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For the Record #1: Sparkles

The original interview was posted on Tumblr on February 4, 2015.

Sparkles (sparklespeak on Tumblr, which has since been deactivated) is a long-time journaler from Ohio who loves to document her often crazy life!

1. How long have you been journaling?

I have been journaling for a long time. I started journaling in sixth grade which was, I think, 1995 or 1996. I did that for about a year and then, four years later, I found out my favorite rock star, Stevie Nicks, was a journal writer and I started again, and never stopped.

2. Describe how you use your journal/your journal style.

My style and technique is nothing special, I just write the day of the week, month, day, and year in the top right hand corner, and I write in



Stevie Nicks from behind the scenes of From What It's Worth

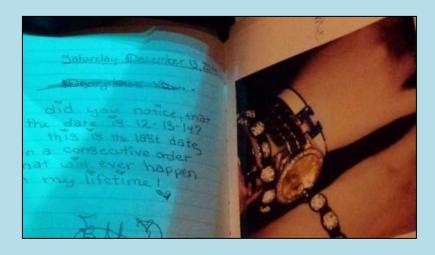
regular print, because the schools are not even teaching cursive anymore (which I find totally sad). Maybe someday, someone will find them, a long, long time from now, and then if they don't know cursive, how could they know what I was even writing?

3. Why do you journal?

I journal because I honestly never want to be forgotten, I'm afraid of someday my memory will be totally erased. Things these days are so fast paced and go from one thing to another. Life is so short, and I feel the need to document my life. Good or bad, it's life, and maybe someday someone will need to know my reasons for something, and... what if I'm not here to tell those reasons? I also think that my life is pretty exciting sometimes haha.

4. How often do you work in your journal?

I write in my journal pretty much every night, unless I can't keep my eyes open or there's just too much going on to stop and write.

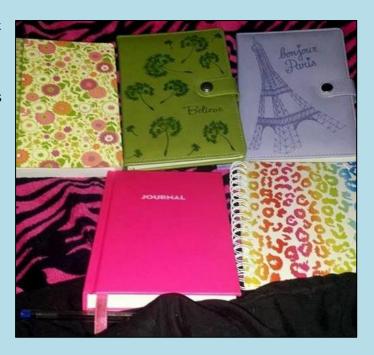


5. What are your favorite supplies to work with?

I love leather journals, I kind of love anything that just catches my eye or means something.

6. What sort of environment do you enjoy journaling in?

I love ambience and relaxation, something to drink, maybe a Frappuccino, a hot coffee, possibly a glass of wine? Some nice lights or being outside in the summer, or looking out of a window, incense burning, and sometimes music playing, depending on what time it is or if I have alone time while my hubby is playing video games.

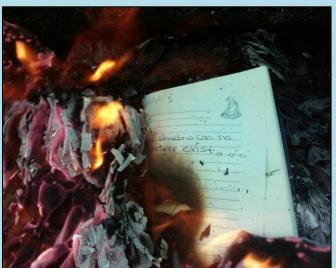


7. What inspires you?

EVERYTHING inspires me! People inspire me, celebrities sometimes do, the news, my husband, my family, my friends, life in general... and you know, my journals inspire me to live life to the fullest, because I don't want to write the same boring things in my journal day in and day out all the time, I need to live a crazy life to write about. I guess you could say I live to write and write to live.

8. Do you use your journal entries as a basis to create other work?

I do not ever use my journals as a basis for anything else. My journals are private, they're about my life and that's strictly it.



9. What are your thoughts on destroying journals?

My feeling on destroying journals is, just that, if you feel that you need to rid yourself of some kind of negative experience, whether it be a whole journal or maybe tearing out a page or two of that experience, and burning it so that those problems literally go up in smoke and you're releasing it to let it disappear, by all means destroy it! That's what journaling is all about anyways... release...

10. Thank you so much for answering these questions! Where else can we find you/your work online?

You really cannot find my work anywhere else, it's private. I don't typically take pictures of an open journal so that people can see what I have written inside of it. However, I may for this blog just consider it;)

For the Record #2: Amanda

The original interview was posted on Tumblr on February 7, 2015.

Amanda (you may know her as JJ) is the woman behind the awesome <u>journaling-junkle</u> Tumblr page! She is a 2013 college graduate with a Bachelor's Degree in English and a minor in Broadcast Journalism.

1. How long have you been journaling?

I have been developing a deep love for writing since I was 7 or 8 years old, and to this day, my love is getting stronger. So to be more precise, I've been journaling for about 16 or 17 years!

2. Describe how you use your journal/your journaling style.

My journaling style is organized and spontaneous all at once. Some days I'll write a simple journal entry of my thoughts, other days, I'll write a quote to describe my day, and sometimes I'll sit down and do an entire collage to inspire me to be productive and open with my creative abilities.



3. Why do you journal?

I journal because, truth be told, (and I haven't told anyone this because I don't like to make it a big deal, but it really is a struggle for me and many others as well) I am battling depression and anxiety. I was bullied for a very long time as a kid, and in some ways, I still am bullied even now. Some probably wouldn't believe it, because I always seem to be in a good mood when answering questions on my blog. But, I'm trying my very best to be positive and strong. Journaling helps relax my paranoia and releases the anger that I keep bottled inside me. If I get those words down on paper, I feel better. I feel like I have a friend to talk to who will actually listen to me when I speak, not someone who will look at me like I'm crazy.

