

# Journaling Methods

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Journaling can be seen in many written forms such as: computer print outs and stamping. The form of journaling depends on the page and its overall design. Some of the methods of journaling and their usages are listed below:

a. Personal Printing or Handwriting –

- Gives the page a personal touch.
- Leaves a memory of how you write.
- Lets you be creative.
- Good for personal pages of you and your fondest memories.

b. Computer Print Outs

- Able to use spell check instantaneously.
- Can use any Font or Size you choose.
- Can be printed on chosen medium be it paper, vellum or transparency.
- Gives freedom for writing and saving to finish or edit at a later time.

c. Stamping

- Able to use on any medium
- Can use a variety of sizes and fonts
- Used mostly to highlight important words / dates in journaling.
- Gives a faded look to letters and numbers depending on technique.

d. Other forms

- Rub-on lettering.
- Metallic lettering or phrase tags.
- Stickers - lettering, phrases or quotes.
- Many others