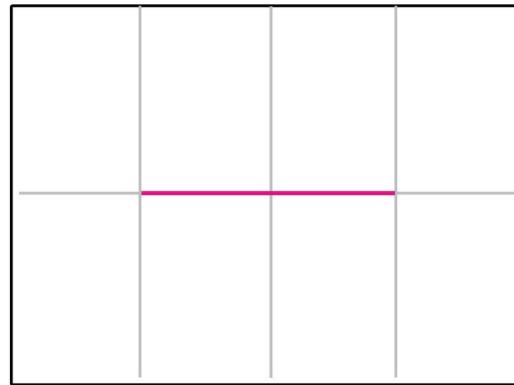
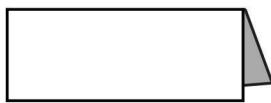
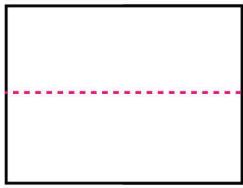


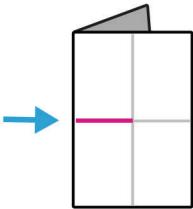
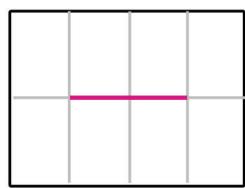
# How to Make a Journal From One Sheet of Paper



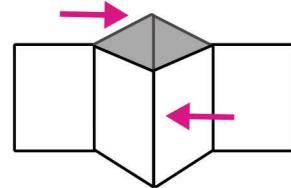
1



2



3



1. Fold your paper into 8 sections by folding it in half lengthwise to make a crease, then folding in half to make a crease, and then folding in half again to make a crease.

2. Make a cut on the solid line shown in the diagram in the center of the paper. This is easiest to do by folding the paper in half and then cutting on the fold.

3. Push the paper from each end towards the middle so that the part that is cut folds forward. Pinch these two pages together and you're ready to fold into a mini journal!