4. I can definitely relate to that, it's good to use a journal to get everything out without any judgement. How often do you write in your journal?

Every day! Whenever a thought strikes me, I have to write it down so I can remember it later and possibly use that inspiration for a future novel!

5. What are your favorite supplies to work with?

I like good old-fashioned ball point pens. Fountain pens are beautiful, too. Preferably black ink.



6. Tell me about your experience running a successful blog focused on journals/journaling.

I've been running journaling-junkie since the summer of 2012. This blog has taught me patience and dedication to writing and other people is rewarding in and of itself. I have learned better communication skills, how to be open and more friendly. I love encouraging other people and that I have earned my followers' trust. That's amazing to me that something as simple as a blog could change you in so many ways.

7. Since the beginning of the year you've started posting monthly journal prompts/challenges, can you tell me a bit more

about that?

I came up with the prompts myself and people really seemed to like them! A lot of writers get stuck in that gross writer's block phase every once in a while and I hate it just as much as they do!

8. So, what inspires you?

Life, adventure, and the people who have taught me to grow in ways I haven't imagined. The fact that I can use my struggles and what I've learned from them to encourage and be kind to others, even though at times I will admit, I do have a short fuse and a low tolerance for the meanies. I actually plan to write a book about self-acceptance in the near future.

9. Do you use journal entries as a basis to create other work?

Yes, I do! Very often. I'm constantly coming up with new ideas.

10. What are your thoughts on destroying journals?

I have regrettably destroyed (burned) most of my journals from my past



because they reminded me of all the negative experiences I went through. I think that if it helps you move on and let go of the things that are haunting you, you can do that for yourself. It's your choice, no one else's. And I certainly won't judge. I've been there. But, the good news is, you get to start all over again and find the good things in life to write about, instead.

11. Thank you so much for answering these questions! Where else can we find you/your work online?

You can find more of my poems, prompts, and opinions on my WordPress Blog called <u>Bright Ideas</u> for <u>Writers</u> and you can also find some of my work (poems, handwritten quotes, etc.) here <u>on</u> Tumblr.

For the Record #3: Beatriz

The original interview was posted on Tumblr on February 11, 2015.

Beatriz (<u>cutebutpsychome</u>) is an 18 year old journal enthusiast from Brazil who has been living in the UK for some time. I am especially excited to be posting this interview because Beatriz has kindly (and bravely!) allowed me to share pages from her art journal, which she has never done before.

1. How long have you been journaling?

This is a hard question. I can't say exactly when I started journaling. I like to write in diaries, I have been writing in a journal/diary for 5 years now. I have a diary for every year since 2010. They don't always start in January, but I have never gone a whole year without having a diary. Maybe 3 or 4 months.



Art journaling (which I am very

new at) I guess I could say I started in April 2014. That's when I made my very first recycled art journal, and I finished it just a few weeks ago. Now I am on my second art journal. However, I did cover two sketch books, in a pretty paper and fabric and did a bit of "art journaling" there, but really I don't think I had any idea of what I was doing. So I just left them alone, and that was in 2013. I guess I could say that in 2013 was when I started to take interest in art journaling!

2. Describe how you use your journal/your journal style.

I don't think I have a style. In my diary I usually write, but I always try to make it pretty. Like with stickers, washi tape, sometimes I doodle, but usually apart from writing there are the daily things I stick in there, like hair dye paper, tickets (concert, bus, train, airplane etc), notes and all those pretty things in life we forget about.

In my art journal I try to do everything. I like to try out everything new and just see how it will turn out. I collage, doodle, paint, draw, craft, write... I think every page is different. Sometimes in my art journals there are a few Brazilian songs or phrases, but it's usually very mixed, with English and Portuguese.

3. Why do you journal?

In my diary I journal because I love to document life. I love to write, I love to see how things get so insignificant after a while. I also learn a lot about myself in my diary. (I know that sounds really deep and all, but it's true!) Sometimes I just keep writing and find out a solution to a problem, or maybe something that made me happy and I didn't even know.



I art journal because I always loved art. I was always told I wasn't good at it, which made me very unconfident. But when I saw the world of art journaling, I realized there are no mistakes. We all have critic in ourselves, but when I am art journaling and something doesn't turn out very nice, it's still okay. A beautiful person told me recently "It's the process of journaling not the outcomes that matters!";)

4. I had a similar experience with art and not feeling confident, but it is so freeing working in journals with a "there are no mistakes" mindset! So, how often do you work in your journal?

In my diary I try to write every day. But that's not always the case, when I don't write I usually doodle or stick something of my day in it.
I try to work as often as possible in my art journal. It really depends on how much I am enjoying it. My last art journal took me 3 months from not doing anything, to finishing 6 pages in two weeks.

My current art journal is really loose and nice to work in, I am usually doing something in it at least once a week! :)

5. What are your favorite supplies to work with?

When I was working in my last art journal, I was unemployed. So I didn't have many supplies. Right now I am trying out as many as possible! My favorites have to be acrylic paint:) I think I would really like watercolor, but the ones I have are really crappy. I didn't like the way it felt on the page after it was done. So... in short: Acrylic Paint!

