







# JUNK JOURNAL CUTOUTS

## VINTAGE DESIGNS

From Botanicals to Travel,

350+ Timeless Images for

Creative Journaling

The Juliet Journal

ADAMS MEDIA

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# DEDICATION

*To my crafty mum, who continues to always inspire,  
encourage, and teach me.*

*To my boyfriend, who has been my rock and my biggest fan through it all.*

*To the amazing online crafting community, who motivate me  
and offer me endless support.*

*To Simon & Schuster, for backing me and  
allowing me this incredible opportunity!*



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BOTANICALS

NATURE

WORDS & PHRASES

MOON & SPACE

TRAVEL

NEUTRALS & BORDERS

# INTRODUCTION

**A**re you looking for a fun, aesthetic way to store your paper keepsakes, memories, tokens, and little treasures?

Do you want to enhance your creativity and relieve stress with an expressive, artistic hobby? Or bring inspiring visual elements to your daily journaling?

Journaling in any form is an enjoyable way to keep track of experiences, get out your thoughts and feelings, and relieve stress and anxiety. Junk journaling is an even *more* creative and visual twist on this popular activity! It's all about turning the story of your life and who you are into something beautiful that you'll want to flip through again and again. Here you get to express your thoughts, feelings, and memories by designing your own pages from scratch. You'll store favorite items, from scraps of packaging you love (like a patterned ribbon from a birthday gift) to your most treasured little pieces (like the ticket stub for the first movie you and your significant other saw together). Imagine having something so personal to you that is also beautifully designed to represent your journey, your memories, and your unique creativity. That is junk journaling!

*Junk Journal Cutouts: Vintage Designs* has everything you need to start making your own special journal. Whether you are already an avid junk journalist looking for new ideas, you have given it a go but want to know more, or you had no idea what junk journaling was before picking up this book, you're in the right place. Throughout these pages, you will find hundreds of carefully

selected, beautifully designed images and colors for you to use in your own junk journals, including:

- Botanicals, like plants and bees.
- Nature scenes, like sunsets and oceans.
- Words in every font you could ask for, like elegant Brush Script and classic Courier.
- Space visuals, like moons and stars.
- Travel themes, like hot air balloons and vintage postcards.
- Neutral backdrops and borders, like an ivory rose pattern and a gilded frame.

Cut them out and stick them in your journal, create pretty designs on the page, make mini envelopes to hold copies of old plane tickets or that letter you've kept all these years...you have the freedom to use these images in whatever ways you choose! The images are provided in various sizes as well, so you can use your favorites more than once, and experiment with different designs.

But before you get crazy with it, be sure to check out the junk journaling basics in Part 1. There you'll find everything you need to know about creating a junk journal, including details about what it is, why people love junk journaling, what additional materials you will want to have on hand, and how to get started with the images in Part 2.

Junk journaling is your personal space to let your imagination and creativity run wild. So turn the page, and let's get crafting!





## PART 1

# JUNK JOURNALING BASICS

**W**hat is junk journaling? And why should you try it out? In this part, you will take a closer look at the craft of junk journaling and how it has developed into a beloved form of self-expression. You will learn about the popular materials and techniques used to create beautiful pages, as well as how to give your journal personal touches that will make it unique to you. You will also gain an understanding of its background, including past influences and what makes it such a fun and even therapeutic hobby. Let's dive in!





## WHAT IS JUNK JOURNALING?

Junk journaling is a creative and aesthetic journaling style that can incorporate materials like magazine clippings, packaging, tapes, and stickers, as well as your most treasured items and mementos such as ticket stubs, a bill from your favorite restaurant, festival or event posters, your favorite coffee sachets, cuttings from beauty product packaging, and so much more. Some people also include personal photos or writings for an even more meaningful touch.

Why is it called “junk” journaling exactly? It often contains the “junk” that you might usually throw away. These scrap or recycled items can be re-loved using your imagination to create an aesthetically pleasing journal. That magazine you’ve already read twice? Cut out the pictures, paragraphs of text, and headlines, and rework them into your pages! What about the cool flyer you got in the mail? Before you toss it, cut out images, patterns, or block colors to use again in your own beautiful way!

### History of Junk Journaling 101

Junk journaling has recently become a popular expressive art form—a personal journal truly representative of its creator—but there are few accounts of its origins. Scrapbooking is one of the biggest influences on junk journaling. Some think the term “junk journaling” was coined around the time of

the 2008 financial crisis. The theory is that it developed as a way for people to create something unique and beautiful that stores memories without spending a lot of money on scrapbooking materials.

## WHY JUNK JOURNAL?

No matter its origins, junk journaling has become a more and more popular hobby. It’s very common for people who junk journal to have an interest (or maybe a *slight* obsession!) with stationery. You might start with a journal, some scraps, and a few stickers, then move on to a handful of washi tapes and an increase in paper, and before you know it, you’ve filled your entire spare room or office with crafting supplies!

