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### For the Record #11: Nicole

The original interview was posted on Tumblr on March 14, 2015.

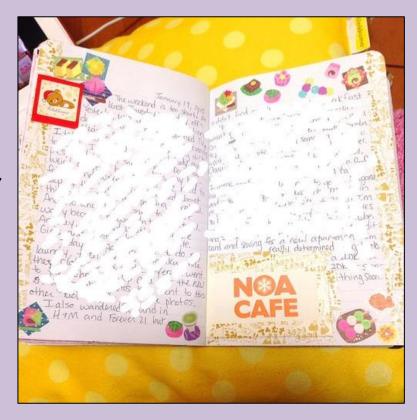
**Nicole** (thejournalerintokyo, since deactivated) is originally from Kansas in the USA, but has been living in Tokyo, Japan for two years working as an English teacher at a private school for girls.

### 1. How long have you been journaling?

I've been journaling for about 15 years.

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

I have different types of journals, actually. In my main journal, I write about my day, things I've been thinking a lot about, whatever big stories are in the news, etc. I also keep a tea journal where I decorate pages and keep the wrapper from my tea bag and then I write a quote or a recipe. I keep a collage journal where I use materials from magazine, random scraps of paper, or whatever I have lying around. Finally, I have a



recipe journal that I use to keep track of recipes I want to try.

### 3. That's really interesting you keep different types of journals. Have you done this since you began journaling?

I haven't always kept multiple journals. For the first 5-6 years, I kept a general journal. When I started college, I found that there were a lot of different ways to journal and I've tried out a few ideas over the years before settling on the journals I have now.

### 4. Why do you journal?

I journal because I want to document my life. I love filling up notebooks with my writing and looking back on them after a few years and seeing how much I've changed and grown and all of the lessons I've learned from past mistakes. I keep different kinds of journals because I have different passions and I want to express them on paper.

### 5. How often do you work in your journal?

I write in my main journal almost every day. I use my other journals at least twice a week.



### 6. What are your favorite supplies to work with?

I use a lot of masking and washi tapes, magazine pages, stickers (so so so many stickers!), watercolors, Instax film, and mixed paper.

### 7. What inspires you?

There are a lot of great journalers on Instagram that inspire me with their posts. I also feel inspired by my own life. I love living in Tokyo and traveling around Japan and having adventures and writing about it all and creating collages that reflect events in my life.

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

Definitely. I'd like to write a book based on some entries from my journals.

### 9. What are your thoughts on destroying journals?

I think if you have a journal filled with a lot of negative thoughts or memories, destroying it can be symbolic of releasing that negativity and moving forward. It's very therapeutic!

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

All of her social media has since been deleted/deactivated.

### For the Record #12: Debbie

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

**Debbie** (wheresmybubble) has a first degree in Art and Design, but switched to Computer Science and completed her Master's in 2013. She currently works as a software developer, but is also pursuing her dream for a career in graphic novels and illustration.

### 1. How long have you been journaling?

I have been journaling since I was about 10. When I started I wrote a lot, like page after page of words about my life and everything that's happening. I stopped for a while when I was in university as the workload was crazy but on the bright side we were encouraged to fill in loads and loads of sketchbooks with design ideas!

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



Although I started out journaling by writing a lot, my style changed and now I mostly use it as a visual diary or a sketchbook. I like to draw things I see, or anything interesting that pops into my mind. Drawing these things instead of taking photographs gives the moment more meaning and I remember it for longer. I take in much more detail by drawing everyday objects and places I visit.



### 3. Why do you journal?

I journal because it's like I'm compiling my life story in a visual way. Whenever I look back on my art journals I remember so much more. It's also something that I do completely for myself and nobody else. I kind of like being in a world of my own and becoming immersed, a journal entry gives me that kind of feeling. It's also a great way for me to consistently draw every day, no matter how detailed or simple the drawing.

### 4. I like that feeling a lot too. How often do you work in your journal?

Every day! For the past 1.5 years I have actually done some amount of work in my journal on a daily basis, whether it is writing or a drawing or an idea I don't want to forget.