6. Acrylic paint is by far my favorite to work with too! What inspires you?

There are so many things that inspires me! It's hard to tell... Music, poems, Brazilian literature (they have amazing word plays!), photography, bright colors, nature, books! I guess I'm inspired by all the things I like.

7. Do you use journal entries as a basis to create other work?

So far I haven't. But who knows?

8. What are your thoughts on destroying journals?

You mean like Wreck This Journal? I've watched a lot of videos about Wreck This Journal and it seems so fun! ^-^

9. I didn't think of the Wreck This Journal concept when I was writing the questions! I was thinking more along the lines of completely destroying pages/journals you're not happy with, rather than in a fun way like WTJ. Do you have any thoughts on that?

If it's not something like Wreck This Journal I think I wouldn't like that at all. I would be terrified of completely destroying a journal. Maybe that's just me, but I would hate it for sure.

10. Thank you so much for answering these questions! Where else can we find you/your work online?

So far only on my <u>art journal tumblr</u>, maybe in the future I will have more links, who knows, right?!:) [Note: On that tumblr it isn't just my work there, it is a lot of things that inspire me too!]



For the Record #4: Becca

The original interview was posted on Tumblr on February 18, 2015.

Becca (<u>rebecca-realisation</u>) is an 18 year old art & design student, who has loved to create anything and everything since she can remember.

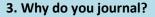
1. How long have you been journaling?

I started my first art journal at the beginning of 2014, before then I didn't create much personal art and was losing the motivation to make my own work. Art journaling helped me pick it back up, and since then I've loved art even more in all its different forms.

2. Describe how you use your journal/your journal style.

I use it as a (mainly) personal

outlet and to capture memories or thoughts in a visual way that truly gives a sense of how I felt. I tend to use mixed media with collaging and painting.



I journal because it is one of the only things that is trulymy own, it's not graded or judged and I'm not told to do something differently. It's purely mine and I love that about it. It also gives me a place to experiment and work through thoughts and feelings.



4. How often do you work in your journal?

Whenever I have a creative urge to make something. It varies from twice a week to once a week or not at all for a month, because each page takes anything from an hour to a few days.

5. What are your favorite supplies to work with?

I like working with collage, using scraps of paper for backgrounds, painting, pencils and pens, ink and watercolour. My favorite thing is building up texture

with modelling paste, paper or 'rubbish', such as can opening things and other embellishments.

6. What inspires you?

Everything. The people I'm around and the things I see inspire me to transfer them into my work, music plays a big part in my life and I often journal with song lyrics or quotes from books, or people.

7. Do you use journal entries as a basis to create other work?

Yes, I often sketch out the base of an idea in a journal, and then work from that on either paper or canvas board, I use my journals for jotting down



future ideas (I always end up painting/journaling over these notes once I've used them!).

8. What are your thoughts on destroying journals?

By destroying do you mean in a creative way or ripping apart the work you've made? In both scenarios I think it's up to the creator to know and decide what they want to do with their work, I've destroyed some pages because I didn't like them or feel the same way anymore, usually when I'm angry.

9. I like that people have pointed out that you can destroy journals creatively as well as getting rid of the pages entirely. Initially I did mean destroying journals as in ripping apart work you've made because you no longer want it; do you have any further thoughts on that?

My thoughts on it are that I don't like the way people can be unhappy with their work and just rip it up, at college a few of my friends are very critical of themselves and cast away work they don't like for whatever reason. I do think that if its finished and you look back later and it brings back emotions that you'd rather didn't return, destroying it can be a great outlet, but with works in progress I think leaving it and coming back with fresh eyes is better, because people can be so harsh on themselves. But I still think that it's the artist's choice if they want to or not, it just makes me sad to see some



people destroy work that is a part of them or being too critical on themselves and judging their talents as rubbish, when actually everything they make is amazing!

10. Thank you so much for answering these questions! Where else can we find you/your work online?

I'm on <u>Instagram</u>, but that's about it for now.

For the Record #5: Aki

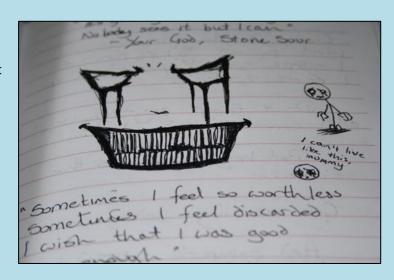
This interview was originally posted on Tumblr on February 21, 2015.

Aki (aki-13) is a 23 year old fellow Brit, who is hoping to go back to college next September and eventually go on to University to read Japanese Studies!

1. How long have you been journaling?

I've been journaling since I was about 11. I had written little stories before then, but then I watched *Girl, Interrupted* and was inspired by the fact that Susanna Kaysen always wrote in her journal. I've been keeping one ever since.

2. It is really interesting that you were inspired by her to start journaling! Can you describe how you use your journal/your journal style?



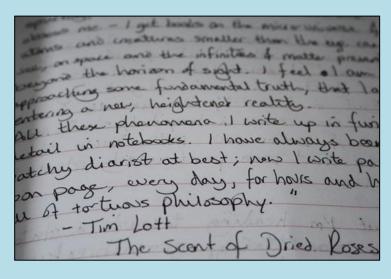
It's mostly written stuff, but occasionally I end up drawing little pictures as well.

