

THIS JOURNAL WAS MADE PAPER ALREADY USED ON  
ONE SIDE, AND IT'S DESIGNED TO BE USED MORE THAN ONCE!

## HERE ARE THE STEPS TO ADD PAGES TO YOUR JOURNAL

### THIS UPCYCLED JOURNAL BELONGS TO:

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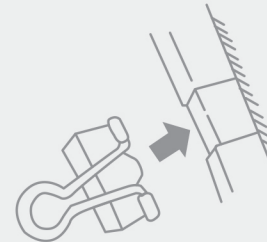
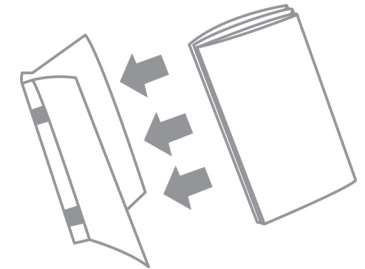
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COLLECT 15 USED PAGES (8.5X11 IN),  
AND FOLD THEM IN HALF COVERING  
THE SIDE WITH ANY PRINTING ON IT.

PLACE THE FOLDED PAGES  
INTO THE JOURNAL FRAME.



USE THE 3/4" BINDER TO  
GRIP THE INNER PAGES.

REMOVE THE BINDER CLIPS' TAIL, PLACE  
THEM INTO THE STORAGE CARD, AND STORE  
THEM IN THE BACK POCKET OF THE JOURNAL.



FIND MORE UPCYCLED ART AT [WWW.COSTARICART.NET](http://WWW.COSTARICART.NET)

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# MONTHLY PLAN

WEDNESDAY

THURSDAY

FRIDAY

## SATURDAY


# NOTES

[illegible]



