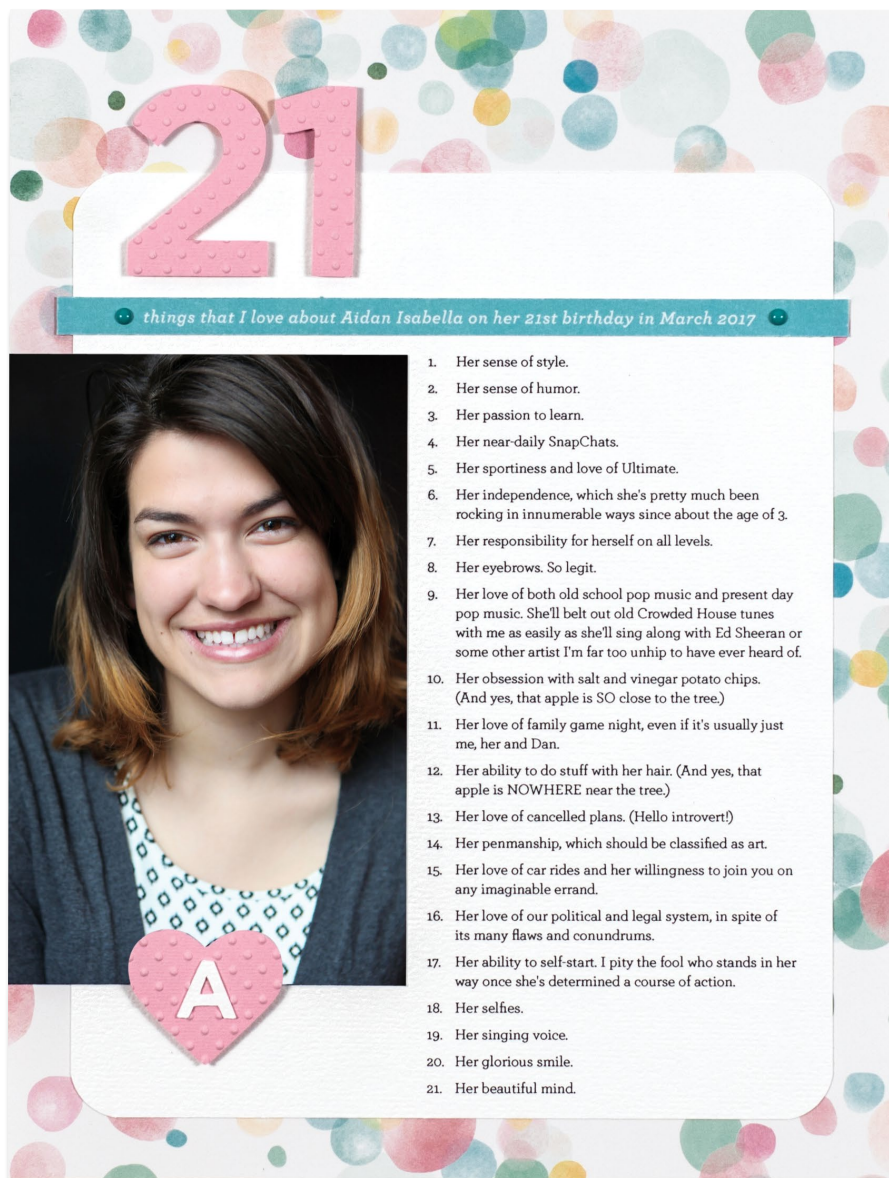


# design your story

Stuck for creative journaling ideas? I've got a simple solution: make a list! BY CATHY ZIELSKE

*In this issue, I'm making some lists and checking them twice!* If you've ever struggled with how to tell a story in fresh and meaningful ways, consider the list approach to journaling. Not only will a list give you an easy-to-follow format for your words, it can also inspire you to go deeper, adding story-rich specifics to your page.



## layout 1

### A MILESTONE BIRTHDAY

**My first-born child turned 21 this year.** What? How in the heck did that happen? To celebrate this milestone, I sat down and typed up a list of all the things I love about her. It's amazing how easily the list came to me. I had to make some hard cuts just to keep the list at the appropriate '21.'

This approach is perfect for celebrating any age. All you need to complete the page is one terrific photo and a few papers and simple embellishments.

### STORY TIP: Use parallel structure.

By starting each list item with the same word—*her*—I created a familiar verbal pattern that helped propel my writing, plus it's a nice bit of visual repetition, too.

