



Custom Journaling Cards

By Lydia Tarbox

Are you a fan of the pocket scrapping trend but would like to use traditional scrapping kits to create your layouts? Or, would you just like the ability to add a little flair to the journaling on your traditional pages? Several months back, I thought it would be really nice to have some journaling cards that perfectly coordinated with the kit I was using for a layout. So, I decided to make my own! It's really easy and so versatile.

By using just a few basic shapes and a stroke outline, you can create all sorts of journaling cards to match any kit you want to use. And, if you want to add even more flair, you can adapt this tutorial by using custom shapes. Really, the sky's the limit! So, let's get started!

NOTE: The ability to type inside of a Shape was added in Photoshop Elements 10. If you have PSE9 or earlier, you will not be able to complete this tutorial. Make sure to save the PDF, however, for when you upgrade!

Step One: Prepare the Workspace

- Create a new 12 x 12 inch document (File > New > Blank File) at 300 ppi with a white background. (Photoshop: Choose File > New.)
- Press the letter D to reset the Color Chips to the default of black and white.

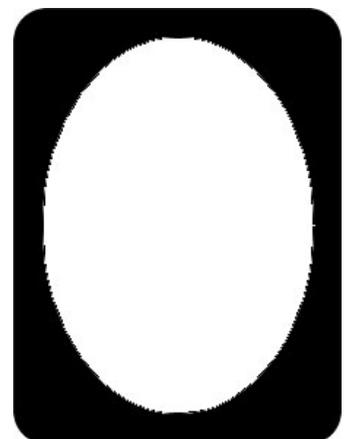
Step Two: Create the Card Base

- Get the Rounded Rectangle tool.
- In the Tool Options, set the Style to None and click on the Create New Shape Layer icon. (Photoshop: In the Options Bar, set the Tool Mode to Shape and the Path Operations to New Layer.) Open the Geometry Options and choose Fixed Size. Set the Width to 3 inches and the Height to 4 inches. Set the Radius to 90 px.
- On the document, click and drag slightly to create the rounded rectangle shape.



Step Three: Create the Journaling Spot

- In the Layers panel, click on the Create a New Layer icon.
- Press the letter X to switch the Foreground Color Chip to white.
- Get the Ellipse tool.
- In the Tool Options, set the Style to None and click on the Create New Shape Layer icon. (Photoshop: In the Options Bar, set the Tool Mode to Shape and the Path Operations to New Layer.) Open the Geometry Options and choose Unconstrained. (PSE10: In the Tool Options, click on the Color Chip, choose white, and click OK.)
- On the document, click on the card base and drag to create an oval shape, positioning it in the center of the card base. Hold down the Space bar to reposition the shape while dragging.

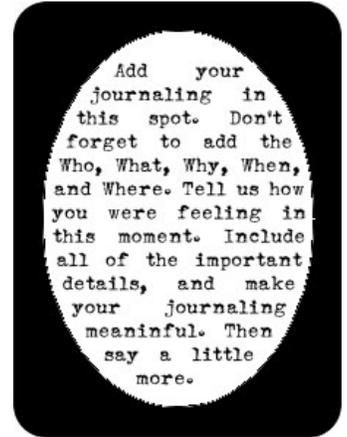


Step Four: Add the Text

- Press the letter D to reset the Color Chips to the default of black and white.
- Get the Horizontal Type tool. In the Tool Options, choose a Font and set the Size as desired. I'm using Sears Tower at 13 pt. Set the Leading to Auto. Click on the Center Text icon. (PSE10: Also set the Style to None.)
- On the document, hover your mouse over the ellipse shape. A dotted circle will appear around the Type icon.
- Click anywhere inside the ellipse shape and begin typing your journaling but do not commit the type.
- Press Ctrl Shift J (Mac: Cmd Shift J) to justify the type within the ellipse shape.
- On the document, while holding down the Alt key (Mac: Shift Opt), click on a corner handle of the Bounding Box and drag inward to bring the text away from the edge of the ellipse shape.
- Add more journaling if desired. Click the checkmark to commit the type.

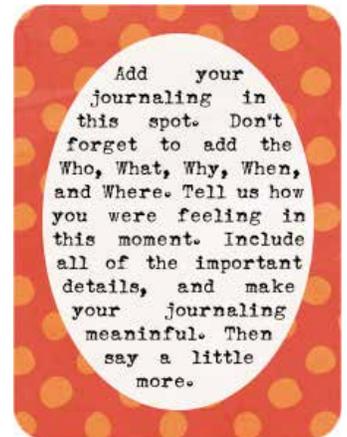
Note: At this point, your text may not be well-centered within the journaling spot. If necessary, follow these next steps to center the text.

- Get the Move tool. In the Tool Options, uncheck Auto Select Layer. (Photoshop: In the Options Bar, uncheck Auto-Select.)
- Press the Left and Right Arrow keys to nudge the text until it is centered within the journaling spot.



Step Five: Clip Papers to the Shapes

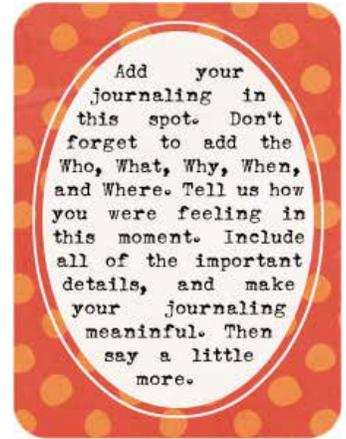
- In the Layers panel, activate the card base layer.
- In the Menu Bar, choose Layer > Simplify Layer. (Photoshop: Choose Layer > Rasterize > Shape.)
- Open a paper of your choice (File > Open).
- Get the Move tool.
- On the document, while holding down the Shift key, click on the paper and drag it onto the journaling card document.
- In the Layers panel, while holding down the Alt key (Mac: Opt key), click between the paper layer and the card base layer to clip them together.
- Press Ctrl E to merge the two layers together.
- Follow the previous instructions to clip a paper to the journaling spot layer.



Step Six: Add a Stroke Outline

- In the Layers panel, click on the Create a New Layer icon.
- Ctrl click (Mac: Cmd click) on the thumbnail of the journaling spot layer to get a selection outline.
- In the Menu Bar, choose Select > Modify > Expand.
- In the dialog box, enter 20 pixels and click OK.

- Choose Edit > Stroke (Outline) Selection. (Photoshop: Choose Edit > Stroke.)
- In the dialog box, set the Width to 7 px. Click on the Color Chip, choose a color, and click OK. Set the Location to Outside, the Blending Mode to Normal, and the Opacity to 100%. Click OK.
- Press Ctrl D (Mac: Cmd D) to deselect.
- In the Layers panel, activate the top layer and Shift click on the card base layer to activate all the layers.
- Press Ctrl E (Mac: Cmd E) to merge the layers together.



I whipped up a few quick and simple examples of other journaling card options that use fun custom shapes. Really, the options are endless. Just use your imagination!



And, here's my finished layout using my custom journaling card.

Credits

Tutorial: Custom Journaling Cards by Lydia Tarbox

Layout: Sweet Home by Lydia Tarbox

Kit: *Weekend at Home* by Kate Hadfield; part of the August 2014 Premier

Daily Life Templates 12x12 by Susie Roberts

Daily Life Pockets and Stitching by Susie Roberts

Font: DJB Lydia

Fonts on sample journaling cards: Sears Tower, Titan One, and Grand Hotel

