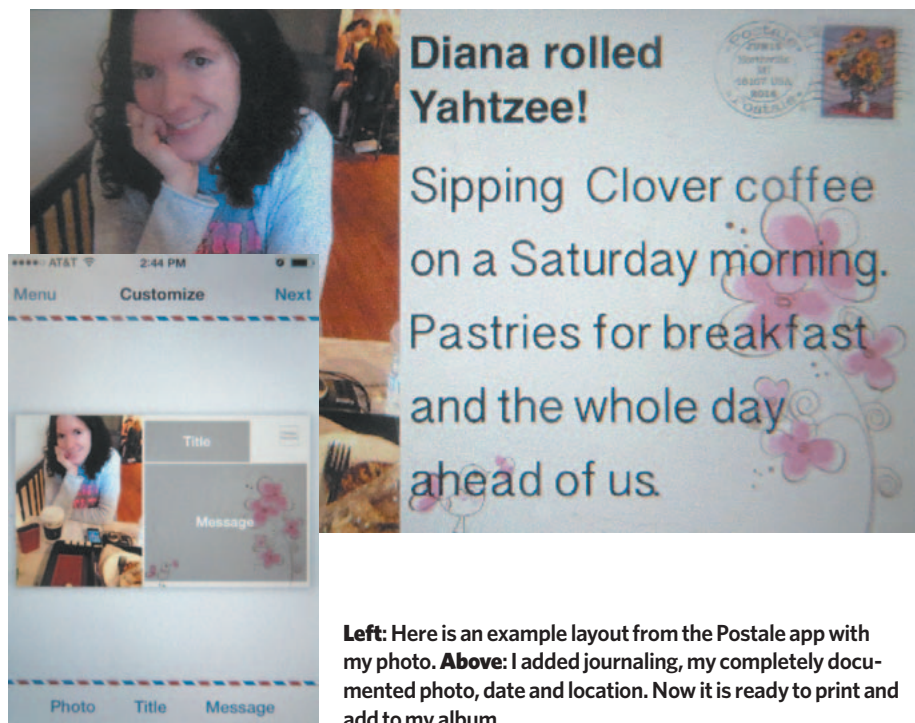
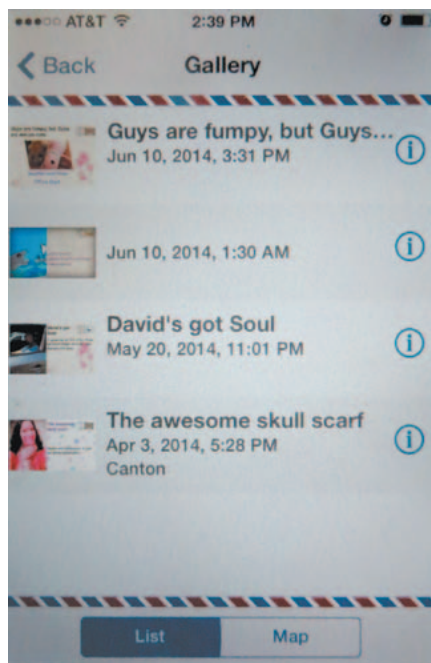


Journey to Journaling

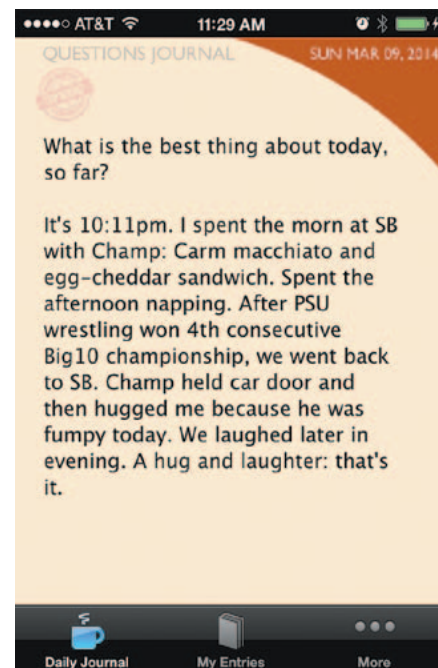
Don't worry be Appy! Using phone apps to scrapbook: Add journaling and photos to your scrapbooks quicker and easier than ever



Left: Here is an example layout from the Postale app with my photo. **Above:** I added journaling, my completely documented photo, date and location. Now it is ready to print and add to my album.