### 5. What are your favorite supplies to work with?

I sketch using Sakura Pigma Micron pens. I love the feeling of these on paper and it gives a nice smooth ink flow. I use mostly Moleskine Sketchbooks as I like the nice black cover and the thick cream papers inside.

### 6. What inspires you?

Everyday life, places and people. Just going out for a walk can give me a lot of inspiration and new ideas. I love drawing landscapes, buildings, people and street style I see. I love capturing things when they are in their most natural setting.



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

Definitely. Sometimes a simple sketch gives me an idea for a much bigger artwork which I usually do on watercolour paper.

### 8. What are your thoughts on destroying journals?

Do it if you have to. I destroyed all my journals that I kept from when I was in high school. It had a lot of things I did not want to remember, and when I was excited to continue my education in London, I wanted to put the past behind because I felt like I was starting a new chapter in my life. I looked at them one last time (there were about 5 books), before ripping up all the hundreds of pages and eventually shredding them to bits.

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

Most of my work is on my blog and I also recently opened an Instagram account.

### For the Record #13: Mary

The original interview was posted on Tumblr on March 21, 2015.

Mary (<u>thirteen1999</u>) is a 24 year old from the San Francisco Bay Area who is about to graduate college. She has eclectic tastes and is curious by nature. She loves meeting people from all places, though can be quiet at first.

### 1. How long have you been journaling?

I have officially kept a journal since my senior year in high school, when a teacher of mine decided to replicate the Freedom Writers' project. She made us keep notebooks throughout the year, and it stuck once I went off to college.

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

I have multiple journals: a dream journal, an art journal, a personal log, and a

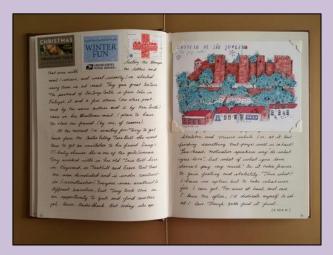


notebook for information I pick up or find interesting. I usually try to keep their numbers to a minimum but I love buying them. Recently, I began collecting fountain pens, so that's changed the way I shop for them because I require thicker gram paper. The ones I use the most are my personal log, which contains day-to-day events, and a Moleskine art journal that is more for experimentation than art. (I play with different mediums and paste in cool pictures and things I find around town, kinda like a junk journal.) Other notebooks tend to stay untouched on the shelf (or desk) for long periods of time between entries.

#### 3. Have you always kept multiple journals or was that something that developed over time?

Keeping multiple journals developed over time, once I got settled into journal keeping and my life

became busier. (You can say that it was a gradual dive into notebook mania haha).



### 4. Why do you journal?

I journal to know myself; not just to document what's happened to me, but to gradually get an idea of who I am, both positive and negative. It's also a great stress reliever!

### 5. How often do you work in your journal?

Every day. Even if it's writing down a quote I like or pasting in a picture. I try not to let a day slip where I don't write something.

#### 6. What are your favorite supplies to work with?

Off the bat I have to say my fountain pens, because I have a huge variety of inks to choose from and I

love the gradients in the lines once the ink dries. Also, I pick up scraps wherever I am and so always carry either a glue pen or a roll of double sided tape, and an alphabet and number stencil to write in quotes and dates. Also, washi tape. Can't go without that. When I'm home, I use watercolors, gel pens, rubber stamps, sealing wax and Ranger paints.

# 7. You were posting journal/writing prompts for people throughout February; what inspired you to do that and how did it go?



I was inspired to post journaling prompts this February after I started rereading one of Natalie Goldberg's writing books. I thought it would be fun to see how people reacted to the prompts. I didn't get many responses, but it was fun to post and see who decided to participate.

#### 8. So, what inspires you?

Everything. Daily interactions between friends and peers. Interactions and chance meeting with strangers. A new song or rediscovery of a poet I used to read. My family. Cool TV shows and movies (Marvel!). I try not to let my tendency towards cynicism cloud my eyes.

#### 9. Do you use your journal entries as a basis to create other works?

In a way, yes. I usually have a journal where write out the first drafts of chapters and poems and such, but in my personal journal (the one I usually carry), I freewrite. One of my methods in writing is to spend several weeks (at least) formulating ideas and getting to know my world, setting, characters, before actually writing out the first chapter. In my journal, I will freewrite about my goals for the piece, speculate about my characters, and simply have a conversation with myself until I feel like I really know who and what I'm writing about. So in a way, I use my journal for exploration, to

figure out what and what doesn't work.