3. Why do you journal?

For the most part my journals are an outlet for all the 'noise' in my head. I have various 'mental difficulties' as it were, and ranting and raving in a journal helps clear my head.

4. How often do you work in your journal?

It generally depends on what kind of mood I'm in. Sometimes I'll use my journal every day, sometimes I won't write in it for a while.



5. What are your favorite supplies to work with?

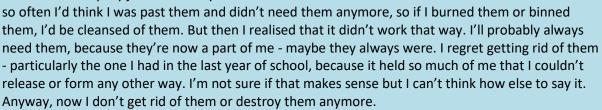
Biro pens mostly. I don't really branch out that much, although I've been looking at loads of artists journals recently and I'm thinking of starting one. The only different one I have is that I have a journal to keep me motivated in trying to get to Japan, but it's more a scrapbook really.

6. I highly recommend starting one. I always see artist's journals and scrapbooks as being very similar, plus I checked out your links and you're a great artist! What inspires you?

Everything. Books, music, anime, films, artwork, other people's examples.

7. What are your thoughts on destroying journals?

I used to destroy my journals. Every



8. That makes total sense to me, I have similar thoughts on the destruction of my journals. Do you ever use journal entries as a basis to create other work?

Sometimes, yes. Most of it is just useless crap that's just me trying to work out what's going on in my head, but quite often I'll be reading back over what I've written and I'll think "That would be something good for *character name* to say" or something like that. Occasionally, I'll get ideas for

The list goes an and an.

other stories from things I've written in my journal as well. So it's very useful in several ways.

9. Thank you so much for answering these questions! Where else can we find you/your work online?

I have a <u>DeviantArt</u> account and a <u>Facebook</u> page. Of course you can find occasional bits and info on my Tumblr.

For the Record #6: Kawaiikitto

The original interview was posted on Tumblr on February 25, 2015.

<u>Kawaiikitto</u> (since deactivated) is a Swiss, soon-to-be 17 year old and aspiring emergency physician. As well as journaling her hobbies include: studying new languages, reading, writing, weight lifting and watching Criminal Minds.

1. How long have you been journaling?

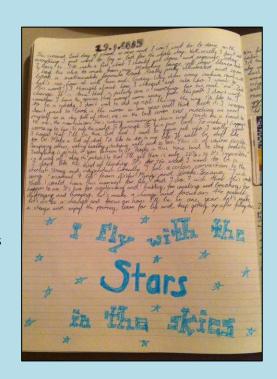
I started in August 2014, so now about 6 full months.

2. Describe how you use your journal/your journal style.

I use my journal to keep track of progress and the changes I make, to be able to look back in some years and see what I've gone through. I mainly write down what I did this day, what I struggled with, what my thoughts were and what I felt. I also keep as many things as possible in it like packages, pictures, drawings or bills.

3. Why do you journal?

I want to have my story written down for me. In some years, I want to be sitting on a comfortable couch, turning pages of my journals and re-live my life. The good and the bad times.



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4. That's a nice thought! How often do you work in your journal?

I try to journal every day, but sometimes I can't make the time or my day was so boring that I think it's not worth writing it down.

5. What are your favorite supplies to work with?

My Moleskine pen, some decoration paper, stickers, Bic pens and post its.

6. What inspires you?

Many writers and scientists, art, mathematics, medicine, biology, chemistry, basically the earth itself.

And one thing I read once:

When you die, your brain goes through your whole life again, playing it like a movie with many of your memories.

I think about that a lot. Wouldn't it be amazing to see this movie? I think a journal is something like that. You can live every moment again. And this fact makes you also think that you should make every memory so special that you will remember it in this movie.

7. That's a really interesting way to think about it; I like that. Do you ever use journal entries as a basis to create other work?

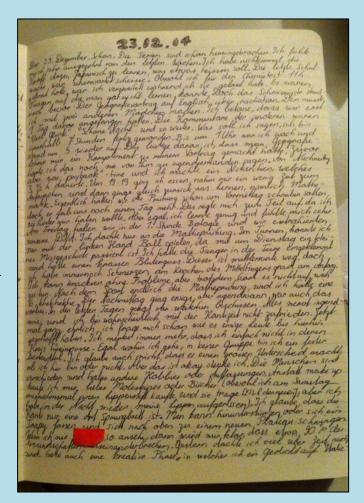
No, I just keep it for me, but my other works influence it.

8. What are your thoughts on destroying journals?

NEVER! You will regret it. If you feel like destroying yours, just think of your little niece reading it after you died and she never met you. Could you have given her a better gift? That would be a possibility for her to get to know you. Or wouldn't you have enjoyed one of your grandma?

9. Thank you so much for answering these questions! Where else can we find you/your work online?

Not yet, but perhaps later... We never know :-)



For the Record #7: Brooke

The original interview was posted on Tumblr on February 28, 2015.

Brooke (<u>brookemturner</u>) is a 21 year old business student who does lots of interesting creative jobs on the side including photography and teaching art journaling to all ages.

1. How long have you been journaling?

I have always loved art but have been officially art journaling since May 20, 2009. In general though, I have kept diaries and other random journals since I could write. I am currently working on my 11th art journal, having finished my 10th in December 2014.

