

A Little Book of Inspiration

Below are the basic instructions to make your little book of inspiration. I have also included some creative ideas to help you personalize your little book. You can use these ideas as a starting point to come up with creative ideas all your own. Most importantly put your creativity, energy, love and good wishes for the recipient into the making of your little book.

I would love to hear how you created your own little book of inspiration. Please send me your comments, ideas, suggestions via email to angela@angelazakon.com.

Basic Instructions

1. Print the quotes on the paper of your choice.
2. Separate each page with quotes into four sections with a quote in each section by cutting the paper down the middle both vertically and horizontally.
3. Add any additional decorations to the pages.
4. Put the pages in the order you would like them to be in the little book.
5. Bind the pages together (see ideas below for ways to bind the pages together.)

Creative Ideas

Make any changes to the quotes prior to printing the quote pages. For example you could change the first page to include your name and the recipients name.

Types of paper you can use:

- Bond paper
- Colored paper
- Construction paper (this works with my printer, yours might be different),
- Postcards (4 cards/sheet 5 ½ x 4 ¼ fit perfectly)

Ways to separate the pages:

- Fold the paper along the center lines making a crease and tear it apart, this will make a slightly jagged edge
- Cut with scissors for a crisp edge
- Cut with scissors with a decorative edge.

Ways to decorate the pages:

- Glue or stick embellishments to the pages, ideas for embellishments: stickers, pictures cut from cards and magazines, photographs, ribbon, glitter, buttons, fabric scraps, feathers, pressed flowers. Very thick embellishments will work better on the cover than on the inside pages.
- Draw or stencil designs or pictures on the pages using any of the following: crayons, markers, colored pencils, colored pens, watercolor paints, finger paints.

Ways to bind the pages together:

- Punch two holes in the side and use ribbon to hold the pages together. You could also use any of the following items to hold the pages together: small binder rings, pipe cleaners, curling ribbon, fabric strips, twist ties, shoe laces, prong fasteners.
- Staple the pages together, along the side (two staples) or in the corner (one staple).

A little book
of
inspiration
for You
~
by Me

Work like
you don't need
the money,
love like
you've never
been hurt
&
dance like
no one is watching.

Relax
~
Listen
~
Trust

Believe
in your
Dreams

(That's all there
is to it!)

Look for what
is good
&
you will find it.

You are enough.

~

You have enough.

~

You do enough.

Courage —
fear that has said its prayers.

~ Dorothy Bernard

Laughter is by
definition healthy

~ Doris Lessing

Worrying
does not empty
Tomorrow
of its Troubles

~

It empties
Today
of its
Strength

There is more to
life
then increasing its
speed.

~ Ghandi

A good time for
laughing is when
you can.

~ Jessamyn West

Figuring out who
you are
is the whole point
of the
human experience.

~ Anna Quindlen