

GRATITUDE

Cultivating a thankful heart

CHALLENGE

**Sketchnote Boss November Live -
THANKFUL Project**

**Let's create a mini gratitude journal to
document the month of November.**

**November 4 @ 10 am Central
(8 Pacific, 9 Mountain, 11 Eastern)**

**Replay will be on FB page (announcements or videos section) and
YouTube**

by Marsha Baker and Renee Whitener
C 2020

See you Wednesday!



Supplies and prep prior to live:

3-4 sheets of 9" x 12" watercolor/mixed media/cardstock paper (OR, any size, weight paper – 8 x 11 copy paper is fine if that is what you have.)

Wal-Mart has Canson XL 140 lb watercolor paper for around 7.00

Watercolors or any color medium you desire (you will be sketching on these backgrounds – acrylics would be lovely but might not allow good sketch noting – you can use crayons if that is what you have) **KEY** – You need to sketch on whatever background you create.

Needle and heavy string/thread to sew your journal at spine to keep in place if you desire or stapler to staple. Your call. You could also punch holes and use rings . . . could use light weight wire, embroidery thread – whatever you have!

Pencil for sketching letters/icons and whatever outlining pen you like to use.

Prep:

Color all sheets of the paper on BOTH sides – watercolor would be great for this as you can see through it . . . but if you just color, great – ink is good but recommend lighter/medium colors, dyes – lighter/medium colors also. You can also use tea or coffee to stain your papers . . .

Please see day 10 challenge vid as Marsha showed a quick peek of her papers (18:45).

Again, think lighter/medium colors for the most part (not the dark ones) – see Marsha's quick peek – you want to be able to see your sketch letters and icons. You do you – whatever colors/staining/dyes you want.

Cut each sheet in half – the 9 x 12 will be cut at 6" to make two 9 x 6 pieces; fold each piece in half to make 3 x 4.5. Do not cut.

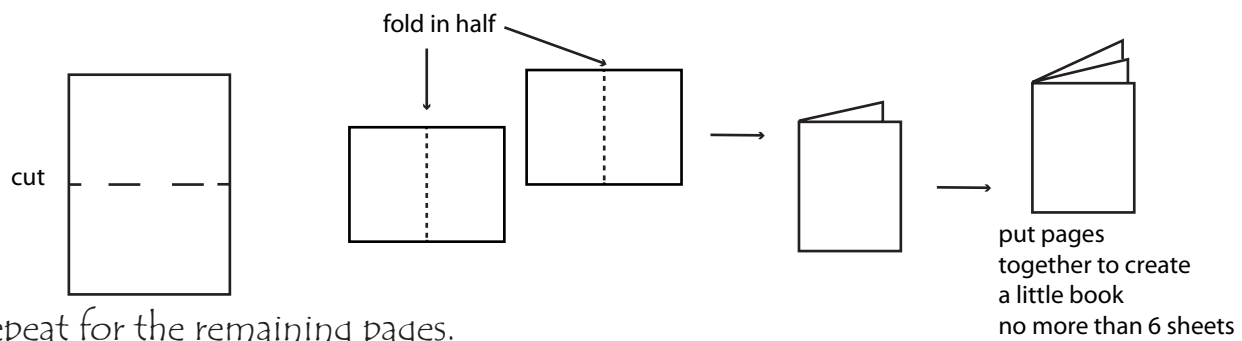
Sew/staple/rings/wire your booklet together at the spine – there are 8 letters in THANKFUL – You can chose to do the sketch letter and icons on one single page, or the sketch letter on left side and icons on the right side – you decide if you want to use all 8 9 x 6 folded sheets – you can always fill it later if pages are not used!

The Process

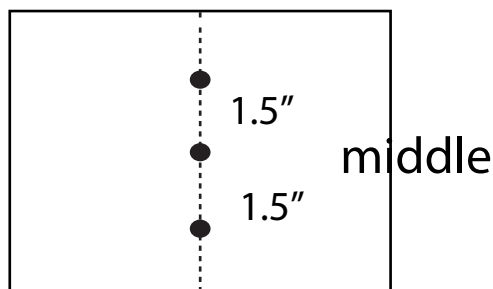
As we start the holidays let's start a fun and easy project with no rules. Let's make a mini gratitude journal. Let's get the journal prepped and bound and then let's take the rest of the month to doodle and document our gratitude for all the great things that the Lord has provided for us.

The Process:

1. We're going to start with blank paper and using some colors we have on hand, we're going to create some beautiful backgrounds. See page 2 for ideas.
2. Then we're going to cut our paper in half, (cut halfway through the tall side). Fold the half sheet in half folding the long side in the middle.



3. Repeat for the remaining pages.
4. Put the pages together to create a book. Play around with the placement to colors on opposite pages work together.
5. With the book open flat make marks in the middle and then 1.5 inches north and south of the middle dot.



6. Take the darning needle and poke holes through all the sheets through the dots.
7. Thread the darning needle with some thick thread like book binding thread or embroidery thread (6 strands).
8. Start in the middle and sew up and then sew down. (see FB live Video on Wed. for a demonstration)

Then the rest is up to you on how you want to fill it. The next page has a lot of ideas for you to consider.

Content Ideas

THEME IDEAS

- Doodle something every day about something you're thankful for. If you used 4 pages that is 22 pages (not counting the front and back cover). You could doodle one or two days per page. Write about the day and then draw something

- Make an acrostic out of THANKFUL. Do a decorative capital letter for each 2 page spread (see next page). Then journal about something you're thankful for on the opposite page.