2. Describe how you use your journal/your journal style.

I like mixed media using acrylic/acrylic craft paint and glue with collage elements and writing. I specifically love trying different techniques.

3. Why do you journal?

It centers and relaxes me. I have also always had an obsession with keeping records of my thoughts or events in my life, and art journaling provides a relaxed way to do so.

4. How often do you work in your journal?

It really depends on how busy I am. During a semester at college, I tend to have a lot less time but still try to work in my journal at least once or twice a week. In the summer, I have a hard time pulling myself away from my journal to do other things!

5. What are your favorite supplies to work with?

I have tried all types of supplies but I always settle back on simple ones. Acrylic paint/craft acrylic paint, my Gelli Arts printing plate, paper punches, Elmer's wet glue, a credit card (my #1 go-to tool), and random ephemera in the form of scrap paper/magazine pages/old book pages.

6. A credit card is one of my go-to supplies as well! What inspires you?

Other art journalers, for sure. I also heavily use quotes from all over the place. My journals usually tend to reflect how I am feeling at that moment.

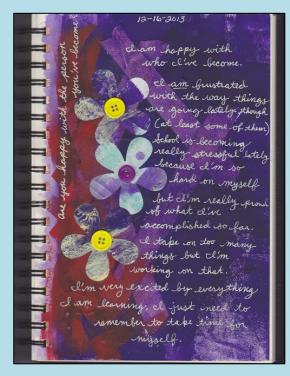
7. Do you use journal entries as a basis to create other work?

I have not as much in the past but I am currently working to make prints to sell. I am going back through my old pages to see if I can re-use any ideas.



8. What are your thoughts on destroying journals?

I would never be able to destroy my own work because of my desire for records and because of the pieces of myself in all my journals. I can, however, understand the destruction of a journal that has been used to record terrible memories or times in one's life as a tool for healing. I like to encourage new art journalers to refrain from destroying a page or even a whole journal until they have had time to step away from it for a while to be sure they are ready to let it go.



9. You mentioned that you teach art journaling, which sounds fantastic. Can you tell me a bit about how you started and the age groups you teach?

I started teaching art journaling while I was just starting at college (around 4 years ago). My siblings and I are/have all been homeschooled (myself since 4th grade). My siblings were taking classes at a homeschool group once a week and somehow I got hooked up with the woman in charge when she heard how much I love art. I told her how it works and explained that in my opinion, anyone can art journal. I taught there for one or two semesters. I had three classes in a row. The first two were ages 6 (but I let a 5 year old in because she really wanted to take it and her mom offered to sit in with her) to I think 12 and the second was 13 to 18 (though I think most of them were 14-16). It was a lot of fun and a lot of work.

After that, I traveled out of state and taught for a couple of days in my aunt's 3rd grade classroom (I taught her class and two others). I also went to my other aunt's town and taught her students. She teaches math at a juvenile detention center. That has by far been my best teaching experience. I had middle through high school students and taught three classes a day for 4 or 5 days in a row. It took the students some coaxing but once they were open to expressing themselves, emotions flowed. They really needed an outlet and art journaling was giving it to them. Every single day there was absolutely draining but if I was offered a position at a place like that, I'd probably jump on it.

After those varying experiences I have also taught more homeschool classes in peoples' homes. Those were approximately ages 4 through 8 or 9. At the same time, I taught an adult class (technically open to anyone, so we had one or two middle school aged kids but it was consistently mostly adults) in the evenings once a week at my church. That one ran two semesters and I would like to offer another this summer.

10. Wow, that's amazing! Could you tell me a bit about what you teach and your approach to teaching?

My teaching strategy is different for kids than it is adults. Kids can be sat down at a table with supplies and instantly start creating. Adults take more coaxing. With both groups, I start with a very minimal spread of materials (a handful of colors, some paintbrushes, simple pens, and old gift cards). I find that if people are given all of the options too soon, they get overwhelmed and freeze up. I start by showing them how to spread paint around the page with a gift card and then while they're trying it out, I start talking. I explain what art journaling is. I tell them it is a personal experience and they



can choose whether to share it with others or not. I talk about how there is no right or wrong, it's all about trying out things that sound fun and helping you work through emotions.

With the adults I go into the prompt of "giving yourself permission to make mistakes". It breaks my heart that so many people (adults and kids) think they can't be creative. I take it as a challenge and they always end up surprising themselves. I tell them to skip the first page in their journal if it makes them uncomfortable and I find that the credit/gift card method helps because you can't really control how the colors end up looking.

For both adults and young kids I always try to bring a prompt and a technique to each class. I make it clear to everyone that they don't have to do it if they already have something else in mind they want to do. I

also slowly add more and more materials to the "stuff tables" so they can start expanding with their newly learned techniques. I also try to share some of my art journals so they can see that they can come in any size. I share happy and sad/good and bad pages so they know they don't have to censor themselves.

11. That is such a great strategy. It really is so sad that so many people think they can't be creative, but I bet it's so rewarding when you get people going and they surprise themselves. What has your overall experience been with teaching the classes?

I love teaching and having art get-togethers with friends. Both are really rewarding and fulfilling to me. Teaching art really wears me out but I really do love it.