### 10. What are your thoughts on destroying journals?

After putting so much effort into my journals, I can't bring myself to destroy them. However, I will destroy certain pages that I don't want anyone else to read (or I write in code). I can understand people wanting to destroy theirs though, in order to cleans themselves of any negativity that might exist within the pages. I just don't think I'll ever do that to mine.

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

You can find me on my Wordpress Blogs: <u>Living in the Moment</u> (writing) and <u>Snailmail Is Still In Fashion</u> (craft and mail).

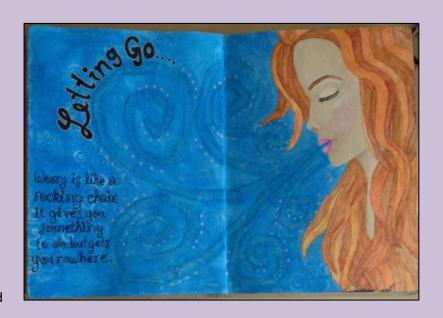
### For the Record #14: Somber Scribbler

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

<u>Somberscribbler</u> is a Canadian living in Montreal. She has a couple of degrees in the sciences and is currently working on her Ph.D. Somber Scribbler is an alias for her artistic side; she has chronic depression and uses the arts as a way to cope with it. She uses the pseudonym to keep it separate from her academic life.

### 1. How long have you been journaling?

I kept a daily journal from the time I was 13 until I started university. Then, I got wrapped up in working out, studying and being the perfect scientist and I stopped journaling. At this time last year, I was at the beginning of a severe depressive episode and was recommended to try journaling again. I did, but this time I used a blog as my journal platform. Currently, I am still doing that, but have also started art journaling.



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

On my blog, I journal about life, my thoughts and how I am coping with mental illness. I often post a doodle along with my post. Sometimes the doodles reflect how I am feeling, sometimes they are zentangles or I illustrate a quote that I like. In terms of art journaling, it is totally new to me. I am participating in a few workshops that provide prompts every week. I basically interpret those in my art journal. I am also a sucker for journal books, you know those books that come with prompts and questions about you and you have to fill it in. I have lots of those. It is fun to see how my answers and thoughts in response to similar questions change with time.

### 3. Why do you journal?

I journal because it reduces my stress. I find writing or doodling about what is going on in my head helps me sort through it better. Talking about it never comes out right for some reason. By sharing my journaling online, I have connected with wonderful people in the mental health community. It's nice not to feel so alone for a change.

### 4. It's great that journaling helps you so much and you've found a supportive community online. How often do you work in your journal?

As often as possible. I would do something every day if I could. Being a Ph.D. candidate, there is no routine. I go through periods of intense work, where I am on 24/7, but then sometimes there is a lull and I have plenty of time for journaling. I prefers the lulls.



### 5. What are your favorite supplies to work with?

I used to be a solid prismacolour girl, but I've been experimenting with new media lately. In my art journal, I am loving the Neocolor II watercolour crayons. I really need to get a hold of a proper flesh colour though. Gel pens are also great. I like the Saukra Moonlight ones at the moment.

### 6. What inspires you?

So far I have been going along with the prompts in my art journal workshops. I put my own spin on it for the art part, but sometimes the prompt inspires something I can discuss on my blog. My own thoughts provoke ideas too. When I am struggling, sometimes writing about it works best, but sometimes a drawing gets the message across better. I also love Pinterest for inspiration. The quote selection is good plus, I collect doodles and journal pages from artists on my pin boards and attempt the

same general idea. Sometimes it works, sometimes it doesn't.

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

My journal entries are only used as a basis for more journal entries. Sometimes I want to re-try an art journal technique, or a blog entry inspires further research into a topic, resulting in another post later on.

### 8. What are your thoughts on destroying journals?

Regrettable. Those journals I kept through my teen years are all gone now. I threw them away when I was moving and needed more space. I wish I still had them. This is another reason I decided to journal via blog....doesn't take up physical space!

