Spiral-Shaped Journaling
by Gina Harper

Add a bit of whimsy to otherwise ordinary journaling using the Type tool and a spiral shape.

For this tutorial you will need:
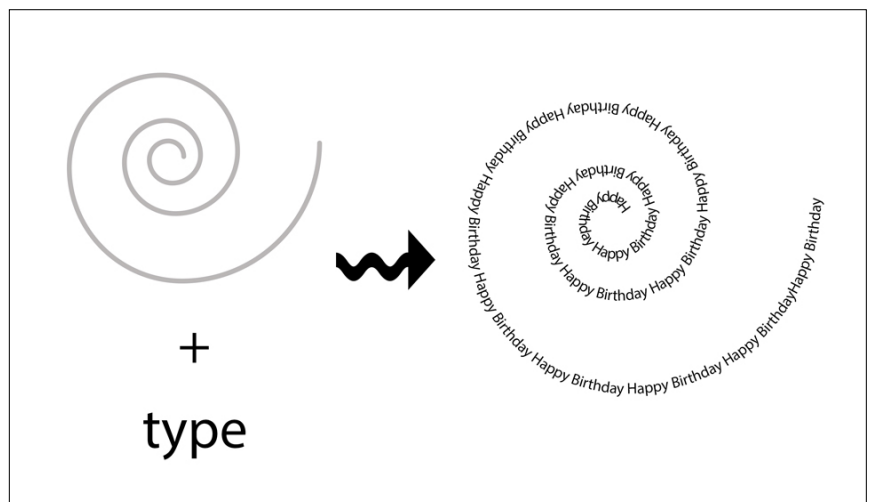• Photoshop Elements or Adobe Photoshop
• A journaling font

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Step One: Prepare the Workspace
• Create a new 12x12 inch document (File > New > Blank File) at 300 ppi with a white background.
  (PS: Choose File > New.)
• Press the letter D to reset the Color Chips to the default of black over white.
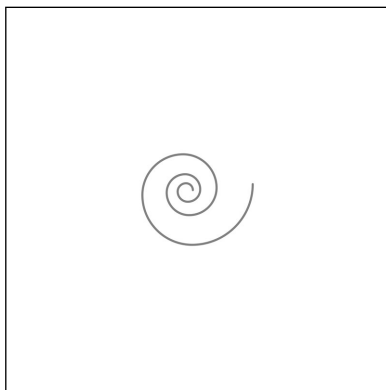
Step Two: Add a Spiral Shape
• Get the Custom Shape Tool. It's nested with the Shape tools.

Photoshop Elements Only:
  • In the Tool Options, open the Shape Picker, open the dropdown menu, and choose Ornaments.
    Choose the Spiral shape. If you don't see the names of the shapes, click on the flyout menu and
    choose Large List. Click to open the Color Chip and choose a medium gray. Open the Geometry
    Options and choose Unconstrained. Click on the New Shape Layer icon. If applicable, set
    the Style to None.

Adobe Photoshop Only:
  • In the Tool Options, set the Mode to Shape. Click on the Fill Color Chip and choose Solid Color.
    Click on the Color Picker icon.
  • In the Color Picker, choose medium gray. I used Hex #818181. Click OK.
  • In the Tool Options, click on the Stroke Color Chip and choose No Color. Set the Path Operations
    to New Layer and the Path Options to Unconstrained. Check Align Edges. Click to open the
    Shape Picker. Toggle open the Legacy Shapes and More folder. Toggle open the All Legacy
    Default Shapes folder. Toggle open the Ornaments folder and choose the Spiral shape. If you
    don't see the names of the shapes, click on the flyout menu and choose Large List.
    NOTE: If you don't see the Legacy Shapes and More folder, open the Shapes panel (Window >
    Shapes), click on the flyout menu, and choose Legacy Shapes and More.

• On the document, hold down the Shift key and click and drag out a spiral that is about 3 inches in
  height. To reposition while dragging, press and hold the Space bar.

Step Three: Add a Type Layer
• Get the Horizontal Type Tool.
• In the Tool Options, open the Font Picker and choose a font. I'm using Myriad Pro Regular.

Spiral-Shape Type
For Best results:
• This technique should only be used for journaling.
• A journaling font with a size of 12-14pt should be used.

Choosing a Font
Only print-style journaling fonts should be used. Because it's on a curve, avoid script fonts. Also, avoid any decorative fonts or fonts that are in all caps. They will be hard to read.

