



I have to confess...

A little book of things you just have to get out in the open

What's this book about?

This is a little book about you...and anything you haven't written in a scrapbook before. Hopefully you've been thinking about some things you might like to confess...but that doesn't mean you're making a negative book or writing anything that makes you feel uncomfortable. Think confess on a silly scale...tiny little quirks that make you unique, though they aren't the first things to become obvious. My book has five confessions -- yours can have any number you fancy. Each confession is documented with one sentence, one photo and a few more sentences to explain why this is important to you...*the bit that tells the story*.

How do I get started?

The photos are the base for this book quite literally -- they will become pages themselves. So you'll need your chosen photos, some cardstock and some adhesive to start. You'll need one photo per confession plus one photo for your cover. Your first step? Back each photo with cardstock. If you're using textured cardstock, remember to place the photo on the 'wrong' side of the cardstock. You don't need to leave any edges, just cut the cardstock to the same size as the photo and make sure your adhesive keeps the edges firmly in place. Stack your pages in order, with the cover shot on top. Open the cover to your first confession. The cardstock to the left is the back of your cover photo. Here's mine:



My first confession? *I envy houses with wooden floors.* Yes, I have carpet, carpet and more carpet. And yes, it is okay to laugh that this bothers me. Someday I will not rent and thereby gain control of my wall-to-wall carpeted life! In the mean time, I will oooh and ahh every time I walk into a house with nicer flooring.

How are the pages constructed?

I added my confession sentence right on top of the photo. I used three things: sticker letters for one big word (I used the Making Memories Ready to Glitter stickers for lots of sparkle), a label sticker from 7 gypsies and a black Slick Writer pen by American Crafts to write straight on the photograph. Look for a spot in the photo with a solid colour or open space as that will be easiest to read, but in a pinch you can make it work with a busier photo too. Just trust your judgement on what you can read and if in doubt, stick it on a label. Remember you can mix the sticker letters for your title if you want to maximise your stash.



To the left of each photo, I used a similar design for all the pages: a grouping of flowers plus a journaling stamp to hold my little story. My stamp is from Purple Onion, but you might use an index card, draw lines for your journaling or print it out and stick it into your book. The trick is to not reinvent the wheel. Come up with a design you like, then alter it just slightly to make each

page different -- mix the colours and move the placement a little. Don't worry about spending hours trying to make each page something new -- in a small project, repetition creates a feeling of unity rather than a bore. It also keeps the focus on your stories and humour.

My second confession? *I am already counting the days until our ski trip.* When I made the book, there were 84. I am still counting them down. Super excited. {And you can see how this page is similar -- the colours change and things move slightly, but that's all.}

What should I write on the left?

A good confession always has a little explanation, right? Even in the movies -- we don't want to know that the bad guy killed the innocent victim in the first scene -- we guessed that. We want to know **why**! So use the left to dish the dirt...tell us a little more about this confession. If you get stuck, try opening lines like:

It all started when...

No, really.

Maybe ____ isn't the right word...

This has always been true.

I wish I didn't, but I do.



My third confession? *I am rubbish at chess.* Much to the dismay of pretty much everyone I know. They all play chess. And although they can beat me, it's not as fun to beat someone who is admittedly completely rubbish at the game. Apparently. After all, I wouldn't even know what it was like to beat someone who had never picked up the pieces!

How does it all go together?

Once you've done a confession or two, you'll have the hang of making all your confession pages. Once they are finished, you're nearly done. This is a seriously quick project. It provides more time for making other projects or simply relaxing and basking in the fact that you have made something from start to finish in one afternoon. And yes, it is perfectly fine to celebrate that with chocolate, champagne or anything else you deem appropriate.

With your confession pages finished, you need to do your cover. Add your title straight to the photo, just like before. Since the cover will get more wear than the inside pages, I added a trans-

parency to cover that photo. Cut the transparency to the same size as your photo, then cover the left side of the transparency with cardstock -- I cut mine into a scalloped edge so I had about two inches of cardstock on the left of the transparency. All this transparency cover stuff is actually optional -- but it should keep your cover intact longer, which is always useful. You can add your title or any other embellishment to the transparency rather than the photo too. Get as artsy as you want. If you have embellishments you love but you never seem to use, consider them here since they can look fab just because you like them, which is plenty reason to use them. They will look way cooler on the front of a project than lingering in a box of neglected stash this time next year, so don't be afraid to use the products you love and own!

Once your transparency is done, stack up all your pages in the right order, with the cover photo then the transparency on top. Punch holes in the same place on each page -- either by using an office punch with two evenly spaced holes or by measuring the first page, punching through, then using that page as a template for punching all the others. Thread book rings or ribbons through all the holes to keep your pages in book form.



My fourth confession? *I make this face entirely too often.* It's my 'you can't be serious' face, and thankfully it doesn't make it onto film very often. This particularly photo is funny enough to make me laugh about it and remember not to make that face quite so much...evidence that sometimes I need to lighten up!

Anything else to finish?

This is where you can take a look at your book and decide if you want to do more -- more pages, more journaling or more embellishment. This sample project is just a starting point, so don't be afraid to take it in a different direction to make it more you. You might fill your book rings with ribbons and charms, for example.

I love making the back cover a bit creative...something to document who made this book and when. I used a few stamps (from Cats Life Press) for this, but you could also write directly on the back cover or include a photo and sign and date the back of your book.



And once I'm done?

I hope you'll share your work with us...although that is totally optional, of course. Post your work on your blog or in a gallery at your favourite scrapping community site. Then come back to shimelle.com and leave a comment to point us in the direction of your project so we can see what you've made! I'll feature a few on my site and send a RAK or two to a few participants as well. But most of all, we'll all be able to see how each project is unique in style and substance, despite the starting point being exactly the same. *And that part of crafting is quite possibly the best.*



My last confession? *I photograph the second prettiest cupcake. Because I eat the prettiest one myself.* I try to say it's fair trade for baking and cleaning up after baking...but it may just be a total lack of self control. Especially when sprinkles are involved.

I can't wait to see what you have to confess. Please post to let us know and send me an email at shimelle@writtendown.com if there is anything I haven't answered or if you need any help.

Thank you for a fabulous 2006 -- may this year be great for all of you too.

Love and glitter,

*Shimelle.~**
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