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



My main blog is: <a href="http://somberscribbler.wordpress.com">http://somberscribbler.wordpress.com</a>. I am participating in Journal52, The Documented Life Project - Journal and The 2015 Art Project, all of which are Facebook groups. I also have stuff on my <a href="facebook">Facebook</a> and <a href="maintenance">Instagram</a>.

### For the Record #15: Holly

This interview was originally posted on Tumblr on March 28, 2015.

**Holly** (<u>iournalsoftheworld</u>) is a 19 year old in her first year of college in Riverside, California. She was born and raised in San Diego County and loves to travel. She is currently pursuing an English major, a performers' certificate in voice, and a minor in both Spanish and drama.

### 1. How long have you been journaling?

I've been journaling on and off for as long as I can remember with varying degrees of persistence and success, but I didn't really fall hard into it until I got to college when I was given a journal as a gift. It was something I didn't realize how badly I needed until I had fallen into it.

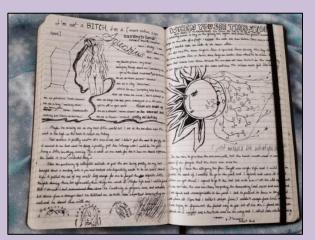
### 2. Describe how you use your journal/your journal style.

I write more about what I think than what I

do, and I write about what I think to help me make sense of the world. (Hence the title of my blog.) I also sketch in it fairly often, usually just to enhance or illustrate one of my points and occasionally just for fun. I didn't grow up doing a lot of visual art so it's something that I'm learning to really love all over again.

### 3. Why do you journal?

I journal because I can't stop. It's become such a hugely important part of my life and a source of pride for me. There's nothing more wonderful than creating. With that said, my journal is an extension of my own world, and I may or may not spend too much time there. I do my best not to let it inhibit my experiences. The journal helps me organize my thoughts and often balance my emotions.



### 4. How often do you work in your journal?

I write at least one full page a day, usually more. I think since I've started journaling I've missed all of two days, and those are the days that are full of the most things to write about!

### 5. It always seems to go that way! What are your favorite supplies to work with?

The only material I've used in this journal is a black ballpoint pen. Like I said, I'm not very

experienced with sketching and art, nor am I particularly organized, so I feel like carrying around colored pens with me at all times would make me more likely to lose them and get overwhelmed. I really admire art journaling though, and plan on doing an art journal over the summer to break myself into it.



# 6. That sounds like fun! You run the journal blog Journals of the World. How long have you had it and what have your experiences been so far?

I started my blog around the end of January, so it hasn't been around too long, but I've had nothing but good experiences with it. Getting to see the openness and the artistic passion of so many people expressing themselves in a way I really identify with has been pretty soothing to my soul.



#### 7. Do you feel like there's a good journal community on Tumblr?

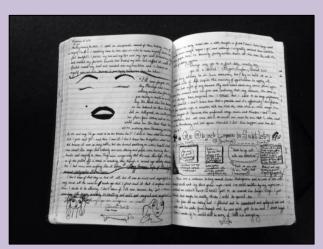
The community is small, but very intimate and I've so enjoyed it. When it comes to blogging, I usually try to trawl through the "recent" posts for the journal tag because I think it helps to bring new members into the community, and I feel better about reblogging original work.

#### 8. What inspires you?

Creativity breeds inspiration. When I force myself to sit down and write, no matter how devoid of ideas I feel, I almost always come up with something that I am ultimately proud of. Blank pages thrill me, because every day I glance back and remember that the whole journal was once just empty pieces of paper. The blank pages are promises of the things ahead that I will think and do.

### 9. That's a great way to see blank pages, I know a lot of people are scared of them! Do you ever use journal entries as a basis to create other work?

Every idea I have that shows promise, no matter how big or small, goes into my journal. From novels to movies, photo projects to inventions. Having written several books in the past, I'm hopeful that



when I feel ready to embark on another big project I'll be able to reference the ideas in my journals.

### 10. What are your thoughts on destroying journals?

I couldn't destroy my journal. I admire it as a means of letting go of the past, but my journal is something for me to someday look back on to remember who I was and what I did. I'm excited to have piles of journals stored away in some old chest when I'm older.