Photoshop Elements Only:
• In the Tool Options, set the Size to 14 and press Enter/Return. Set the Leading to Auto and the Tracking to 0. Click on the Left Align icon. Click on the Color Chip and choose black.
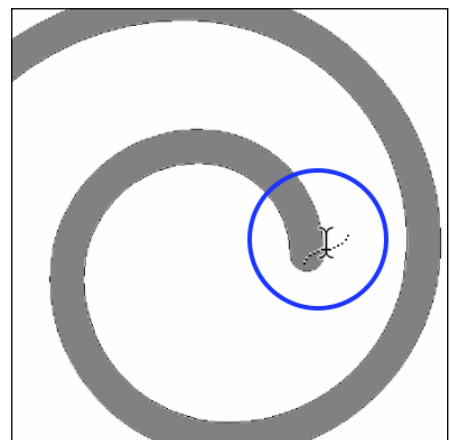
Adobe Photoshop Only:
• In the Tool Options, set the Size to 14 and press Enter/Return. Click on the Left Align icon. The Color Chip should already be black. If it's not, click to open the Color Picker, choose black, and then click OK. In the Character panel (Window > Character), set the Leading to Auto and the Tracking to 0.

• Press Ctrl + (Mac: Cmd +) four or five times to zoom into the center of the spiral. To reposition the zoom, hold down the Space bar and click and drag on the document.
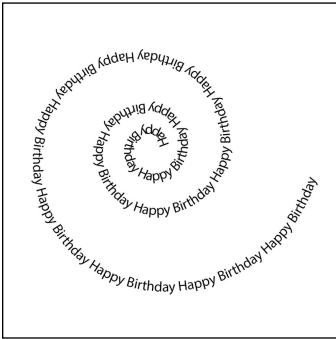
Journal from the Center Outward
• On the document, hover your cursor over the right side of the inner-most part of the spiral until you see the type on a path icon. Click once to place the cursor.
• Press Ctrl - (Mac: Cmd -) once or twice to zoom out from the image enough to see the entire shape.

NOTE: This technique actually uses the outline and travels along it. It does not look at the filled-in area of the shape.

• Type your journaling and click the checkmark to commit the change. I'm using the repeating phrase 'Happy Birthday' twelve times to fill the spiral shape without going over.

• In the Layers panel, click on the visibility icon of the Spiral 1 shape layer to hide it.

NOTE: The type path will remain visible even after you hide the spiral shape, but it will disappear when working on other layers and it will not appear on your printed page.
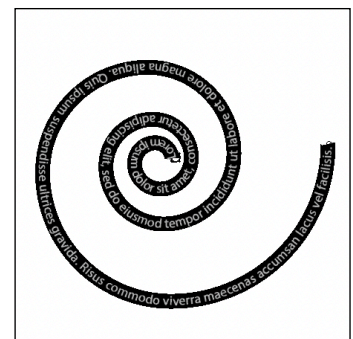
Spiral Journaling Tips
• To use a single word, type the word over and over, with a space in between each word, until the word fills the spiral shape without going over.
    ie. LOVE LOVE LOVE LOVE LOVE LOVE LOVE LOVE LOVE LOVE LOVE LOVE …
• To use a phrase, type the phrase over and over, with a space in between each word, until the phrase fills the spiral shape without going over.
    ie. Happy Birthday Happy Birthday Happy Birthday Happy Birthday Happy Birthday …
• To use journaling, type the journaling until it fills the spiral shape without going over.
    ie. The quick brown fox jumps over the lazy dog. The lazy dog doesn't seem to mind a bit …

NOTE: Different fonts will produce varied results. You may need to adjust the font size by one or two points as needed to accommodate the font you choose.

How to Change the Words of the Journaling
• In the Layers panel, double-click on the thumbnail of the type layer to highlight the type.
• Press the Right Arrow key one time to place the cursor at the end of the journaling.
• Use the Arrow keys to navigate to the place you want to change.
• Make any changes and click the checkmark to commit the change.

How To Change the Font, Size, and Tracking
• In the Layers panel, the journaling layer should be active.
• Get the Horizontal Type Tool.
• To change the font, in the Tool Options, open the Font Picker and choose a different journaling font.
• To change the size, in the Tool Options, slightly change the Size, making sure the type does not travel over the edge of the shape.
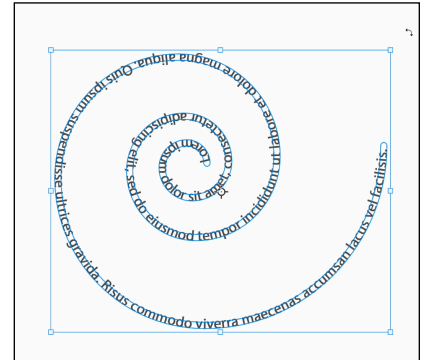
- To change the tracking, in the Tool Options, slightly increase the Tracking to have more space between the letters of the journaling and slightly decrease the Tracking to have less space between the letters of the journaling.

