

# YOU & ME JOURNAL

By Lisa Truesdell

## JOURNAL KITS

### STEP 01

Gather your supplies. You'll want to choose coordinating paint and Mister Huey's Color Mist colors. For my journal, I used pale gray paint and Heirloom Blue Mister Huey - but a experiment with your color choices. A tone on tone look with similar colors is fun, too!

### STEP 02

Start with a basecoat of your paint. I used an acrylic paint for mine, and was careful not to get too much on my brush. Thin coats work best - you want the embossed detail on the journal to shine through.

### STEP 03

Once your paint is dry, you're ready to mist. Select a mask (I chose the ampersand) and place it where you want it.



### SUPPLIES

4x8 woodgrain embossed journal, Mister Huey's Color Mist - Heirloom Blue, Ampersand Mask, Memoir Scraps, Calico Fabrics, 6x6 Label stickers - grey, Chipboard Alpha - cream, Classic Calico, Scrap Pad, You Are My Happy Clear stamp set, grey acrylic paint, black ink



Lisa used the Woodgrain Journal for her album but this technique and all of the supplies can easily be used with our other great 6x6 Alphabet Journal.

### STEP 04

I wanted the color to be concentrated around the mask, so I sprayed my Mister Huey's Color Mist 4-5 times, holding it about 4inches away from the journal right over the mask. If you want the mist to cover the whole journal, spray from further away.

### STEP 05

To finish my journal, I added a Fabrip binding and a bit of Scraps for trim. I spelled out my title with chipboard letters and added a couple of stamped labels. I also used a Scrap Pad to add dividers to the inside pages.