## 21

**supplies** CARDSTOCK: Bazzill Basics; PATTERNED PAPER: Studio Calico; EMBOSSING FOLDER: Tim Holtz for Sizzix; ENAMEL DOTS: Doodlebug Design; ELECTRONIC DIE CUT MACHINE: Silhouette; FONT: Archer; ADHESIVE: Scrapbook Adhesives by 3L

**DESIGN TIP:** Numbered lists look better with hanging indents, when the text is tabbed over and lines up. This is easy to do using Word or any other text editing programs.



[bit.ly/sct\\_c\\_zielske\\_sum17](http://bit.ly/sct_c_zielske_sum17)

Learn how to create hanging indents and how to perfectly space your list items using Microsoft Word.

## layout 2

### PHOTOS OPTIONAL

**Not every scrapbook page needs a photo!** This list was inspired by finding an old layout from the early 2000s that documented the daily schedule of each of my kids. I had so much fun reading the text-heavy page I decided to create one about a typical weekday morning in my life.

Instead of photos, I used a charming coffee cup die cut, some coffee-themed paper, and some die cut letters all designed around a neutral colour palette. The lack of photos actually lets the story shine.

### STORY TIP: Even the smallest details can make your list.

Reporting the facts doesn't have to include flowery language or perfect sentence structure. Just call it as you see it and type it out. All those little snippets on your list will paint a very detailed picture of everyday life.

### but first coffee

**supplies** CARDSTOCK: Bazzill Basics; PATTERNED PAPER, DIES: Stampin' Up!; DIES: Lawn Fawn; FONT: Avenir; ADHESIVE: Scrapbook Adhesives by 3L



**A**ctually, coffee is not the first thing in my day, but here is a list of what a typical weekday morning looks like in 2017.

1. Wake up at 6:30. Sometimes I'll hit the snooze on the iPhone 6, but most days, I pop right up.
2. Drink one 8-ounce glass of water and get 1,000 steps by walking laps around the kitchen/dining room/living room. Commune with Dan for 15 minutes before he leaves for work.
3. Pour the first cup of delicious coffee. Black, the only way to go.
4. Head up to my office at about 7 for the first tasks of the day. Check emails and respond accordingly, write some notes in my planner and then usually, watch any funny clips from the last night's *Late Night with Jimmy Fallon* show.
5. At 7:45, go to Cole's room in the basement and turn on all the lights. This is Phase One of his morning wake up. Throw in a load of laundry in that hopes that I don't fall hopelessly behind on this menial, repetitive, wholly unrewarding task.
6. SnapChat a morning *hello* to Aidan. There's a streak to maintain.
7. Start making Cole's breakfast at 7:50. Right now, it's a tasty homemade egg, bacon and cheese English muffin. Mmm.
8. Shout down the laundry chute at Cole and ask him if he's waking up. Wait for confirmation. If no reply, shout again.
9. Make Cole's lunch at 8, shout down the laundry chute again, reminding him we are leaving in 20 minutes, then head upstairs to continue planning my work day.
10. Leave for school at 8:25 if we're on time.
11. Leave at school at 8:30 or later if we're not.
12. Throw on leggings and drive the 11th grade boy to school. I am rarely showered by this time and I have been known to simply hop into the car while still wearing PJs.
13. Return home at 8:45, refill coffee and properly start the work day.
14. Take a break for breakfast—usually a protein smoothie—at around 10, and of course, more coffee.
15. Third coffee refill at roughly 11 a.m. Sooner if the day isn't going as planned. Lunch—and the caffeine cut off—is just around the corner. Here's to another glorious morning in the life!

See more of Cathy's pages and stories at [cathyzielske.com](http://cathyzielske.com)

**WANT TO LEARN MORE ABOUT PAGE DESIGN?**  
Watch for Cathy's new e-course, *Design Your Life 2.0*, coming this summer to her website!

### A LIST FOR MORE LISTS!

- 1 **Top 10s.** From your favourite all-time song to your best vacations taken, make a list of the 10 best of anything.
- 2 **Personality plus.** Capture the quirks and traits of someone you love in list form. No need for lengthy sentences! Just list the words that best fit the subject of your page.
- 3 **To-Dos.** What do you have to do on any given day? Document those tasks, whether they're work or home related—or both!
- 4 **Seasonal projects.** Dreams of a summer garden? How about a bountiful fall harvest? Turn your seasonal goals into a layout.