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Junk Journal Starter Checklist

Everything you need for your very first junk journal — tick off what you already have.

BEGINNER FRIENDLY

Papers

- ☐ A blank notebook or an old hardcover book
- ☐ Vintage book or dictionary pages
- ☐ Patterned scrapbook paper
- ☐ Kraft or brown paper bags
- ☐ Tea-stained or coffee-dyed paper
- ☐ Envelopes in different sizes
- ☐ Sheet music or old maps
- ☐ Napkins or wrapping paper

Ephemera

- ☐ Postcards and greeting cards
- ☐ Ticket stubs and receipts
- ☐ Old photos or photo copies
- ☐ Tags and luggage labels
- ☐ Stamps (postage or rubber)
- ☐ Pressed flowers and leaves
- ☐ Recipe cards or handwritten notes
- ☐ Printable ephemera sheets

Tools

- ☐ Sharp scissors
- ☐ Glue stick and liquid glue
- ☐ Double-sided tape
- ☐ Ruler and pencil
- ☐ A few good pens
- ☐ Hole punch
- ☐ Bone folder (or a spoon)
- ☐ Needle and waxed thread (for binding)

Little Extras

- ☐ Washi tape in 3–4 patterns
- ☐ Lace, ribbon and twine
- ☐ Paper clips and binder clips
- ☐ Buttons and small charms
- ☐ Stickers
- ☐ An ink pad for distressing edges

Tip: keep a small box or envelope by the door and drop in any paper treasure you find this week.

no perfection needed

10 Rules, One Line Each

Pin this page above your craft table.

1

Start With What You Already Have

Your drawers and recycling bin hold enough for a whole first journal.

2

Mix Vintage and New

Old book pages look even prettier next to fresh washi tape and stickers.

3

Let Imperfection In

Torn edges, crooked photos and glue marks are part of the charm.

4

Build in Layers

Stack papers, doilies, pockets and tags to give every page depth.

5

Leave Room for Your Own Words

A quote, a memory or a simple date makes the page truly yours.

6

Give Packaging a Second Life

Cereal boxes, paper bags and envelopes become covers and pages.

7

Add Little Interactive Extras

Pockets, flaps, tuck spots and clips invite you to open and explore.

8

Give Each Spread a Story

A season, a trip, a recipe or a feeling — one idea per spread.

9

Find Your Style by Trying Several

Shabby chic, rustic, botanical... play until one feels like home.

10

Keep It Slow and Fun

Put the kettle on, take your time, and enjoy the making.

Want a ready-made kit?

Printable junk journal papers, ephemera and stickers — download, print and start today.

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