

EVERYDAY JOY

Mini Book Workshop





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WELCOME!

Pages in Progress™ is a prompt-based creative journaling system designed to help you tell stories, capture moments, and make meaningful pages without overthinking where to begin.

This workshop is for anyone who wants a simple, creative way to explore memory-keeping, journaling, and storytelling on paper, whether you're brand new or already love paper projects.

WHAT YOU'LL MAKE

The theme for today's project is Everyday Joy.

You'll use the prompt cards included in the workshop to help you decide what to write about and how to decorate your pages. You can respond with words, decorative elements, or leave space to add photos later.

You'll create a folded mini X book from one sheet of white cardstock.

Your book will include:

- a front cover
- a back cover
- inside panels decorated with paper, stickers, washi tape, and journaling

SUPPLIES

- white cardstock
- patterned paper
- washi tape
- gel pens
- stickers
- scissors
- tape runner
- this handout



A GOAL FOR TODAY

Focus on small moments, simple stories, and creative play.

Your mini book does not need to be perfect to be meaningful.

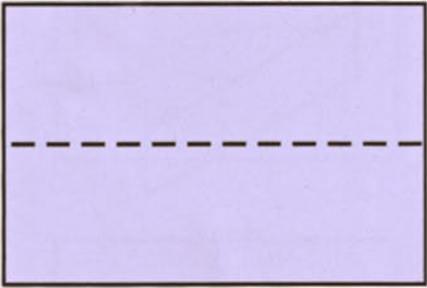
PROJECT INSTRUCTIONS

Step 1: Fold Your Mini “X” Book

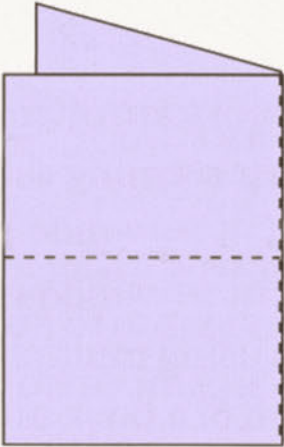
Your mini book begins with one 8.5" x 11" sheet of white cardstock folded into 8 panels.

1. Fold a piece of paper in half lengthwise, then open it.
2. Next, fold the paper in half width-wise and keep it closed.
3. Fold the left edge toward the center.
4. Fold the right side edge to the center.
5. Cut a slit along the center crease. Be sure to cut only between the two middle sections, not through the outer edges.
6. Fold the paper in half again along the center crease. Push the ends together so that there's a diamond-shaped opening in the middle crease of the paper.
7. Fold the middle sections over and wrap them around to make the book.
8. Lightly write the page numbers on your book as shown, so you can identify the front and back covers and the inside pages.

