



# Have More FUN

30 DAYS HATH SEPTEMBER

BP WORKSHOP 2008 | WEEK 9 | taught by Stacy Julian



## 30 Days Hath September | PROJECT OVERVIEW

When I was a child I was taught a mnemonic rhyme to help me remember how many days are in each month of the year. I'm sure I'm not alone in admitting that I have these helpful verses memorized—and that I repeat them often!

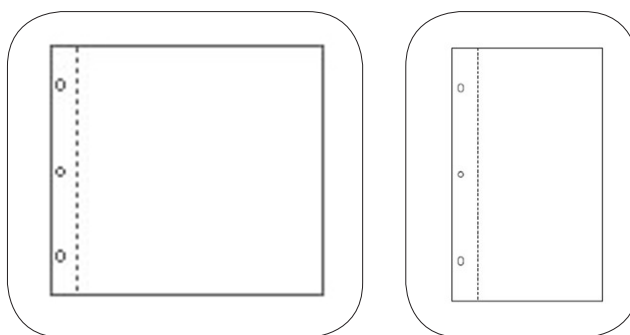
*“30 days hath September, April, June and November. All the rest have thirty-one, except for February which hath but twenty-eight, in fine, Till leap year make it twenty-nine.”*

The title of our culminating project for Have More FUN comes from this rhyme. For thirty days in September 2008, we are going to commit to each other and to ourselves that we will live in the present. **I share much more insight into this rewarding challenge in my audio message.** This handout will help you prepare your album so you are ready to capture, collect and record your life as it unfolds. **Please note that when viewed on your computer, highlighted words in this handout are live links to product information and resources.**

**Album.** You will need a 3-ring 12"x12" album, separate from the albums that house your collection of ongoing scrapbook pages. I am using the gated album from [Fancy Pants](#). You are free to use any 12"x12" album. I am providing downloadable elements that coordinate with the Fancy Pants album and color scheme. The Fancy Pants album also features two sets of binder rings, so page protectors can be added from either side of the album frame.

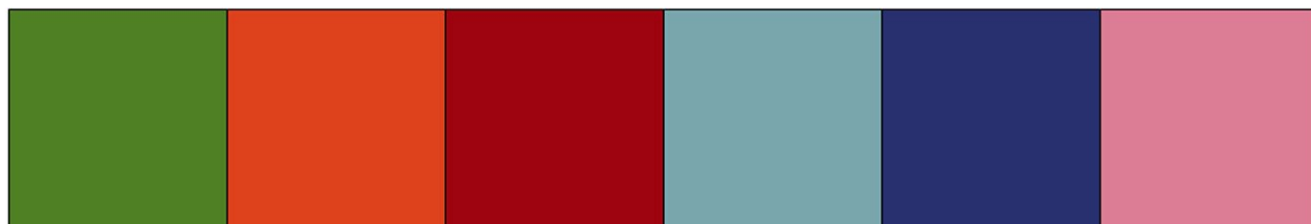
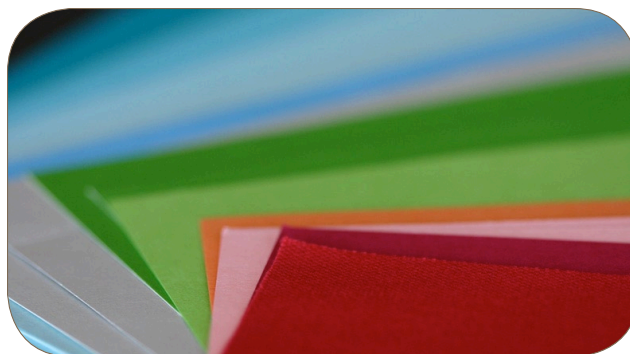


**Page Protectors.** You may have to add to the protectors that come with your chosen album. You will need eight (8) full size 12"x12" page protectors, and fifteen (15) 6"x12" page protectors. [Scrapbook.com](#) carries all of these protectors. [Fancy Pants](#) and [American Crafts](#) manufacture both sizes for convenient ordering. I use and love 12"x12" protectors from [Close To My Heart](#).



**Cardstock.** You will need approximately 30 sheets of white 12"x12" cardstock and several sheets of cardstock from your stash in colors within this combination.

Please don't fuss over matching colors. Trust me and just pull one or two sheets in each of these color families and you'll be fine!



**Pens.** We'll be doing a great deal of handwriting over the next month. If you need to stock up on black (and other) journaling pens that you are comfortable writing with, do so now. I enjoy writing with pens in various point sizes. I find the contrast both fun and inviting. I generally use point .01, .03 and .08 Precision Pens by [American Crafts](#).