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

My blog has a tab called "My Journal". For some reason it's malfunctioning lately and showing some of the things I reblog as well as my own work, but I've contacted the staff and it should be fixed soon. At the beginning of each month, I post photos of some of my favorite work from the month before. The most recent sets can be found here and here.

### For the Record #16: Julie

The original interview was posted on Tumblr on April 1, 2015.

**Julie** (wordsaremyweakness) is a 30 year old pre-school teacher, mother, wife, and caretaker. Most importantly though - she dreams of changing the world with art.

### 1. How long have you been journaling?

My oldest diary starts when I am 8 years old. I've always been one for keeping a record of things that are happening around me. I didn't start keeping an art journal until I was 15. A fellow artist gave me my first sketchbook as a gift. I couldn't bear to leave the pages in that "unfinished" state. I struggled for a while with using a sketchbook "appropriately".



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

I seem to collect different journals for different things. I'm a book lover. In all forms. Mainly though, I think I use them as a form of self-therapy. I can always tell when I really NEED to work in my art journal.

### 3. Why do you journal?

For my sanity. I find when I have too much moving about it my head - it's better not to keep it bouncing around in there. I journal to communicate feelings and ideas that I struggle to put words to.



### 4. I definitely relate to that! How often do you work in your journal?

At the very least once a week. It really depends on whatever "free time" that I might have and if I'm working on other larger paintings or projects.

### 5. What are your favorite supplies to work with?

Anything! I find anytime I'm really stuck in an artistic rut the best solution is to use something in my art that I have never used before. My

regulars though are acrylic paint, book page scraps, gel medium (I love photo transfers of any kind), lace, thread, and anything gold.



#### 6. What inspires you?

My emotions. Anything that occurs during my day. I find (especially in my journals) I work very intuitively - it feels very closely like meditation when I'm at work there. But on a conscious level, I'm inspired by nature, people I admire, stories (any kind of mythology or fairy tale). I love symbolism.

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

I recently just started a new sketchbook (that is a more traditional ideas-for-larger-works, sketchbook). I'm using it to jot down ideas and play a little more with composition. But this is the first time. My art teacher in high school always wanted me to "do more" with what I had there, but as far as I was concerned once I had the emotion on the outside - I didn't want to revisit that.

#### 8. That makes sense. What are your thoughts on destroying journals?

Oh no. The thought breaks my heart and makes me cringe. If there is something that just doesn't ever need to be seen - I have been known to sew pages shut, glue them together, and even paint on top and start again. But... there is beautiful in the past.

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

I'm a social media fiend. I'm on almost every platform either under "Julie Fordham" or "Words are my Weakness" and

www.juliefordhamart.com BUT - the best place to see my journals is probably <u>here</u> OR <u>DeviantArt</u> (which I desperately need to update).



### For the Record #17: Sarah

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

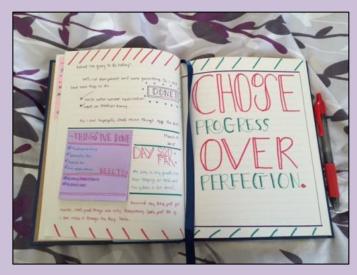
**Sarah** (bananatops) says she doesn't really do much except stress about school work, read, and journal (must be a Sarah thing!).

#### 1. How long have you been journaling?

Well, I've been journaling for a while now, I'd say a little over two years. It took me a while to actually get the hang of journaling and how to actually go about it every day.

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

I kind of alternate every time I get a new journal. My first journal was really just my thoughts and nonsense. It was full of feelings and was very messy. My second



journal however was a lot better and I found journaling to be a lot more enjoyable to do and I did it very often. It was really just a mix of my thoughts and art. In my current journal I'm doing a bullet journal and I'm in love with it. I think bullet journaling is a lot easier to do and it's nice because it allows me to organize my day and my thoughts.

### 3. I've seen a lot about bullet journaling recently but don't know much about it; could you tell me a bit more about what it involves?

