

# FREE SPIRIT

## Altered Journal Instructions

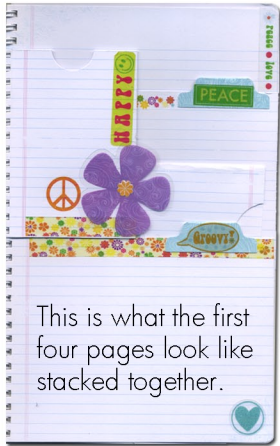
### Supplies:

FS-1400 Journal Album

FS-185 Epoxy Stickers

FS-230 Clear Cut Shapes

FS-305 Rub Ons

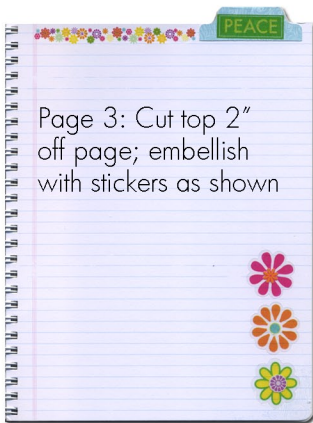


This is what the first four pages look like stacked together.

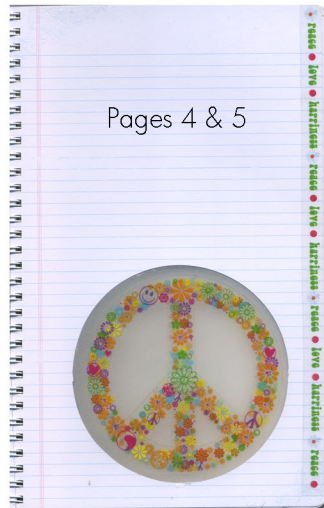


### Pages 1 & 2:

1. Cut page one horizontally 5" from bottom.
2. Add stickers as shown to bottom half of page.
3. Punched file tab (McGill punch) with rubon phrase.
4. Cut 1" off top of page; fold top part of page to the right and adhere along the left and bottom edges to make a pocket. (trimming a small bit off the right edge of the page will let you line up the vertical red lines).
5. Punch thumb notch in top of pocket using circle punch.
6. Embellish pocket as shown.
7. Page two pocket ('love'): Make two horizontal cuts across page, 3.5" from top and bottom edges (make sure cut goes all the way across the page, into the coil bound area).
8. Fold bottom third of page up.
9. Fold top third of page down; punch decorative edge with border punch if desired (EK Success large scalloped edge border punch used on sample).
10. Adhere top fold to bottom fold; embellish as shown.



Page 3: Cut top 2" off page; embellish with stickers as shown



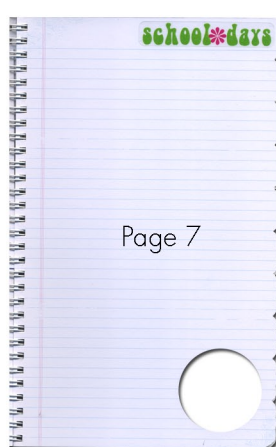
Pages 4 & 5

### Pages 4 & 5:

1. Using a template or circle cutter, cut a 4.75" circle in pages four and five, making sure the circles line up exactly.
2. Cut a piece of vellum to fit behind the opening and adhere to the back of page four.
3. Adhere pages four and five together, lining up cut out circles carefully.
4. Add a FS-230 Clear Cut peace sign shape to both sides of the vellum, lining up the shapes.
5. Add FS-1400 border sticker down side of page 4.



Page 5

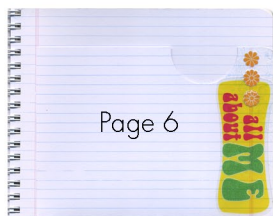


Page 7

### Pages 5, 6 & 7

1. Page 5: Fold right-hand side of page in to the coils; fold top corner down as shown and adhere. Adhere pocket along bottom and left edges. Embellish as shown.
2. Page 6: Cut off 1.25" from the top edge of the page; round right hand corner. Cut along red lines, starting from the bottom and going up 4.5". Fold bottom up and round right-hand corner. Use a circle punch to make a large thumb notch only on the folded up part of the page. Adhere pocket along sides.
3. Page 7: Trim 0.5" off top of page. Create a decorative edge to page using border punch (Fiskars Upper Crest punch). Punch a 2" circle in lower right corner (adhere peace sign sticker from FS-1400 Journal on next page so that it shows through the circle).

This is what the pages look like together.



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