12. Thank you so much for answering the questions! Where else can we find you/your work online?

I use my <u>Tumblr</u> as a place to share my work and reblog other inspiration. To go straight to my own journals, check out <u>brookemturner.tumblr.com/artjournals</u>. You can also follow me on <u>Instagram</u> and <u>Twitter</u>, though I am not on those quite as often. I have a small amount of photography at <u>SmugMug</u> and hope to sell prints of my art there soon as well.

For the Record #8: Shanta

The original interview was posted on Tumblr on March 4, 2015.

Shanta (<u>through-thehand</u>) is a 28 year old Southern Californian with a passion for travel and all things creative. She has a B.A. in Art, but it's the art journaling and creative exploration in her own time that has helped her to better understand her artistic style, beliefs, and goals. At the moment finding her art 'tribe' is her personal goal, and she would also like to make art professionally.

1. How long have you been journaling?

I've been art journaling since May 2008. I studied abroad in Paris for a month, while in college, and was given the assignment of keeping a sketchbook for the duration of the trip. I had brought a bunch of art supplies with me, and just went for it in a blank sketchbook purchased in Paris. Collage, acrylic, pen, pencil, marker – all of it.

I have always been intimidated from drawing from life (less so



now), and the idea of keeping a traditional 'realistic' sketchbook with pen or pencil sketches freaked me out. So...the art journaling thing just unfolded from there. It was in the energy of the city, the freedom of being away from home, and the strangeness of not knowing much French or the city well at all that added to my creative enthusiasm. I've never looked back.

Also, a side note: I first heard about art journaling from an artist at an art store (now closed) called Paper Post. The artist/clerk showed me her overflowing art journal one day and I was so taken with its richness and sense of voice and history. The 1,000 Journal Project by Someguy and the blog and work (and workshops) of L.A.-based artist and mixed media art instructor, Kelly Kilmer, have been huge starting (and continuing) influences as well.

2. Describe how you use your journal/your journal style.

I use my art journals for everything. To-do lists, calendars, art journals, sketchbooks, free writing. My art journal style is very loose, very messy. My drawings are doodles and detailed abstract drawings. If I find myself getting too "tight"/stuck/rigid, I turn the music up in my headphones (I always art journal to music, except if I'm in an art journaling workshop) or change the song or take a break. Paint, lots of acrylic paint.

I take my art journals everywhere. With a pen pouch, too. I work in multiple art journals at once (I'm impatient when it comes to waiting for acrylic paint to dry), but carry one every day, everywhere. It's a constant companion and a place to vent and rage and be overwhelmed and cry and spill and be brave and consistent and just...be – however I am at that time.

I date every page, and work on two pages (a spread) at once. I start at the first page and continue, consecutively, until the end of the art journal.



3. That's such a fantastic way of approaching journaling! Why do you journal?

I art journal because I have to. I am compelled to. It is my most true and sacred form of personal and artistic expression. It's very close, very intimate. It's my heart, really. I put my everything into my pages. If I don't art journal, for even a day, I feel bottled up and restricted. Nothing else (exercise, dance, friends, being outside, talking, etc.) allows me to give of myself and reflect on my experience like keeping an art journal does. It's a constant

desperate longing/energy kind of thing that's never completely empty/gone.

4. I completely understand that feeling; I get really agitated if I go a while without working in my journal in some way. How often do you work in your journal?

I try to work in my art journal every day. Or if I'm really focused and not too apprehensive (I psyche myself out sometimes – thinking I'm too busy or too tired or have more important things to do), multiple times a day. Even just a quick word, a doodle, a face, etc. Anything. I also keep index cards by my bed and will sometimes doodle on that at the end of the day and glue it in my journal later.

5. What are your favorite supplies to work with?

My favorite supplies are permanent pens (in case I want to add paint on top, so no smearing) such as Sharpies, Faber-Castell Pitt Pens (variety of sizes and colors), Staedtler Pigment Liners (variety of sizes), Copic markers, Crayola markers (have had mine for years – just add water to smear!); watercolor pencils, watercolor crayons, Liquitex Basics acrylic paint, craft paint, graphite pencils, masking tape, Elmer's glue...

6. What inspires you?

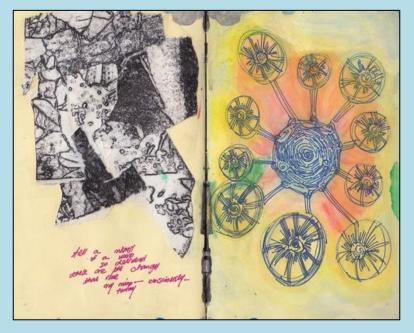
My inspirations are varied. Music is a huge fixture in my life, always has been. I try to always art journal to music – passionate, interesting, soulful. So, music: Dave Matthews Band, Ben Howard, Ben Harper, Vance Joy, Howie Day, Vance Joy, Ed Sheeran, Bon Iver, Trevor Hall, Coldplay, Jai Uttal, Third Eye Blind, City & Colour, Incubus, R.E.M., Bright Eyes, U2, Matt Morris, Kings of Leon, Mos Def, Lenny Kravitz, Laura Mvula, etc. etc. I have art-related playlists that I cycle through, and these musicians are a constant on several of them.