Bullet journaling to me is a way to organize my thoughts, goals, future plans, list, reviews, etc. You can really use it for anything. Personally, since I constantly have the need to vent out my feelings, I use it as a thought journal. I also make check list of things I need to do throughout the day. I'll even sometimes make a weekly planner with my goals and things I need to get done for that week. This helps me so I don't slack off and procrastinate on my work. I'll even fill it with quotes and art sometimes.

Some basic things you need to start a bullet journal is a regular journal. Some people prefer grid moleskines because they find it easier to work with. Some like blank journals without lines because they feel like they can be more creative. I just use a regular line journal. But really it's whatever works for you. I like the lined or grid notebooks because I hate writing crooked. Another thing you'll probably need is sticky notes, pens, notecards, and really just office supplies like highlighters and all that jazz. Whatever you think you want or would need to bullet journal.

When you first decide to start a bullet journal you'll probably be like, "well, what the hell am I supposed to do now?" Well you can start out by simply making a checklist of your goals for the day. And then just continue.

#### 4. How does a bullet journal differ from a traditional journal?

The difference between bullet journaling and regular journaling for me is that it offers organization. And I really need that. I find it easier because it's clutter free and not as messy as just regular

journaling for me. Bullet journaling works but it only works about 65% of the time. Sometimes I just need to plain journal. And that's what I do. There's no rule that says you have to stick to it once you start, you just do you. Do what you feel comfortable with.

### 5. Why do you journal?

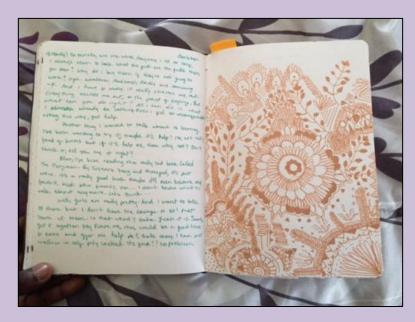
I think I journal because it allows me an outlet and a place to store my thoughts.

### 6. How often do you work in your journal?

I work in my journal if not every day, every few days. Currently I'm pretty keen on journaling everyday a few times a day because I've gotta keep my bullet journal updated, so I take it everywhere with me.

### 7. What are your favorite supplies to work with?

I have about 50 different colored ink pens and markers and I think those are my favorite. I also use pretty tape, colored post it notes, and index cards.



#### 8. What inspires you?

I don't know not very many things inspire me, but sometimes I'll watch the news and something about feminism and equality will come up or LGBT rights or anything that sparks my interest and I'll write about it.

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

Sometimes I do. Usually when I finish a book I write a mini review about it or if I discover a

really good song I'll write part of the lyrics down and write something based off of it. Or I'll even use journal prompts when I have nothing to write about.

#### 10. What are your thoughts on destroying journals?

Go for it. Personally, I like to toss mine down a flight of stairs. Sometimes when I do a journal entry about something bothering me or something that made my day horrible, I'll toss my journal down the stairs to get rid of some of those emotions.

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

Well I don't really post my journal pages or anything anywhere but Tumblr and I only do if I feel like I want to share my journal with the world. I feel that my journal is a personal thing that I share when I'm comfortable. But I do have a journal tag on my tumblr and a 'my-post' tag where I've posted some of my journal pages.

### For the Record #18: Chimene

The original interview was posted on Tumblr on April 8, 2015.

**Chimene** (<u>vagabroadjournals</u>) is a Brooklyn-based Dialogue Artist who makes journals for women of color under her brand, Vagabroad Journals.

### 1. How long have you been journaling?

I've kept a journal of some sorts all my life.

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

I use it to make sense of the thoughts that come to me, to inscribe my soul's essays, and to chronicle my narrative.

### 3. Why do you journal?

To keep myself alive.

### 4. How often do you work in your journal?

Every day.

### 5. What are your favorite supplies to work with?

Muji pens, Pental V7 and V5, Any purple gel/ballpoint pen, and graphite for doodles. When I'm making journals for my shop: mixed media, rhinestones, and tons of color.



