

"Visual + Written Journaling" with Lauren Miner
MATERIALS LIST

- composition notebook (wide or college ruled)
- blank loose paper (This is for drafting and practicing some ideas before writing them in the notebook. You'll probably only need a few sheets. Drawing paper or computer paper is fine.)
- black or blue pen
- one pen in another color (red, green, blue, etc.)
- pencil
- eraser
- pencil sharpener
- colored pencil, markers, other basic art supplies (Use whichever of these you like the best! This can also include any fun pens, stickers, washi tape, or other stationery supplies you may have already.)
- scissors
- glue stick
- OPTIONAL: magazines, photographs, found images, and other collage materials
- OPTIONAL: clear packing tape
- OPTIONAL: ruler