

with love

A creative sendoff to keep you inspired until we meet again.

BY BETHANY DESCHAMP

While gratitude is something to be acknowledged every day, I find that autumn brings me so many feelings of gratefulness. From the crunch of the leaves under my boots, to the warm cider in my hand, to the burnt orange scarf cozy along my neck, I find myself constantly making lists of the little things that make me so thankful.

To bring more intention to my gratitude this year, I decided to create a miniature journal to document my list and to reflect upon it in years to come. As we walk into this beautiful fall season, let's take time to create a pretty papercrafted place for our list of big and small blessings!



BUILD IT TIP: The We R Makers Cinch machine is the perfect tool to create your own journals, notebooks, and mini albums.

DESIGN TIP: Customize your journal's size! If you want more room to write, opt for a larger journal. But if a simple list is your goal, a mini journal will be perfect for carrying around with you!

DESIGN TIP: The front of your notebook should reflect you! Whether that's through using your favourite colours or personalizing it with your name, have fun with the cover of your journal.

DESIGN TIP: Adding a layer of vellum to the front allows you to use a busy pattern for your backdrop while still allowing your embellishments to stand out.



Don't miss Bethany's video to learn more about how she created this sweet journal.

Watch here: bit.ly/FA23Bethany

Visit Bethany on YouTube and Instagram for more of her inspiring and creative things! [@bethadilly](https://www.instagram.com/bethadilly)

gratitude journal

supplies CARDSTOCK: Neenah; PATTERNED PAPER, STICKERS: Paige Evans for American Crafts; VELLUM: Brutus Monroe; SEQUINS: Spellbinders; CHIPBOARD: Scrapbook.com; BINDING, PUNCH: We R Makers; ADHESIVE: Bearly Art, Plaid