Art inspirations: Kelly Kilmer, James Jean, <u>Teesha Moore</u>, <u>Tracy Moore</u>, Austin Kleon, Juliana Coles, artist friends of mine (yay! for artist friends!), my parents and siblings in their own creative interests and ideas. Many, many more. Also, yourself for creating this project!

Photography, especially blackand-white photography. Photographing everything. Learning about what I see and what moves me.

Nature, the beach (the waves, the breeze, the sand), the moon, parks (sitting with my bare feet in the grass is the best feeling), hiking.

Kindness. Friendships. Good conversation. Falling in love. Heartbreak. Anger. Pain. Medical problems. Family problems. Failure. Making love. Learning from mistakes.



Crying. Laughing. Good energy. Good connections. Rainy days. Sunny days.

Paulo Coelho (author): The Alchemist and Aleph are wonderful. Pablo Neruda's poetry, specifically the poem, "Autumn Testament."

7. That's so kind of you to include me! Music is a huge inspiration for me too; and I love Teesha and Tracy Moore's work. I'll have to check out the others on your list. Do you ever use journal entries as a basis to create other work?

I used one art journal doodle as inspiration for a painting, once. But, the painting is still unfinished. I think my pages are complete and stand alone, as is. However, they probably influence other stuff that I do on another, more subtle level.

8. What are your thoughts on destroying journals?

I have kept every journal good/bad/ugly/annoying that I've ever started and completed/not completed. I have painted over and/or ripped out passages and imagery that didn't sit well with me later on, but for the most part everything has stayed. I don't believe in destroying my own journals in their entirety, but if something in them is bothering me, I will cover it up or remove it.

9. Do you have any advice for aspiring art journalers?

Start where you are, start with yourself – get to know yourself (better) and be kind(er). Explore what interests you about art journaling. Explore art and art history. Explore culture and take notes. Expand on that. And rock out to a favorite song. Paint. Take photos. Make a mess of it, make it strange. :)

10. Thank you for answering these questions! Where else can we find you/your work online?

I'm online several places. My art website: <u>shantadevi.com</u>. My <u>Flickr</u> has tons of art journal scans and some photography and sketches/doodles. I'm also on <u>Tumblr</u>.

Socially: <u>Twitter</u> (I rarely tweet) and <u>Instagram</u> (I rarely upload). I update my website and Flickr more than my Twitter or Instagram pages.

For the Record #9: Haley

The original interview was posted on Tumblr on March 7, 2015.

Haley (<u>problems withindecision</u>) is a 22 year old lady living in Washington, D.C. She is another long-time journaler.

1. How long have you been journaling?

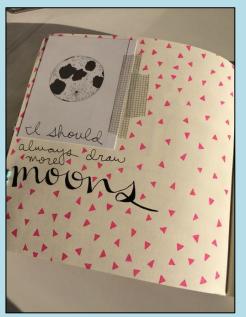
Like a lot of people, I think I have been journaling in some form of another for most of my life. I wrote a lot, but never consistently in one journal for very long. Sometime around age 13 I started working on an altered book (not knowing that that is what I was doing). I started art journaling/journaling consistently in the way that I do now about a year and a half ago.

2. So how did you find out about art journaling?

I'm not entirely sure how I found out about art journaling or made the connection between art journaling and what I was doing in my altered book. I had been working on what Gala Darling calls a Radical Self Love Bible - a place to journal, put positive thoughts, and work on cultivating self-love and self-confidence. I wanted to make mine more artistic and visually inspiring than it was when I was just using



words (which were and still are a huge part of my visual journaling now). Around that same time I came across the work of sailor-sloth and was falling down an Internet rabbit hole about lots of



different ways of memory keeping (making mini-books, scrapbooking, and things like that) and art journaling was definitely in there too. All of that really appealed to me and I remembered my old altered book and realized I had been doing it for a while. I keep it with my other art journals and have tried to recreate pages from it to see how much my style has changed.

3. Describe how you use your journal/your journal style.

I have several different journals going at once and switch between them depending on my mood. I am currently mostly working in what I call my "anything goes journal" - where I write and draw and paint and collage and stick stickers and whatever other random things I come across during the day. I was having a hard time getting into a third art journal after completing my first two and I found that I was putting a lot of pressure on myself to give each page a

certain look and make sure it was finished and I didn't feel like I could just write on a page, it had to have some artistic elements too. With my anything goes journal I try not to worry about if it is "artistic enough" or if the pages look finished - I just do whatever comes to mind. I have another journal where I use mostly acrylics, another where I write down things I am grateful for along with other sketchbooks and notebooks that I don't really consider journals.

4. I like the idea of having several different journals at once! Why do you journal?

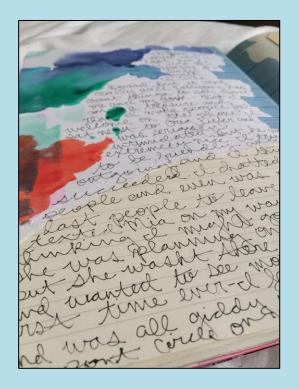
I journal because I am inspired to create, to work things out, and to document my life. And because filling up books feels really good.

5. How often do you work in your journal?

I usually work in my main journal a few times per week. I used to work in it more, but I am working on some other creative projects that are taking up more time these days.