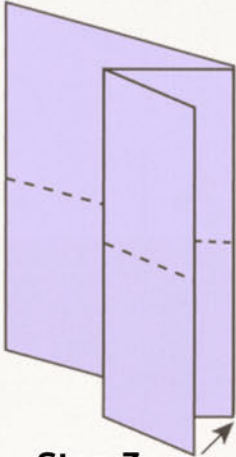
Folding the Mini Book



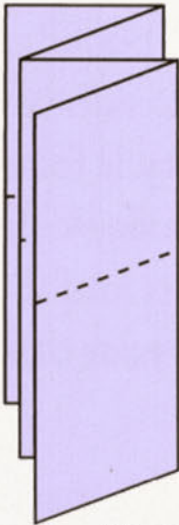
Step 1



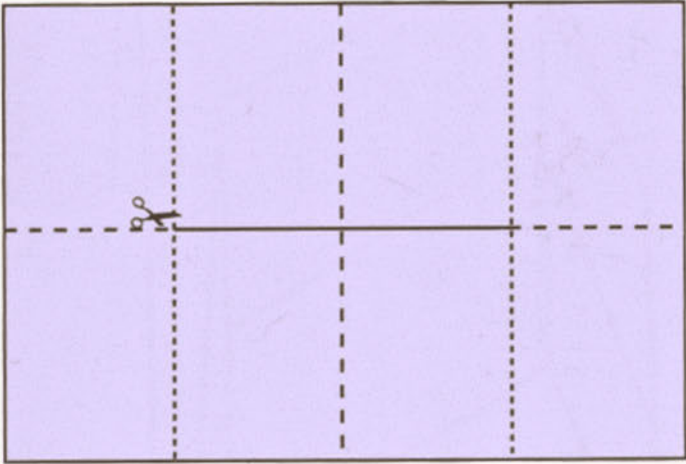
Step 2



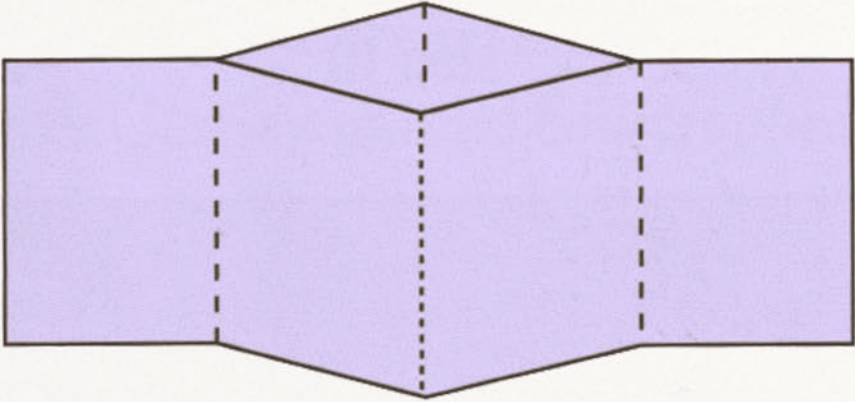
Step 3



Step 4

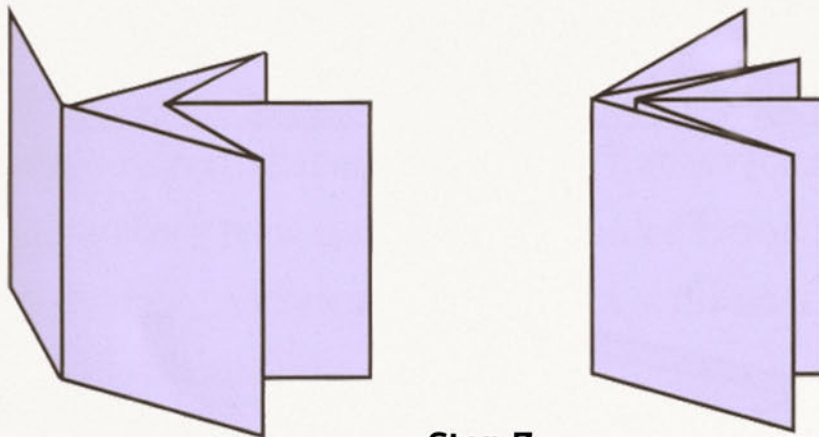


Step 5

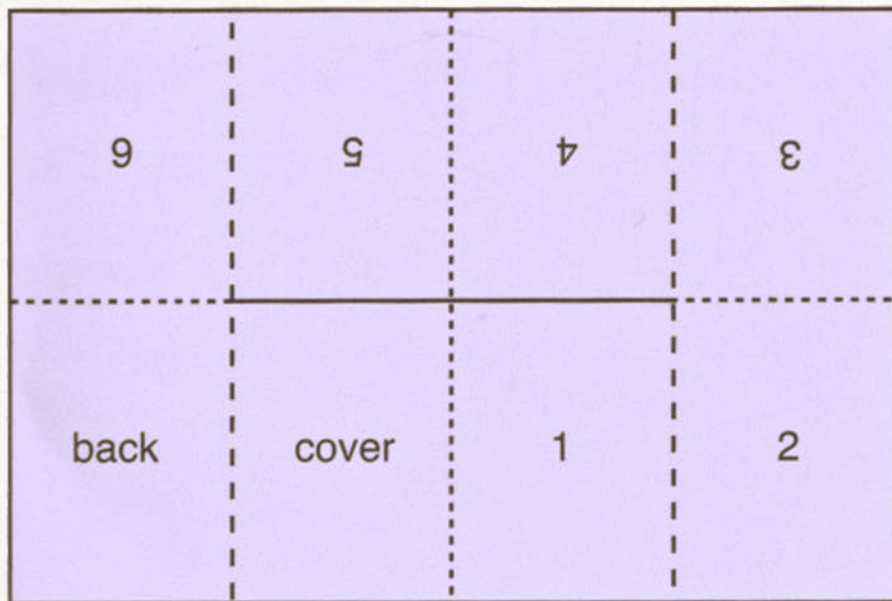


Step 6

Folding the Mini Book (cont)



Step 7



Step 8

Don't worry about perfection!

Creases, layers, and texture are part of the charm.

Step 2: Use the Prompt Cards

Theme Card: Everyday Joy

This is the overall theme for the mini book.

Story Cards

These are the prompts you'll respond to in your book.

You can use one, two, or all three story cards to inspire your panels.

Example story prompts in this workshop include:

- a small moment that made you smile
- someone or something you're grateful for
- a comfort in your daily routine

You might give one prompt its own panel, or let one prompt inspire several panels.