Whether you have a love of colorful sticky notes and gel pens, are inspired by the awesome journal a friend made, or are just learning about junk journals in this book, there are many reasons to love junk journaling!

- **It’s therapeutic.** The process of junk journaling lets you put emotions and thoughts to paper in an aesthetically pleasing, visual way—and finishing a journal page or full journal gives you a sense of joy and pride. It could be the perfect way to end a busy day at work and wind down before bed or a calming start to your morning.

It's draining to be alert and "on" constantly; you need time for yourself, and junk journaling is a creative way to get that much-needed "me time." Junk journaling takes you to another place where you can let it all out and be in your own bubble away from the stresses of life. You may even notice some positive benefits to your mental health while taking the time to relax with some junk journaling, including an improved mood, less stress, fewer depressive symptoms, and better overall well-being.

- **It's a rule-free zone.** The combination of words, images, patterns, and colors results in an entirely unique creation in every junk journal—and there are no restrictions or rules here. You get to decide what you put in your journal and the things you keep track of, and you can spend as little or as much time as you want journaling. It gives a sense of freedom and flexibility around your other commitments! The lack of structure is a fun balance to the obligations of your day.
- **It's a creative way to be kind to the environment (and your bank account!).** Junk journaling is a good way to recycle items that are usually thrown away. Using your imagination to incorporate letters, advertising

flyers, magazine or newspaper cutouts, and other household materials is a rewarding way to reuse what you have rather than having to buy more stuff.

- **It's fun.** Relieving stress, taking a break from the rules of life, and helping the environment are all great reasons to junk journal, but it's also just plain *fun*. You can make a mess, pull out the stickers and craft paper from when you were younger for some nostalgia, and just enjoy going wherever your creativity takes you.

Whatever you decide to include in your junk journal and however you decide to create it (more on that next!), there are so many reasons to try out this hobby—and whatever drew you to check it out for yourself is just another way your journal is unique to you!

## WHAT THINGS DO YOU NEED FOR JUNK JOURNALING?

Junk journaling is designed to be easy and low-cost, so you don't need a lot. That said, there are some things you will want to stock your craft corner (a.k.a. the dining room table, bedroom floor—wherever you plan to get crafty) with to create a junk journal that

feels so you. Check them out here before you start journaling.

## A Journal

The first thing you will need is a journal! Some people may choose to create their own journal using various supplies and techniques like cardboard, old book covers, and/or scrap material (or even cutting up old clothes!) for covers, scrap paper for the inside, and either a needle and thread or glue to bind it together. Others will buy a blank scrapbook or journal. Journals vary in material, from leather-bound cotton paper to ring-bound cardstock. The most common are those with blank pages inside as opposed to lined. Whatever option you decide for your journal, it will be unique to you and how you choose to reflect your thoughts and feelings through crafting.

## Junk Materials

There are tons of materials—both personal and purely aesthetic—you can choose to incorporate within your junk journal that can usually be found around the home. These can include:

- Magazine images or text paragraphs
- Newspaper clippings
- Advertising flyers
- Ticket stubs
- Bills from recent outings
- Family recipes

- Postage stamps
- Old sewing patterns
- Wristbands
- Thin boxes and packaging
- Wrapping paper
- Envelopes

With junk journaling continuing to get more and more popular, there are many supplies you can buy to add to your collection and reflect your creativity. There are tons of beautifully designed stickers, ephemera packs (cutouts, stamps, etc.), scrapbooking papers, washi tapes, and more available. Be sure to check out your local craft store or look online.

## Journaling Tools

While the main features of a junk journal are the materials you add, there are also some tools that will make the process easier, a little more seamless, and a lot more fun!

- **Crafting tweezers.** Who wants to spend ten minutes trying to get the back off a sticker? The process of junk journaling is known to be relaxing and unrushed...but it can become a little frustrating if you can't easily work on your page(s). Crafting tweezers have small, pointed ends to easily fit between those awkward or tiny spaces where your fingers may have trouble. They glide between sticker and sticker

back; can isolate a sticker on a sticker sheet much easier than fingers; and can easily pick up thin, flat items from a work surface.

- **Glue tape.** You may find you prefer one method over another when it comes to sticking your “junk” to your pages. Glue tape comes in a handheld roller that dispenses the double-sided tape as you press it across the page. Similar to correction tape in the way it’s applied, glue tape is a clean and simple adhesive for junk journaling. There are no fiddly backs to peel off like there are with regular double-sided tape, making it super easy to use.
- **Scissors.** A sharp pair of scissors comes in very handy for creating and shaping your designs. The size of your scissors can make a difference. When cutting out images or more intricate details, a smaller, finer pair of scissors is more appropriate, while larger scissors are best for straight cutting. You may also want to consider a small paper guillotine or paper cutter for faster cutting and more accurate straight lines.
- **Paper clips and bulldog clips.** You can add small paper clips that come in fun colors and shapes to a page, while a large paper clip or bulldog clip works

perfectly to hold open a double page for you as you are putting things on the page.

