

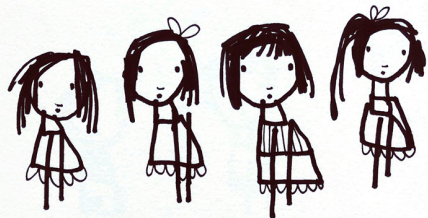
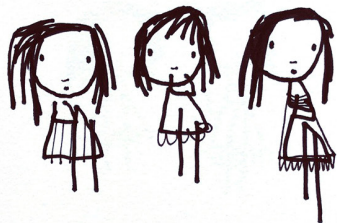


16845

CLADE

10 7 in x

Waters Aquad



JOURNAL DIVING

A 'Zine

Scribbles from One of
82 Spiral-Bound Notebooks
from 2015-2022

This issue:
July/August 2015

by
Carla Sonheim

Thursday, July 23, 2015

Ideas:

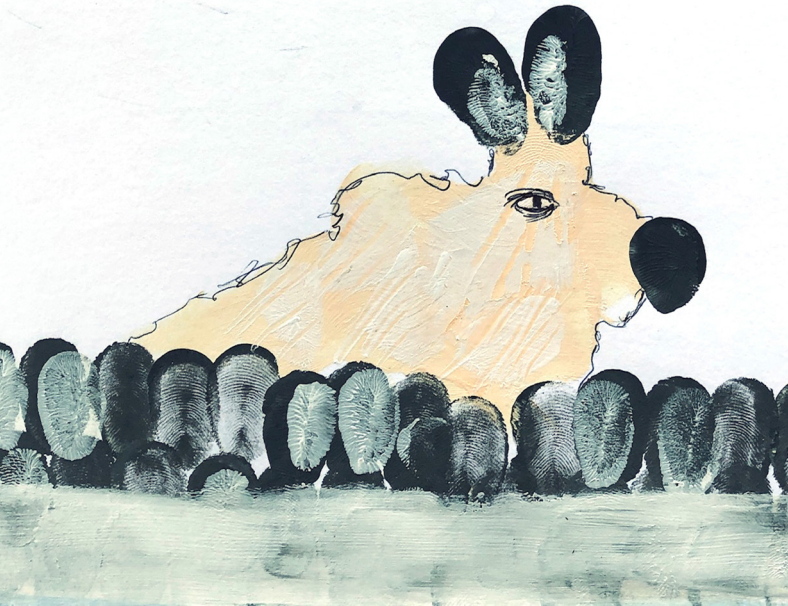
1. Yikes 101
2. Blog Posts for Boring People
3. "Jet Me Outta Here" & Other Stories

4. Don't Worry,



Happy

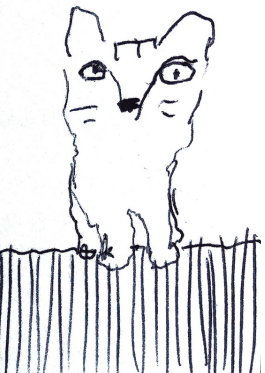
(Don't Worry, Bee Happy)



"Teaching art is never
easy because unlike mathematics,
say, there are no rules."

-- John Burningham

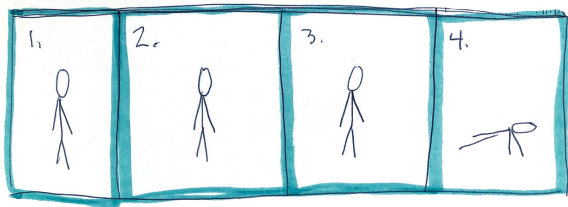
“Cut it down by half and
leave nothing out.”
-- J.M. Barrie

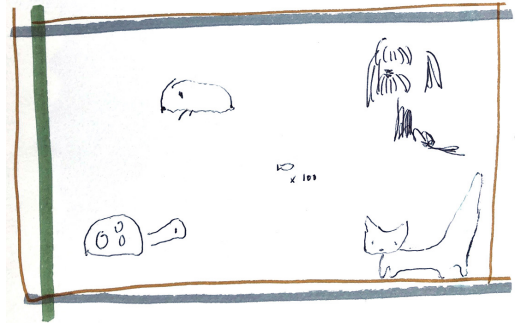




Friday, July 24, 2015

OMGosh it's August.