### 6. Could you tell me more about your brand, Vagabroad Journals?

I started Vagabroad when I realised there weren't journals speaking to the soul of a woman of color like myself. At that point my parents had divorced, I was a senior in college, and I had no idea where I'd live or what I'd be doing after graduation since my dad had sold our home and my mom had moved 700 miles west. I couldn't afford a journal at the time but when I could, I remember browsing stationery sections at various bookstores and seeing the same images of Marilyn Monroe, Audrey Hepburn, and repetitive botanicals all over the place. None of it had depth, none of it spoke to me.

The exterior of a journal should beckon you to place your narrative within it, and this is the direction I chose take when I decided to make my first journal. I wanted to make a journal that called to me at a



deeper level with words that made me think about where I am in life. I call what I do Dialogue Art.

7. I completely agree, and I think it's so great that you are making journals that speak to women of

color. How long have you been making the journals and what has your experience been?

I've been doing this for about 2 years now, and the experience has been so fulfilling, between the emails and the comments on social media, but mostly with the stories women of color tell me on why they're ordering a journal or who they're ordering it for. This makes me glad I didn't listen to my fears that tea stained women wouldn't be interested in journals, yet alone made by me.

## 6. That's so fantastic, it sounds like you're inspiring a lot of women of color! What inspires you?

Things I know nothing about, ceramics, museum atriums, strangers' faces, sunlight, rooftop views, empty sketchbook pages, reflections, nomadic peoples, jazz, and the ocean.



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

Yes.

### 8. What are your thoughts on destroying journals?

I have no opinion on it; journals are part of the individual, and they can do with them whatever they wish.

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

vagabroadjournals.tumblr.com and 56winters.tumblr.com

### For the Record #19: Moni Holly

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

**Moni Holly** (moniholly118) is a 23 year old who was born in Wellington, NZ, but moved to America 13 years ago and now lives in north Florida.

### 1. How long have you been journaling?

I started keeping sketchbooks in high school, but they never really amounted to much. Then in 2013 over the summer I took an art journaling class at my college (FAU). It changed my life, basically. It was a month long course, and we had to complete an entire book during that time, so I became completely immersed. I lived, breathed, and dreamed art journaling. And since then I haven't been able to stop.



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

I've completed almost 4 art journals now, and each one is completely different than the next. I originally used a lot of magazine cut outs and found materials. Now I use mostly markers that I



manipulate using other substances like water. As far as content, I have always received inspiration from my day to day life, so the imagery and color pallets vary with my current interests.

### 3. Why do you journal?

I journal because it keeps me sane. I consider myself to be a very creative person; I love to constantly draw and doodle and color. When I can't do this regularly I get too many ideas floating in my head, which makes each one harder to access. Art journaling allows me to unload as much as I want whenever I want. It helps me keep things organized, and keeps new ideas continually flowing. It's also a great method of preserving memories.

### 4. How often do you work in your journal?

I try to do something in my journal each day. Sometimes I'll work on it for hours, drawing intricate patterns and images. Sometimes it's just for a few minutes, scribbling down an assortment of words to look back at later.

#### 5. What are your favorite supplies to work with?

My absolute favorite supplies are markers. I have an extremely large collection, because I have a tendency to accidentally buy new ones often. I like the variety of colors and line qualities you can achieve with varied markers. I also enjoy that some are water proof and some are not. Most of the

time after I draw in my book, it will end up with water on it. Some markers stay perfectly preserved, while some turn into an array of watercolor with ink running all over the place. Those are the best ones.

#### 6. What inspires you?

I am inspired by the things I see and hear in my day to day life. As well as the things I can't quite see and didn't quite hear. Dreams, meditations, and channeled drawings all play a huge part in my work.

### 7. Do you ever use journals as a basis to create other work?

I use my journals as a place to sketch out other ideas. Some pages feature notes for a novel I'm toying around with. Others feature conceptual jewelry designs for upcoming projects. I try not to hold anything back from my books, so they often end up with all kinds of bits and pieces in them.



### 8. What are your thoughts on destroying journals?

I've never purposely destroyed an entire one of my books. However, part of my process often includes obscuring or completely erasing the first layer on most pages. I usually use the first layer to write my most personal thoughts, then slowly add more and more layers until they're all unreadable.

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

My <u>Tumblr</u>, as well as my newest side projects' tumblr, <u>ImKOWAI.tumblr.com</u>. Also on my Instagram.

### For the Record #20: Kristin

The original interview was posted on Tumblr on April 15, 2015.

Kristin (foxwilliammulder & journalspo) is a 24 year old and teaching 2nd grade in Maryland.

### 1. How long have you been journaling?

I've been writing in a diary or journal on and off my whole life, and I've been trying to do it regularly for about 3 years.

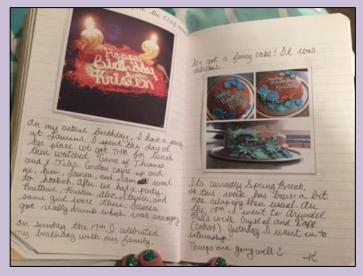
### 2. Describe how you use your journal/your journal style.

My journal is a mixture of lists, thoughts, answering thoughtful questions, and parts are more like a scrapbook, with photographs and movie tickets and such taped in. I am



not at all an artist, so there are no drawings or doodles. Any art in my journal is art I have printed out and taped in because it inspired me. I also include quotes, poems, and book passages that I love.

I also have a concert journal, where I write down all the shows I go to and what they were like, and a book journal, where I write down every book I read and rate it. I created my concert journal when I realized I couldn't remember all the shows I've been to. Live music is a big passion of mine so I was important to me to be able to remember each show. I've been keeping a book journal since 2006 and have written down every single book I've read since then (30-50 books a year).



### 3. Why do you journal?

I do it to remember and reflect, to be able to look back and see how I've grown. I find nothing funnier than reading my thoughts and feelings as a teenager/college student and seeing how different I am and my life is.

### 4. How often do you work in your journal?

Right now, it's about twice a month. I try to do it more but sadly teaching leaves me pretty exhausted at night so I

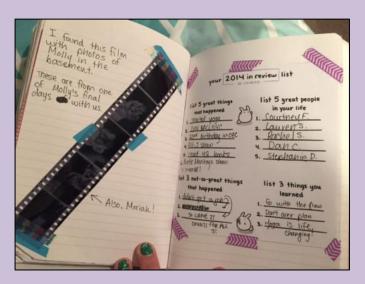
rarely feel like writing. I like lists because it feels like less pressure, and therefore I am more likely to do it. During spring/summer/winter breaks I usually journal multiple times per week. It's a goal of mine to journal a lot more than I currently do.

### 5. What are your favorite supplies to work with?

I use strictly black pens to write in my journal. I use washi tape in tape in tickets, photos, and such.

### 6. What inspires you?

Other Tumblr users, mostly! I love seeing other people's creativity and use writing prompts that people post all the time! I would journal a lot less if I didn't have Tumblr and my journaling blog to inspire me.



### 7. How long have you had your journaling blog, and what have your experiences been with it?

I made journalspo last year some time; I want to say it was in November or December. I wanted to get more into journaling and being regular with it, and it has helped so much. I stroll the journal, journaling, writing, art journal, and list journal tags to find things to reblog. I have been so inspired by the beautiful art and writing people do.

### 8. You have been posting an awesome List Challenge this month (which I really need to start!) - how has that been going?

The list challenge has forced me to write every day, which has been awesome. It just gives me an extra nudge to pull out my journal and do something. I've been journaling more in general this month so it's really sparked something for me. I have about 5 people who are also doing the challenge daily and posting it in the tag which is awesome (I'm hoping there's more people doing it that just aren't posting it on Tumblr). I love seeing other people's lists and learning about them. I would love to see more people posting, either text posts or photos from their journals! I hope the challenge is inspiring other people to journal more as well! I'm deciding if I'm going to keep this challenge going and do one each month, I think I'll take a poll before April ends.

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

No, for me, my creativity ends with journaling.

#### 10. What are your thoughts on destroying journals?

I think I could be very useful and cathartic for some, but I never would. Even if it was a bad time for me, I want to be able look back on it.

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

I'm <u>foxwilliammulder</u> on Tumblr, and <u>journalspo</u> is my journaling side blog. I'm also on <u>Twitter</u> and <u>Instagram</u>. My Instagram sometimes has pictures of my planner, and planner decorating is another hobby of mine.