- **Wax seals.** A wax seal set usually contains a wax spoon, spoon holder, tea light candle, wax stamp, and some colored wax. Whether you have the full set or just the wax, a spoon, and a stamp, you can use these tools to add some texture and depth to your page. Wax can also be used to attach items like labels and flowers or to seal mini envelopes that you add to your page.
- **Cutting mat and cutting knife.** A small, sharp cutting knife can make trimming images out of pages much easier. It can also allow you to cut the center of a picture or page without having to cut any edges, as you would have to with scissors. This is a great option for making your own frames by cutting the outer edge with scissors and then using a cutting knife to carefully carve out the center. It is also an easier way to cut out smaller, more intricate images within ephemera books (and in Part 2 of this book!) without having to cut through the whole page. A cutting mat protects all surfaces under the page you are cutting and offers a solid surface for better precision.

## HOW DO YOU JUNK JOURNAL?

Once you've got your journal, materials, and tools ready, you can start journaling and follow your creativity without much of a plan, or you can decide on a particular theme or color palette and go from there. For example, you might collect travel documents, tickets, flyers, and photos to create a travel-themed junk journal. Or maybe you have a favorite color you incorporate throughout the journal pages. The choice is yours! You may find your style and your preferred look naturally as you begin creating the first page or the cover of the journal, or figure it out over time and with practice. And whether you're an experienced junk journalist or just starting your first journal, getting ideas and tips from others and online can really help to enhance your work!

No matter your experience with junk journaling, there are a few things to remember and some tips to keep in mind that can take your pages to a new level. Here are some of the main elements to consider as you junk journal, and tips for making the most of each journal you create:

- **Layering.** This is a simple technique that can be used to add texture, levels, colors, and patterns to a smaller space. You can form the base of your page and build it up or create smaller corner pieces around a centerpiece. It's best to

have your patterned or more detailed items either at the back or within the front layers; too much pattern throughout could look too busy, making it harder to notice all of the different details. Don't shy away from small, plain pieces of paper, basic stickers, or a simpler background paper to break up busier, more patterned pages. If you do use busier back layer papers, why not use smaller, more simple memo papers as additional base layers to really make your top layer pop? Take time to create a good base to add your other elements to, as this will often steer the direction of your page. Your smaller layering on the top—stickers, quotes, frames, wax, etc.—will form most of the design.

- **Centerpieces.** If you have a main feature or focus of your page, such as a large sticker or frame you want to incorporate, decide early on where this piece (or multiple pieces) might sit on the page, as this can influence the positioning of the other pieces. If your main focus is a photograph, for example, you could choose to center it on the page and build a frame-like collage of other pieces around it.
- **Themes.** Having a theme for each page or for your whole journal (travel, black and white, star signs, a favorite hobby, etc.) will impact the materials

you use, the placements of these materials, and the way you put the page(s) together. There are so many amazing craft supplies out there that you may want to be a little disciplined on what you use and when. For a botanical-themed page, it's very unlikely you'll use that beautiful ocean picture you've held on to or those space stickers you have—as much as you love them. You'll want to focus on florals, mushrooms, plants, butterflies, etc. If you decide to include your own photos on the page, why not also match your theme to them? You and your friends at a picnic in the park surrounded by flowers would be a perfect photo to set within a botanical spread! You can be very creative with how you work with themes.

- **Styles.** Don't be afraid to use the page in any way you want to. Do you prefer to fill the entire page up to/overlapping the edges or only use the center of the page and leave a border around the outside of your creation? Maybe you love layering multiple pieces of paper, ripping the center just a bit less each time to create dimension and depth. Or you're interested in 3D effects, using small double-sided sticky pads on different layers to really bring your page to life. It's up to you! If you're

new to journaling, give various styles a go to find what suits you the best.

- **Item placement and modification.**

Before you start attaching things to the page, consider where each item will go and whether you want to modify it in some way. For example, you might want to scrunch up some paper, flatten it back out, and stick it down to create a 3D look and add texture. Rip the edges of your scrap paper before gluing it in place. Place your sticker on the edge of the page with half overhanging, then cut off the overhang and stick that half to a different edge of your page.

Throughout your journaling, be imaginative and don't be worried to try something new. There's no such thing as being "wrong," so enjoy the process. Use the cutouts in the following pages to jump-start your junk journal, and flip back to this information as a reference whenever you need it along the way!