**Printable Elements.** The talented designer behind the Fancy Pants album is Nancie Rowe Janitz, who owns [ScrapArtist.com](#). Nancie was kind enough to create a set of exclusive elements designed specifically for this project. These elements are available to you as both JPEG images and PDF files. The PDF files are print-ready and can be printed using a regular format (8 1/2" x 11") printer and white cardstock. You can resize and alter the jpeg images if that is something you want to do. You might be interested to know that the [Sweet Cherry Pie](#) line at ScrapArtist.com also coordinates with the Fancy Pants album and our color scheme.

Be sure to check out our [Fun Stuff](#) page for a special offer from Nancie and ScrapArtist.com!

**Extras.** The design of the daily pages (see the Creating Daily Pages download) will be very simple. I happen to love ribbon and brads, so I have set aside a small supply of both in anticipation of minimal accents!!

**Camera.** Be sure your camera is charged and ready to go. If you need to upload photos that are currently on your digital memory card, do it. Ideally, you will take a handful of photos every day and every day upload them to your computer. From the images you take, you will select one (or maybe two) to add to your daily page (see the Creating Daily Pages download).



(3)

# Preparing Your Album

## STEP-BY-STEP

1. Cut fifteen (15) sheets of white 12"x12" cardstock in half vertically, so you have thirty (30) pieces of 6"x12" cardstock.
2. Open and print on white cardstock, the following elements: title, calendar, date circles and 6x6 journal.
3. Cut and/or punch out the date circles. Note: A 1 1/4" circle punch makes this task very easy, but it can also be done with a small pair of scissors.
4. Cut one sheet of 12"x12" cardstock (in a coordinating color or neutral) into three, 4"x12" pieces and then again into thirty six (36) one-inch strips. Each strip will measure 1"x4". I used a light gray cardstock that coordinates with Nancie's elements for my strips!
5. Remove all page protectors from your album.
6. Slip two 6"x12" pieces of white cardstock into each of your fifteen 6"x12" protectors. These will become your daily pages.
7. Slip one 1"x4" strip and a date circle on top of each piece of cardstock (front and back of each 6"x12" protector). **Note:** If you are using the double-hinged album, you can place your pages in any order you want. I have set up these daily pages so that odd numbered days are placed on the right side/binding and even numbered days are placed on the left side/binding. This means I will "read" the dates from left to right, as I thumb through my daily pages. Loading this album can get a little confusing. Don't worry too much about this now.
8. Slip seven (7) sheets of white 12"x12" cardstock into 7 12"x12" protectors and set them aside for now.

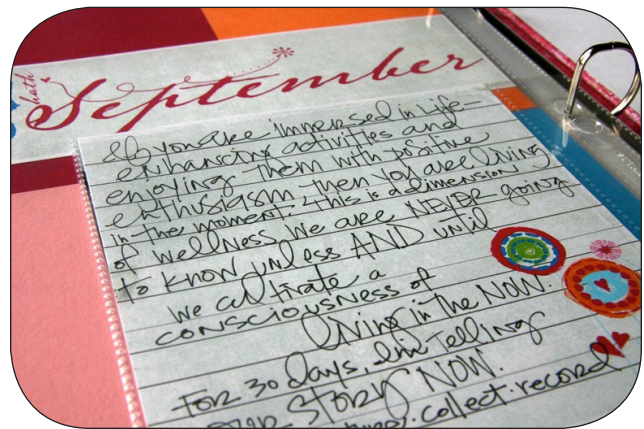


# Creating Your Title Page

## STEP-BY-STEP

I will walk you through the process of assembling a very simple title page like mine. **Please feel free to do your own thing.** The objective here is to combine the color scheme and printable elements as an introduction for what is to follow inside the album. I chose to pre-cut a good portion of my colored cardstock into 4"x6" pieces. This will help me design quick and easy daily pages in the weeks to come.

1. Adhere six 4"x6" pieces of cardstock, one from each color family, to your base cardstock.
2. Handwrite a dedication or quote onto the 6"x6" journaling block.
3. Find or take a photo of you (perhaps holding your camera) for the title page. Print this photo.
4. Arrange the title, journaling block and photo onto the colorful background. I decided to slip my journaling block into a separate 6"x6" protector and used it to conceal the photo of me.
5. If you'd like to, you can adhere the calendar element to the backside of your title page. As the month progresses, you can make notes about special days, events, other activities and appointments on this calendar. In a way this page will act as a table of contents for your album!



## bigtip:

Some page protectors have extra space between the holes and pocket. If you want to add visual interest to this space, cut a small strip of sturdy chipboard and cover it with ribbon or paper and then carefully insert it!



Finally, here's the quote I used on the 6"x6" portion of my title page (from The Law of Present-Moment Living that I shared in my audio message.) Feel free to use it, too, or write your own dedication!

If you are immersed in life-enhancing activities and enjoying them with positive enthusiasm, then you are living in the moment. This is a dimension of wellness we are never going to know unless and until we cultivate a consciousness of living in the now.

Please see the **Creating Daily Pages** download for more specific information on, you guessed it—creating daily pages!

Stacy