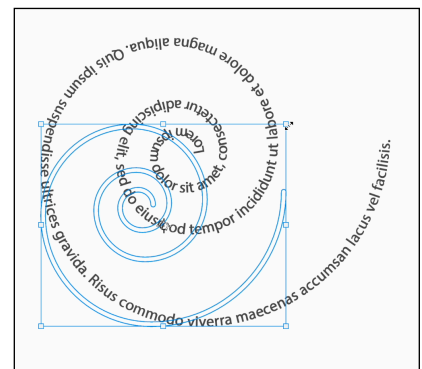NOTE: Make sure the type does not travel over the edge of the shape.

How To Rotate the Journaling
- In the Layers panel, the journaling layer should be active.
- Press Ctrl T (Mac: Cmd T) to get the Transform options. If you cannot see the bounding box handles, press Ctrl 0 (Mac: Cmd 0).
- On the document, hover your cursor near the corner handle of the bounding box until you see a curved, double-headed arrow. Click and drag slightly to rotate the layer.
- Click the checkmark to commit.

How to Resize the Spiral-Shaped Type Path
- Get the Horizontal Type Tool.
- In the Layers panel, click on the type layer to make it the active layer.
- In the Menu Bar, choose Image > Transform Shape > Free Transform (PS: Edit > Transform Path > Scale).
- On the document, click and drag from a corner handle of the bounding box to change the size of the spiral shape.
- Click the checkmark to commit the change.

NOTE: Changing the size of the Type Path may cause the words to crowd by wrapping over the end of the path. To fix this:

- In the Layers panel, double-click on the thumbnail of the type layer to highlight the type.
- Press the Right Arrow key to place the cursor at the end of the type.
- Press the Backspace key (Mac: Delete key) enough times to delete all of the words and letters that go over the end of the spiral-shaped type path.
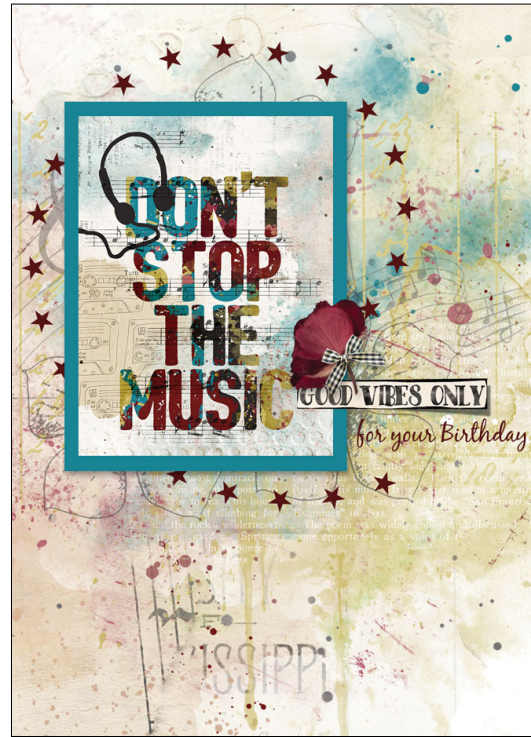- Click the checkmark to commit the change.

Step Four: Finish and Save the Document
- Add photos, a date, and elements to finish the page as desired.
- Save the document (File > Save As) as a layered PSD file with a unique name.

Here is a card I created with the spiral-shaped type. I love how easy it was to convey the birthday message in a fun way! I used dots to add visual interest and draw the eye into the starting place. In the second example, I used the Suit Icons font to create my spiral shape type, and then I rotated it and placed it on my card as an anchor.

Card: Gina Harper
Tutorial: Spiral-Shaped Journaling by Gina Harper
Kits: Got This by Kim B Designs, Coffee Time by Bellisae Designs
Fonts: Myriad Pro, Caroni

Card: Gina Harper
Tutorial: Spiral-Shaped Journaling by Gina Harper
Kits: Don't Stop the Music by Bellisae & Chunlin Designs
Fonts: Black Jack, Suit Icons

Here is the page I created using the spiral shape type technique. This was a fun way for me to add the chorus from our song to my page.

Photos & Page: I'll Walk Forever by Gina Harper
Class: Spiral-Shaped Journaling by Gina Harper
Kit: Don't Stop the Music by Bellisae & Chunlin Designs
Fonts: Myriad Pro, Gravity, Bestlady, 1942 Report