Saturday, July 25, 2015

I have had coffee, a piece of bread, a handful of M&M trail mix, and a banana.

I have also rinsed gnats off of a lime and put it in the fridge.

Full day so far!

Sunday, July 26, 2015

Mom called this morning and we had a nice talk -- I even teased her a bit which I haven't done in years.

She wanted to recommend the movie "Nights To Rodanthe" and kept saying that I needed to watch THE ENDING. "Be sure to watch the ENDING," she kept repeating.

 barking dog	 drum solo	 siren
 Zipper zipping	 water in shower	 belly laughter
 giggling	 electric razor	 squeaky door

Draw the Sounds





Wednesday, July 29, 2015

There is no smoking in city parks but
there IS smoking
in city parks.

Makes me so angry!

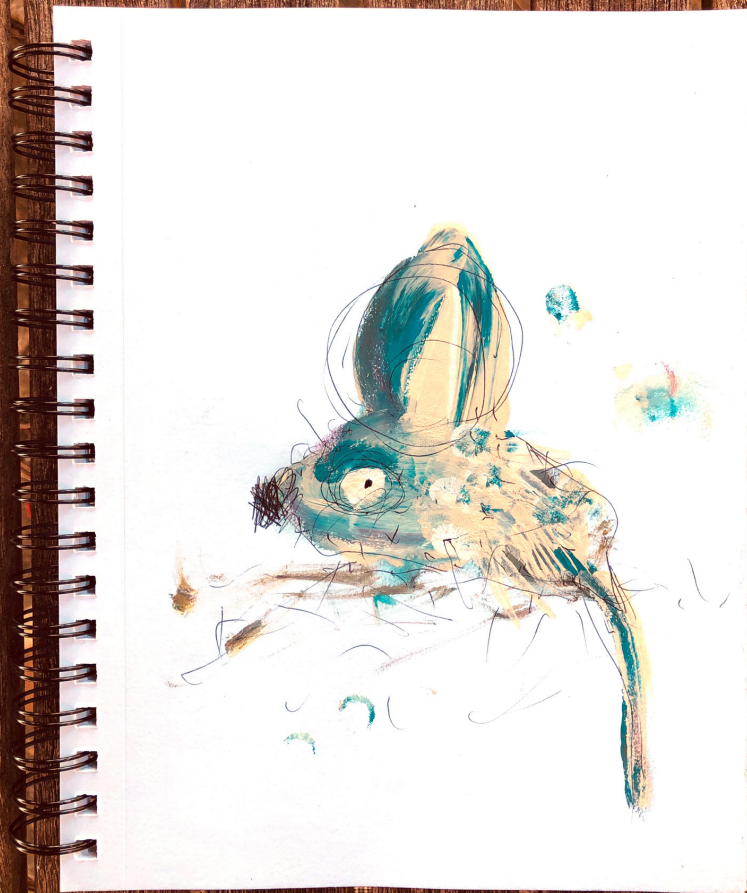
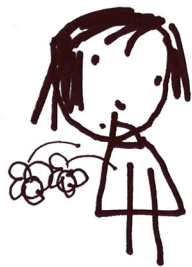
(Unreasonably so, perhaps,
but the law is on my side
now, so WTF?)



Monday, August 3, 2015

Ideas:


1. Childhood photo series.
2. A book of lists of ideas, illustrated.
3. End ideas for today.



Box Journaling Format

Try it!

I draw the lines of the boxes each day.

Day and Date in this box	
<p>Write in this box.</p> <p>I tend to write things like “Having coffee now” and “I got bitten by a dog today!” (both of these are direct quotes from this particular journal). Sometimes I continue writing on the back side of the page, and I do it “automatic writing” style with lots of pauses. It doesn’t have to be “good” writing.</p>	<p>List something in this box.</p> <ol style="list-style-type: none">1. Fun Ideas2. To Do Lists3. Grocery Lists4. Letters to write5. etc.
<p>Draw something in this box. It doesn’t have to be a “good” drawing.</p> 	<p>This is a “Misc.” box where you can do with it whatever you like!</p>