This is the gallery view of all postcards I have created. They are ready and waiting to be printed.



The Q&A Journal app is a great way to capture thoughts or record others' answers to questions.

A smartphone can become a scrapbooker's new best friend.

You're probably carrying your phone with you right now, guarding it closer than you do your car keys. It is an integral part of your life, from taking pictures to sending texts and, oh, yes, making an occasional phone call. Right there, you have the tool to

expand your expectations of scrapbook journaling and create memory-capturing habits.

You may struggle with journaling for any number of reasons. You feel too busy and overwhelmed to make time to scrapbook. You are self-conscious of your

handwriting. You forget details about those special events, which makes "catching up" on the past seem overwhelming. Just like a trimmer or your favorite pen set, specialized phone software applications ("apps") are your on-the-go tool. You have the technology; make it work for you.

The idea behind using an app is to make it as easy as possible to capture a moment in the moment. Doing so preserves the memory for scrapbooking traditionally or digitally at a future time.

2 kinds of apps

Apps that can work with scrapbook journaling fall into two categories: ones that begin with words and those that start with the

pictures. Both categories of apps offer elements to enhance and accentuate the entry. Think about adding a smiley face or Emoji to highlight your mood. What about adding the sound around you to capture the essence and authenticity of the activity? These dynamic entries can be incorporated directly into your scrapbooks. How? you ask.

To get started, type the word "journal" into

the search bar of your phone's app store and numerous diary, journal, days and moments apps will show. Type "photo" or "picture" in the search bar and hundreds of editor, collage, lab and studio results are listed. To find an app that fits your personal goal, read the reviews and the version history to discover what features it offers. One thing is for sure: they all allow you to share between various social media sites.

Some apps that I use

The apps I mention here are specific to Apple's iPhone/iPad app store, but identical or similar programs are available on other platforms.

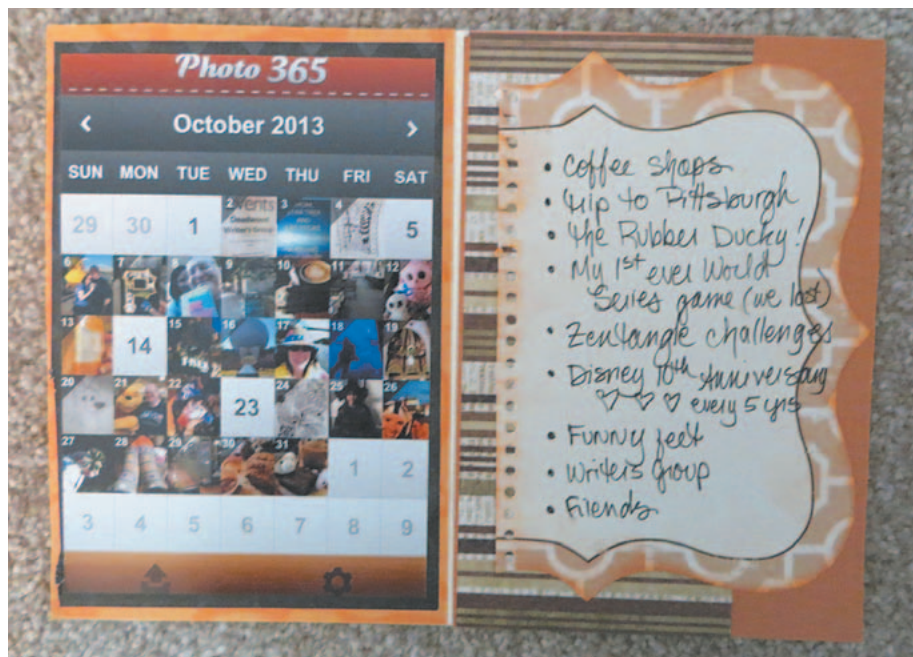
If you want seamless journaling that completely captures your life in the now, consider **Day One**. The app's casual daily format provides room to type an entry as long or short as you want and add one photo to each entry. You

