



Journaled Border

by Gina Harper

Add interest to your journaling using the Type tool and the Shape tool.

For this tutorial you will need:

- Photoshop Elements or Adobe Photoshop
- A print-style 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 and Center a Shape Layer

- Get the Rectangle tool. It's nested with the Shape tools.

Photoshop Elements Only.

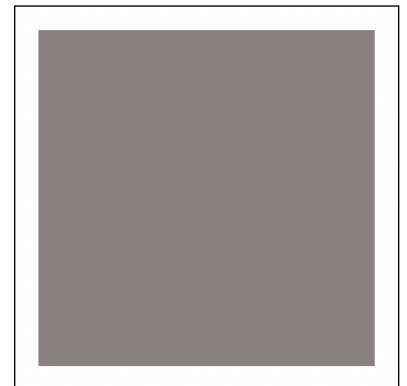
- In the Tool Options, click on the Color Chip and click on the Color Wheel to open the Color Picker.
- In the Color Picker, choose a medium gray. Click OK.
- Open the Geometry Options and choose Fixed Size. Set the Width to 10.5 inches and the Height to 10.5 inches. Click on the New Shape Layer icon. 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 a medium gray. 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 Fixed Size. Set the Width to 10.5 inches and the Height to 10.5 inches. Check Align Edges.

NOTE: Keeping the square shape at 10.5 inches will allow for enough room on the edge of the page to ensure your journaling isn't cut off during printing.

- On the document, click and drag out a shape near the top-left corner to create a square.
- In the Tool Options, set the Geometry Options back to Unconstrained. (PS: Set the Path Options back to Unconstrained.)
- Press Ctrl A (Mac: Cmd A) to select the entire document.
- Get the Move Tool.
- In the Tool Options, click on the Align Vertical Centers icon and the Align Horizontal Centers (Middle) icon.
- Press Ctrl D (Mac: Cmd D) to deselect.



Step Three: Add a Type Layer

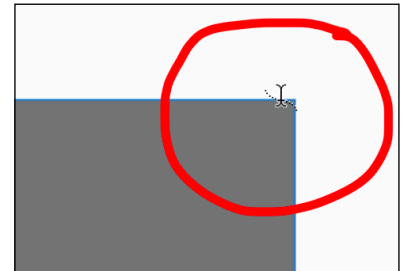
- Get the Horizontal Type Tool.
- In the Tool Options, open the Font Picker and choose a print-style journaling font. I'm using Courier.
- **Photoshop Elements Only:** Set the Size to 13 and press Enter/Return. Set the Leading to Auto and the Tracking to 0. Click on the Center Align icon. Click on the Color Chip and choose black.
- **Adobe Photoshop Only:** Set the Size to 13 and press Enter/Return. Click on the Center Align icon. The Color Chip should already be black. In the Character panel (Window > Character), set the Leading to Auto and the Tracking to 0.

Choosing a Font:

- Use an easy-to-read print style or handwritten font.
- Use both upper and lower case letters.
- Use a font size of 12-14 pts for journaling.
- Avoid hard-to-read and script-style fonts.
- Avoid using all capital letters.



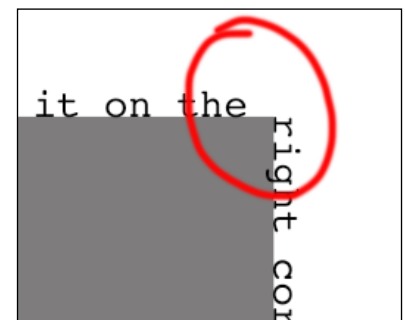
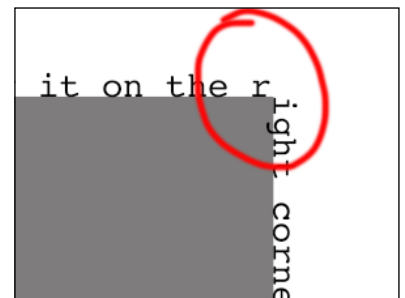
- On the document, hover your cursor over the top-right corner of the shape until you see the I beam with the wavy line through it. Click once to place the cursor. Type enough journaling to wrap around the border to gain the artsy effect.
- Click the checkmark to commit the type.
- In the Layers panel, click and drag the shape layer to the trash.



NOTE: You don't want one of the words in your sentence to be split by the corner. If that happens, here is how you can fix that.

Step Four: Adjust the Type (Optional)

- Get the Horizontal Type Tool.
- In the Layers panel, double-click on the thumbnail of the type layer to highlight the type.
- Press the Left Arrow key to place the cursor at the beginning of the line of type. The type should no longer be highlighted.
- Press the Space Bar until the corner is no longer splitting a single word.
- Click the checkmark to commit the type.



Step Five: Finish and Save the Document

- Finish the page as desired.
- Save the document (File > Save As) as a layered PSD file with a unique name.

Here is my finished page! My daughter is a college senior and off to law school in the fall. I love how easy it was to add interest to my extra journaling.



Photos & Page: Move-In by Gina Harper
Tutorial: Journaled Border by Gina Harper
Kit: Limited Edition by KimB Designs
Fonts: Courier