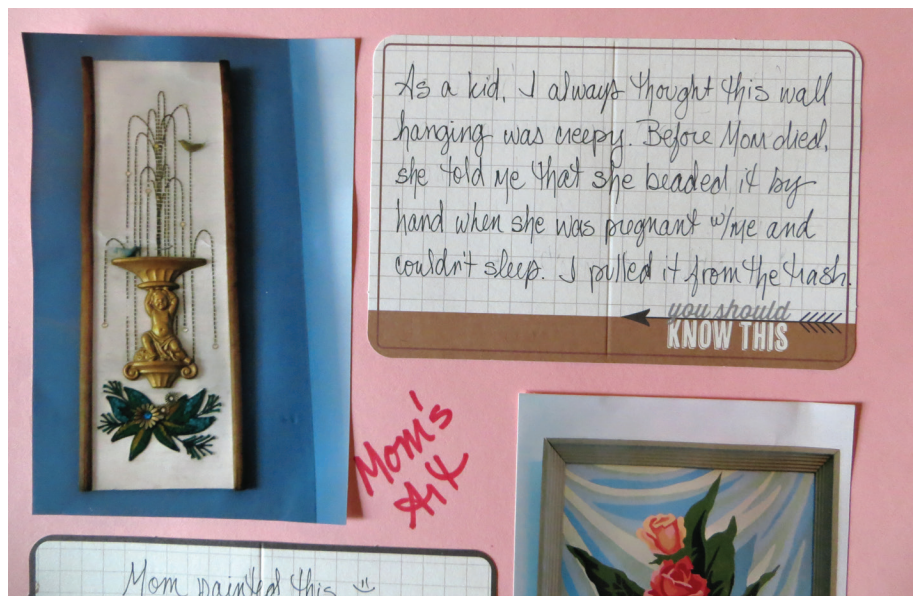


Journey to Journaling

Recording the memories of the everyday items in your home



When journaling about unique items in your house, explain the story behind them and why they are important to you.

If you're looking for a new scrapbooking adventure, go on a scavenger hunt through your house. While searching for items, you will be collecting memories.

Your home is the story of your life, and there is a lot to discover. Is that gnawed couch leg courtesy of puppy teeth? Are there shoes by the door that you trip over every day? What is the significance of that refrigerator magnet you instinctively tap every time you open the freezer door? Scrapbookers chronicle vacations and graduations, but these other elements of our lives can be missed opportunities for memory keeping. These are the stories future generations will tell with nostalgic fondness.

How do you capture those daily details? The way to do that is to walk into a room and pause. Remember things as if they were new. When you see something that strikes a silly memory or evokes a powerful emotion, then that is the story you need to share.

Consider those shoes by the door, for example—the same ones you have to kick aside to get in and out of your house. They represent the number of family members and their ages, the change in styles or sports interests, and the value everyone places on cleanliness. What story do those shoes tell you today?

The simple is significant. Why is that blue

coffee cup always on countertop in that same spot? Who originally owned that antique clock statue on the shelf, and why do you have it now? What do you think of when you see the house numbers on your mailbox?

To make sure your photos are the focus, you need to break from traditional scrapbook protocol. Embellishments have their place in scrapbooking, but not in this project. You don't want anything to compete with these details of life. To do that, use solid, neutral-colored cardstock or lightly-patterned paper for the background. This removes the stress of matching colors to the photos. To maintain the authenticity of the surroundings, do not use photo filters nor stage or compose the shot. You are capturing raw life as you see it every day, so the items are perfect just the way they are.

Design a simple layout that is easy to replicate. If this approach feels

too easy or the page looks empty, remember that the reason you are doing this is to preserve the story of a specific household item or scene. Scrapbooking this way could be a relaxing break from your normal approach. Simple can be striking. Your words will be the element that ties everything together. As the storyteller, you control the journaling. If journaling is



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For this mini-album about my house I covered chipboard pages in a light color of paint. Chipboard pieces can be fun since they come in a variety of shapes. To keep it simple choose sizes that fit standard photos with little or minimal cropping.

a struggle for you, keep your words as simple as the layout itself. Write short sentences or fragments. First identify the item and then describe it on paper.

Choosing a theme can make this scavenger hunt fun and the journaling easier. Consider looking for 10 items you and your spouse chose when you bought your house. Take a photo of three things in each room. Perhaps look for one blue item in each room. Make a mini-album of the whole house expedition or one for every room. Create layouts focusing on items significant from one person. Showcase three things you can find about your kids, about yourself, about or from your parents.

As you wander through your house and your

life, this project makes you appreciate the immediacy of newer household additions and the history of family heirlooms passed down. These things may seem insignificant. In fact they are because you no longer see them since they are so commonplace and ordinary, but that's the reason to record these memories.

Chronicle your life...one doorknob at a time.

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