

## Composition Notebooks by Tammy Pennington for 123-scrap.com

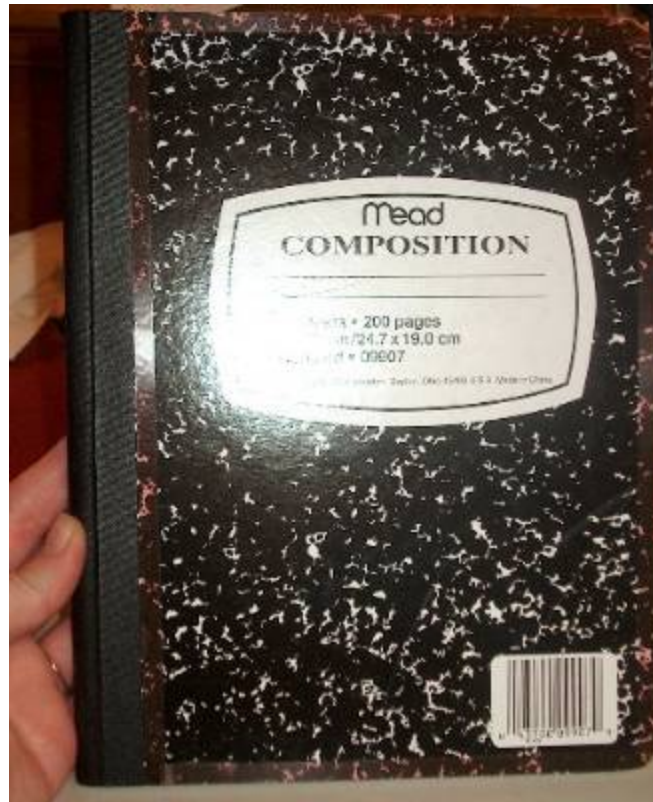
Need the perfect notebook for your Book of Me project? Let us help! Here is an easy way to make your own personalized journal.



### Supplies Needed:

- a composition notebook (you can find them at your local discount store)
- 4 sheets of scrapbook paper (2 for outside covers, 2 for inside cover) 8 1/2 x 11 works- make sure it is thick or dark enough so that the composition book doesn't show through. If you use 12x12 paper you will have enough left over to cover a mini comp book
- double stick tape (can also use adhesive tabs or dots, I prefer using tacky tape)
- craft or swivel knife
- self healing cutting mat
- embellishments of your choice (fiber is great, also anything you would like to add to decorate the cover)

**Step 1- Pick your paper. Dark or heavy papers work best because they mask the pattern on the composition notebook.**



**Step 2- Apply the adhesive. Starting on the front cover, apply double-sided adhesive all around the edges.**

**Step 3- Line up a sheet of paper with the edge of the cloth spine, making sure the patterned cover is completely hidden. Press firmly to secure the paper.**



**Step 4- Trim off the excess paper. Turn the notebook over, with the paper flat on the cutting mat. Using the edge of the cover as a guide, cut off the excess paper with a craft or swivel knife.**



**Step 5- Repeat above steps for the back cover.**

**Step 6- Optional: if you would like to add fibers, tie them around the front cover of the book at the spine and tie on the front or on the inside of your cover.**

**Step 7- Add inside covering. Make sure you don't cut the fibers when trimming the paper.**



**Step 8- Embellish cover as desired. You can use stickers, metal accents, just about anything! Don't use anything too fragile or too bulky. You want the book to be sturdy and flat enough to be used!**

Here is my finished Composition Notebook:

