What you’ll need...

- Chipboard
- Wide paintbrush
- Mod Podge
- Scissors
- Cord
- Fabric (10”x13” min.)
- Tapestry needle
- Cardstock (8½”x11”)
- Awl/Sharp tool
- 30 sheets paper (8½”x11”)

Choose the fabric that you would like to be the cover of your journal. Make sure the fabric is thick enough that the Mod Podge will not easily seep right through. Anything at least as thick as a standard white t-shirt should work.

Cut the fabric to about 10" tall by 13" wide. Lay it flat. Next, cut two pieces of chipboard, each 5½" by 8½". These will form the covers. If you have chipboard remaining, you can also cut a piece to support the spine. That piece should measure 8½" by approximately ½", depending on how thick you want the journal to be.

Lay the chipboard pieces out on the back of the fabric so there is about ¼" of space between the spine piece and the two cover pieces. There should be at least ½" of extra fabric on each side of the assembly. Brush a good amount of Mod Podge on one side of each piece of chipboard and glue into place. Don’t use so much that it easily runs through the fabric.

Brush the “interior” edges of the chipboard with Mod Podge as wide as necessary to glue the edges of the fabric down. Extra Mod Podge will dry, so overestimating is okay. Tightly fold the edges of the cloth over starting with the top and bottom. Fold the corners to make a wedge shape and then fold the last two flaps over tightly to finish the cover. Set aside to dry.

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Next, you will pierce the pages for binding. Separate the sheets into three stacks of 10. Fold each stack in half as best as you can. Due to the quantity of the sheets, they will not be evenly folded. This adds personality to the journal. You can try to even them out if you wish, but it’s very tricky to get them perfect. Watch out for paper cuts!

To bind the first stack of sheets together, start by threading the needle from the outside of the stack through the middle hole. Leave a couple of inches of cord on the outside. Push the needle back to the outside of the stack through either the top or bottom hole. Then, feed it back through the middle hole. Thread it once again through the only remaining hole. You can think of this as creating a figure eight with the thread. Tie the cord to itself on the outside using the couple of inches you reserved and cut. Repeat the process with the remaining stacks of paper.

To bind the three stacks together, trim the excess cord from the existing knots or cut two new short pieces. Grasp the loops from all three stacks to one side of the center knots, feed a piece of cord behind the loops, and knot it. Repeat on the other side. Try to keep the pages as even as possible while doing this.

Brush a liberal amount of Mod Podge along the spine of the book. If the stacks are tight, the Mod Podge should not be able to drip very far down between the pages. Using binder clips can help but can be a messy cleanup. Use if you wish. What you are now holding is called a “book block.”
Fold two sheets of cardstock in half so they are the same size as the journal and set aside. These are your “endpapers.” Endpapers join the cover to the book block.

Brush a 1” strip of Mod Podge near the spine on an outer page of the book block. Take one of your endpapers, and align it over the Mod Podge on the book block so it will open in the same direction as the pages. Press to adhere. Try to keep everything as aligned as possible. Repeat on other side.

Now you’ll attach the front and back covers to the book block one side at a time. Brush Mod Podge on the inside of one of the covers. Align the spine of the book block to the inner edge of the cover. Spread the endpaper flap out, and align it with the outer edges of the cover. Everything should line up well. Carefully adhere the surfaces together. Rub your hand over the endpaper several times to minimize bubbling. Repeat for the other cover.

**DO NOT OPEN THE JOURNAL FOR A FEW HOURS!**

The paper is wet along the spine and tearing WILL occur if opened too early. Give it at least a few hours to dry.