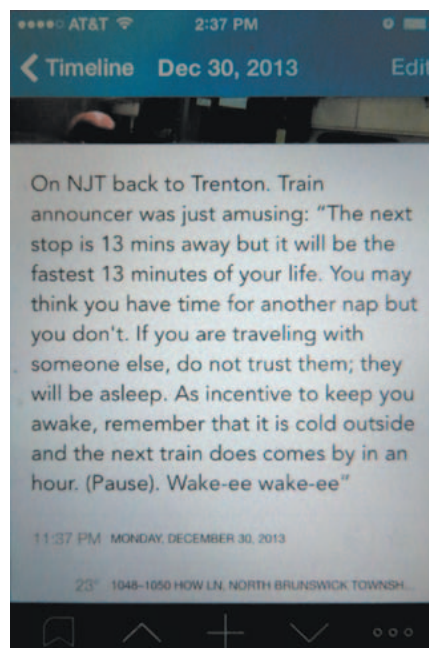
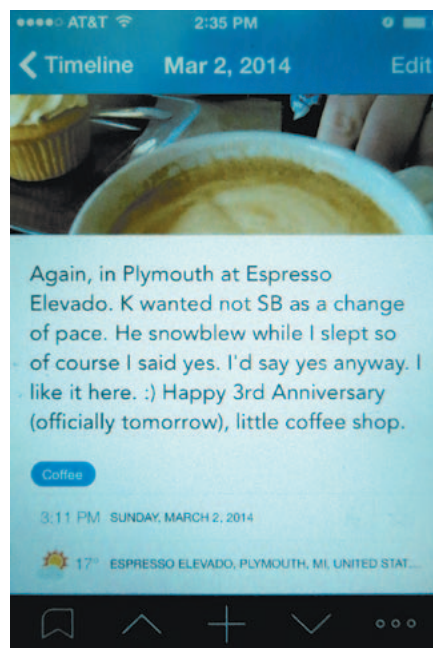
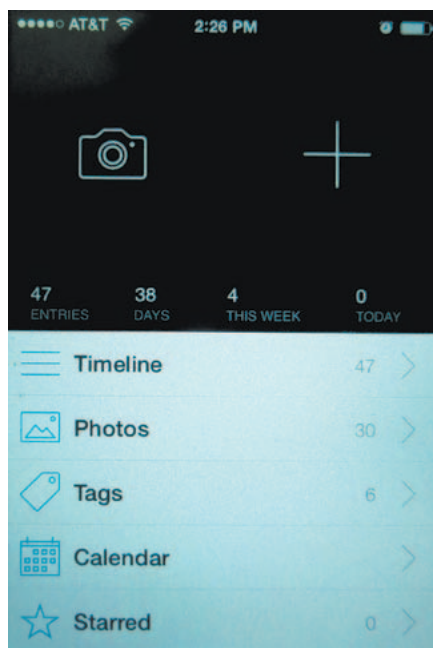


DIANA HIRSCH



Left: The Photo365 app—using a monthly calendar layout to save images each day. **Middle:** I used the monthly layouts to create a year-in-review mini-album. Notice in this month I did not take photos every day. This app helped keep in order the photos I did take. **Right (next page):** Apps help you document day-to-day life. I printed out one month from the Photo365 app and journaled about the highlights all on one 12- by 12-inch page.





Left: The Day One app allows you to keep track of daily happenings with or without photos. **Middle:** DayOne-March 2014. **Right:** DayOne-Dec 2013.

can “star” entries as favorites or tag them with keywords for easy reference. My favorite feature is the GPS setting that links your physical location plus current time and weather to the entry. Yes, the weather! That is a detail even I might never have thought to add. When you are done, you can email or print a pdf of the entry as instant journaling.

