

# JOURNAL IDEAS

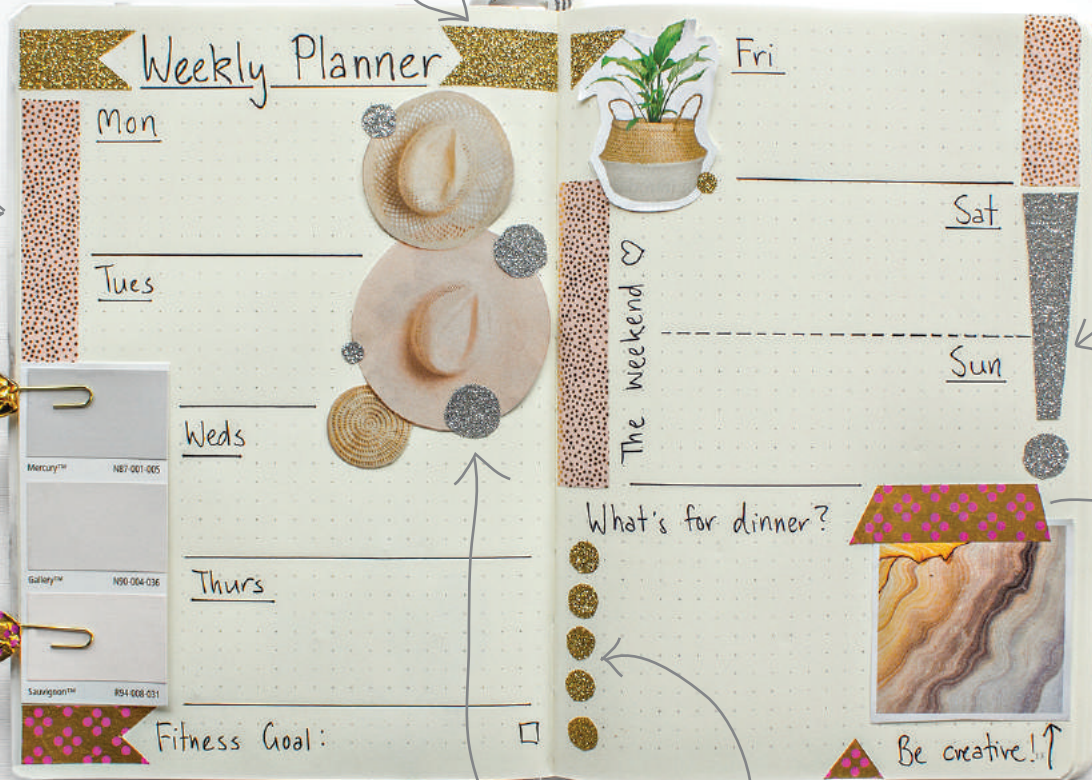
by Clever Poppy

Using a journal to keep track of life is such a great way to feel on top of things. It's also a wonderful way to get creative and have a visual plan in your head of things like your week's activities or daily schedule. I'll show you how to use **Scotch® Expressions Glitter and Foil Tapes** to make your journal entries even more gorgeous and organised!

Use tape to section off areas in the planner.

Cut V's in the tape to make little flags.

Cut the tape into fun shapes like this exclamation mark.



Cut pieces of tape and use them to stick down cut-out images.

Fold tape around paper clips to make page marker flags.

Cut tape into circles and use to stick down cut-outs, or to make bullet points.

See more fun ideas at [www.cleverpoppy.nz](http://www.cleverpoppy.nz)

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