Technique Card: Washi Tape

This card suggests a creative technique you can use on your project if you want to.

You can use washi tape to:

- create borders
- divide panels
- layer underneath paper pieces
- anchor journaling spots
- add quick color and pattern



If You Feel Stuck...

Start with the story card that feels easiest or most immediate.

Ask yourself:

- What small thing brought me joy recently?
- What daily ritual comforts me?
- Who or what am I especially grateful for right now?

Then choose one panel and begin there.

Work at Your Own Pace

You do not have to finish every panel the same way.

- Some can include writing.
- Some can be mostly decorative.
- Some can hold just a short phrase.
- Some can be left open for photos later.

ONE PROMPT SET, MANY POSSIBILITIES

You can use the story cards in different ways:

- use **one** story card for the whole book
- use **two** story cards across several panels
- use **all three** story cards to decorate different panels

The sample mini book shown here uses **all three story cards** plus the optional **Washi Tape** technique.

The patterned paper, stickers, washi tape, and handwritten journaling all work together to tell the story.





What to Notice

There is no single right way to interpret the prompts.

Your book might include:

- short journaling
- single words or phrases
- decorative layers
- small memories
- quiet observations
- spaces left open for photos you want to add later

The goal is not to make the book look like someone else's.

The goal is to make it feel like yours.



Use one prompt or use all three.

The technique is optional.

You can leave space for photos later.

Small moments make meaningful pages.

TROUBLESHOOTING

If You're Not Sure Which Story to Use

Pick the one that feels easiest to answer right now. You can always come back to the others later.

If You Only Want to Use One or Two Prompts

That's completely fine. You do not have to use all three story cards unless you want to.

If You Don't Know What to Write

Try:

- one sentence
- a list of words
- a memory fragment
- a caption
- a few phrases about what you noticed

If You Don't Want to Write a Lot

Let the supplies do some of the storytelling.

You can use:

- patterned paper for mood and color
- stickers for emphasis
- washi tape for layering and interactive flip ups
- gel pens for borders, doodles, or short notes

TROUBLESHOOTING (CONT)

If You Don't Want to Use the Technique Card

The washi tape technique is optional. Use it if it helps you get started or adds something fun to your project.

If Your Panels Feel Incomplete

Work one panel at a time. A little paper, one sticker, a line of journaling, and a strip of washi can be enough.

Permission Slip

- You do not have to fill every panel today.
- You can decorate some pages now and leave space for photos, memories, or extra journaling later.
- Start anywhere.
- Small stories matter.
- Ordinary moments are worth documenting.
- Your handwriting belongs here.
- Done is better than perfect.

NEXT STEPS

Keep going!

You can keep using this process in simple ways:

- Make another mini book
 - Choose a new theme or revisit Everyday Joy again.
- Use prompts in your journal or scrapbook
 - The same kind of prompt can work on tags, cards, layouts, and creative journal pages.

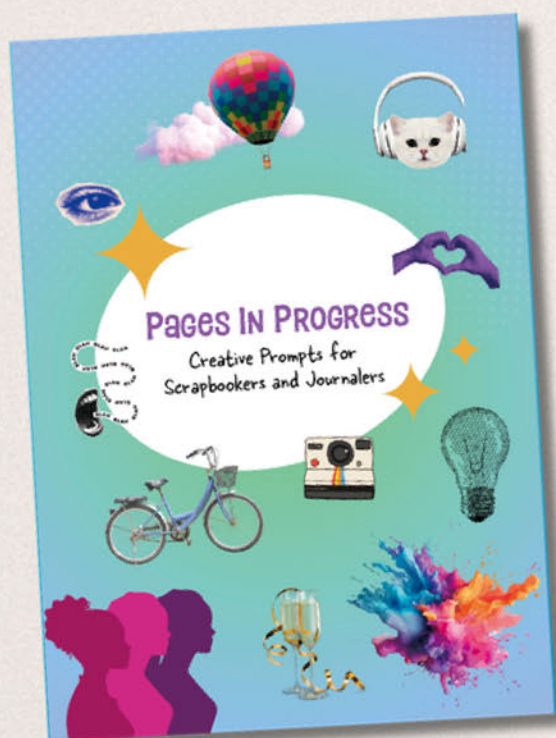
Keep noticing the little things.

Small moments often become meaningful when we give them a place on the page.



WANT THE CARDS?

Scan the QR code to learn more and join the waitlist for the Pages in Progress Creative Journaling deck.



By signing up for the waitlist, you'll also be added to the Pages in Progress email list for tips, video demos, behind-the-scenes, and reflections on creativity.

(I send emails up to twice a month and you can unsubscribe at any time.)