6. What are your favorite supplies to work with?

I will work with pretty much anything and what supplies I will use really depends on my mood, but lately I am really enjoying simple drawings with black pen, markers, and watercolors.



7. What inspires you?

Other artists and journalers inspire me. I love seeing other people's work and putting my own spin an idea or a technique or a feeling that I get from it. I am also inspired by my materials, random bits of paper that I stick up on my bulletin board, and songs that get stuck in my head.

8. Do you ever use journal entries as a basis to create other work?

I think a lot of what I do in my journals informs a lot of what I do elsewhere, so my journaling is always a basis for other projects. Only occasionally do I intend to make a different art piece based on a journal entry. I plan to do this more intentionally in the future - I would like to explore my ideas more rather than tying them out only once or twice in my journal.

9. What are your thoughts on destroying journals?

I have definitely found writing out my frustrations and destroying the pages to be therapeutic in the past. I think that is why I didn't keep a journal until relatively recently; I would write out all my feelings but then rip them out of a notebook or destroy them. But I don't think I would destroy any of my journals now - I have put too much work into them and I want to have a record of (even possibly embarrassing parts of) my life and thoughts. I tend to not write anything that I would want to destroy later (either because it is too private or too emotionally heavy) in my journal unless it is hidden in a pocket or envelope or something. I save most things I would want to destroy for loose sheets of paper.

10. Thank you for answering these questions! Where else can we find you/your work online?

The best place to find my journal is my <u>Tumblr page</u>. Feel free to message me and chat about anything! I am also on <u>Instagram</u> where I post photos of daily drawings that I am doing in 2015 (not yet seen on my Tumblr) along with other various things.

For the Record #10: Charlotte

The original interview was posted on Tumblr on March 11, 2015.

Charlotte (charlottelucybarry) is a 25 year old from the seaside who now lives in London. She moved to London to study embroidery and now works as a surface and fabric designer for Vivienne Westwood!

1. How long have you been journaling?

I have been journaling since I was in high school - the ones I make now are very different to those, though. I guess growing up and going through art school etc., opens your eyes up a bit. I only started uploading them onto Tumblr last year I think, so my archive remains unseen!

2. It's interesting that your journal style has changed so much. What did your journals used to look like and how did your approach change? Were you inspired by other (art) journalers?



My high school journals were very classic - song lyrics and notes off friends written in classes and sketches of graffiti, and then when my approach changed was when I left home and moved to London, because I had complete freedom and began finding myself. I was inspired by my tutor at art school; she was a huge influence on me. She was so honest and enthusiastic, and did nothing but encourage me. The only other art journals I had seen were art school sketchbooks, so perhaps that is why my style is very haphazard!



3. Describe your current journal style.

My journal style is a very organic process, like doodling, sticking clippings in, drawings, ideas, colours - anything I have seen or read that I want to keep. I don't really have themes, it's not planned, it is a book of my brain a bit? I carry it with me every day, always, so my journal style is quite haphazard I guess, because it is all thrown on the pages in a way that I like the composition of, but not super thought out necessarily.

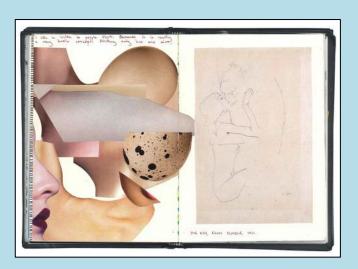
4. Why do you journal?

I journal because it is the perfect way for me, as a visual person, to keep a record of what I am thinking and feeling. It is also 100% a therapeutic thing too, though. Putting thoughts down on paper, even if that thought is a particular shade of blue, is a great way to make sense of yourself. That sounds really pretentious, sorry! My parents call it my 'reflective journal', because I use it to reflect on things, and in a sense, the journal is a reflection of me.

5. That doesn't sound pretentious at all! I think most people use journaling as a way to make sense of themselves. How often do you work in your journal?

I work in my journal whenever I want! Sometimes I will sit for an afternoon and fill pages and pages, other times one page will slowly fill over two weeks. Like I said, I always have it with me, so it gets updated pretty often.

6. What are your favorite supplies to work with?



My favorite supply is an easy one - black marker! I love the super black-blackness, definite lines, and the way it leaks through the paper. Also I would be lost without Pritt Stick (glue stick).

7. What inspires you?

Oh man, I'm one of those annoying people like 'oh I'm inspired by everything'. I am definitely drawn to graphic stuff, lines and shapes, colours. And fashion, because that's what I do!

8. Do you ever use journal entries as a basis to create other work?

Yes I absolutely have used things from my journal to create other work - initial sketches of things have ended up in final print designs many times!



9. That's amazing! Do you have any thoughts on destroying journals?

I have never personally destroyed any of my journals, even the teen angsty ones are kept hidden at my parents' house. I think about it sometimes, because that person is so far removed from who I am now, it's almost irrelevant, and I wouldn't really want them to be seen by anyone else. SO maybe yes, one day I will burn them all. If you want to destroy them, then destroy them!

10. Thank you for answering these questions! Where else can we find you/your work online?

My 'formal' website is <u>www.charlottelucybarry.com</u>, which is my day job, and then my journal here on Tumblr of course. I am also on <u>Instagram</u>, which is a mixture of work and life.