



# HKMemory Chest

*The only place to scrap in Hong Kong*

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## What is Journaling?

Journaling is simply telling the story that goes with what you've prepared on your scrapbooking page. Without journaling, the photos and embellishments on your page may lose their meaning over the years as the memories fade and the pictures no longer hold as much value by themselves.

It could be concise or comprehensive with long paragraphs that share your thoughts and feelings.

Here are three suggestions to improve journaling :

1. Write from the heart. Journaling that describes the feelings of the people in the photographs at the time; what they heard, saw and enjoyed! It completes the story found in those pictures. When you are next scrapbooking a page, ask yourself these questions :
  - a. Why do I love this picture?
  - b. What was special about that day?
  - c. How did I feel when this photo was taken?
2. Use a poem or a quotation. Sometimes you just can't come up with the best words to use on a page... this is when the best words may not be your own. Try using words from a poem or a particular quote that applies to the photos.
3. Use fonts sparingly. Although there are some fantastic fonts around now that are really valuable to scrapbookers, a common mistake is "too much of a good thing". Stick to just one or two fonts per layout to give your page a classic, clean and cohesive feel.

Have a look at this great site for more ideas about [poems and quotes](#) and then also look at a site that provides great ideas for using [fonts](#)... and lots of them are downloadable and free!