- Or don't have a plan, just journal as the Lord leads you. Here are some page ideas:

- doodle something you love
- doodle about something that happened recently
- something unexpected
- a favorite verse
- a quote on gratitude
- holiday menu or recipe
- a calendar of activities
- your 10 favorite _____

Font inspiration

You could also search for “drop-Caps” and you will get lots of capital lettering inspiration. Check out dailydropcap.com This is a site by Jessica Hische who is an amazing typographer. Click on see everything

T T T
T T T T
T T T
T T T
T T T

H H H
H H H
H h H
H H H
H H H

A A A A
A A A A
A A A A
A A

N N N
N N N
N N N
N N N
N N N

Font inspiration

KKK

K K K
K K K
K K K
K K K
K K K
K K K

F F F F
F F F F
F F F F
F F F F

U U U U
U U U U
U U U U
U U

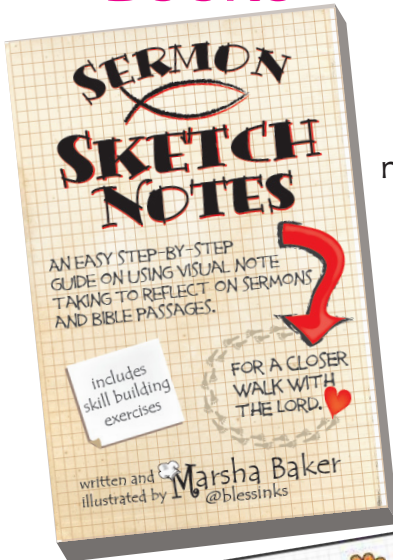
L L L L
L L L L
L L L L
L L L L

Marsha's resources

blessinks@live.com www.blessinks.com

P O Box 655 St. Charles MO 63302

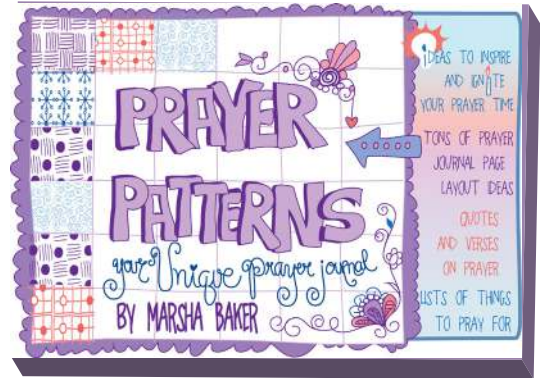
BOOKS



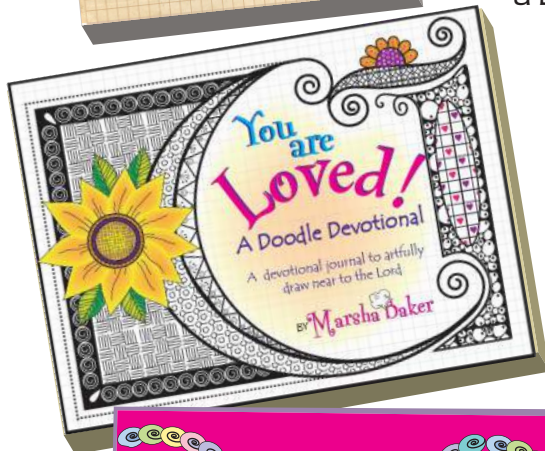
learn how to take more effective notes during the sermon through visual note-taking

Speaking available for workshops, custom zoom classes

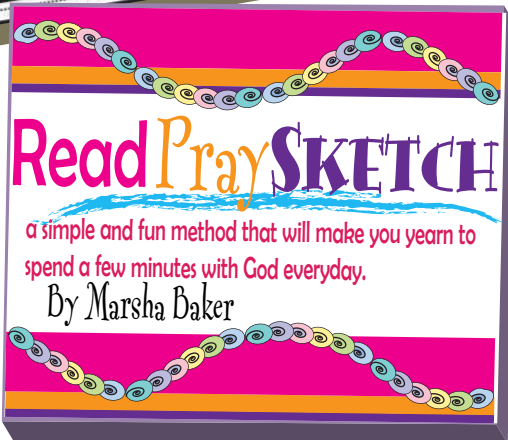
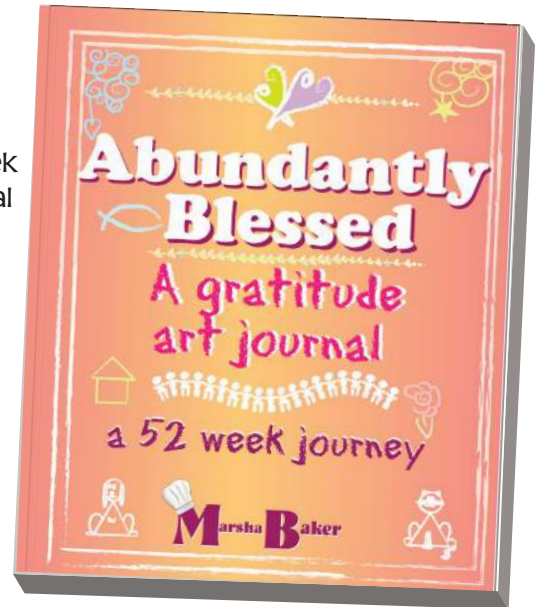
a guided prayer journal



a 28 day devotional ready for your doodles.



a guided 52 week gratitude journal



a guided 365 day 15 minute journal to capture your Scripture notes, thoughts prayers, gratitudes and doodles



a 30 day guided journal to help you doodle 100 things you are thankful for