For a personal, journaling-only experience, look at **Q&A Journal**. This app gives you a daily prompt in a perpetual calendar format. The thought-provoking, fun and light-hearted questions can be used in many ways. Ask

“What is your motto?” and “What is the best advice you have ever received?” and “What is your favorite ice cream flavor, and what does that say about you?” at gatherings to record family history. Email and print the entries answering “What is your color for today?” and “What is your favorite quaint place to visit?” and “If a child asks, ‘what is the meaning of life?’ what will you say?” Combine a photo with the question “Who is your newest friend?” for a layout in your child’s album. Have fun with questions like “What if you found out your best friend was an FBI fugitive?” and “What super-

power would you like to have for just today?” These questions are perfect for compiling into an “All about me” mini-album.

You probably take pictures most days with your smartphone, so collect them in one place with a calendar-style app like **Photo 365**. This captures memories without the stress of journaling. The app won’t explode if you do not add a photo each day, but it is a great reminder of the timeline of events throughout the year. You have the option to add multiple photos to a day and choose the focal calendar date image. You can then upload pictures to print a photo book or send a postcard.

Once you start saving photos, you will want to eventually record some journaling, so if the short format of postcard-length journaling appeals to you, then consider **Postale**. Choose

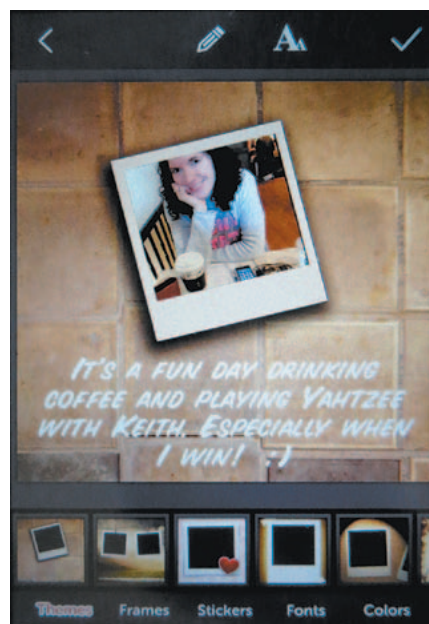
or take a photo, add a title just as you would on a scrapbook page and then finish off with a snippet of text like “Parent’s 50th wedding anniversary in Detroit” or “Jane’s third grade recital.” Just like that, you have journaled an ePostcard that you can mail or email. Print the image for a ready-made addition to a scrapbook. Don’t worry about minutiae; the date, time and location are saved in the funky ePostmark with customizable postage stamps.

InstaCard is the closest app I have found to actual scrapbooking. Using the pre-designed Polaroid-inspired templates, type a title or some brief text and add photos. By adjusting the font type, style or color and then adding a frame or an image sticker, you have a matted photo complete with journaling to add directly onto a scrapbook page.

Do I actually use these app creations? Absolutely! I print my monthly Photo 365 images and compile them all in a Year in the Life type of mini album. I could just as easily complete a monthly summary layout. Even if I just saved them to my camera roll, I have them as a reference for when and where events took place when I go to scrapbook the actual photos weeks, months or years later. I use Day One as a reminder for me when I handwrite my journaling, but I could just as easily email them to print out and paste directly onto my pages. I use Q&A journal as reflective writing, personal entries that may or may not make it into an “All About Me” mini album. I have emailed and snail-mailed real postcards using the apps above.

Apps like these open so many possibilities, and you’re sure to discover more as you use them. Explore and have fun. ✨

Diana Hirsch is a Certified Zentangle Teacher and an award-winning writer. To inquire about classes or writing availability, contact her at diwolf@aol.com or visit her blog at www.wolfhowlings.wordpress.com.



InstaCard provides pre-designed layouts, frames, stickers, and fonts. Here are 2 basic layouts of a photo plus journaling showing some of the options. I can now print out this photo with the journaling and digital embellishments to add to my traditional scrapbook.