

## **Journaling - Nurturing a Daily Writing Practice with Monica Simons Materials List**

- **Required: \$17-\$45**
  - Leuchtturm 1917 Medium A5 Notebook- lined, dotted or squared. \$15 at the University of Utah campus store
  - A comfortable writing pen \$2-30. For \$15, the Parker Vector is a solid entry-level fountain pen, or upgrade to the TWSBI in Suggested or use your favorite fountain or gel pen. If purchasing a fountain pen, make sure you have ink. (If you have any questions, I am more than happy to talk about fountain pens all day.)
- **Suggested** (aka stuff I use every single day, but isn't necessary. Some of this veers into bullet journal territory, noted with bujo, but has broad overlap with other journaling practices. I like [jetpens.com](http://jetpens.com) for my bujo needs)
  - TWSBI Diamond Platinum 580 \$60 This is my favorite fountain pen ever
  - Pilot Iroshizuku Ink (any color) \$20
  - Pilot Razor point marker, black \$2 (bujo)
  - A ruler \$4 (bujo)
  - Washi tape (15mm, any color or design that tickles you. I like the brand mt) \$4 OR Post-It Note tabs or flags \$4 (bujo)
  - 1 or 2 Zebra Mildliner Double-Sided Highlighter (any color) \$2 (bujo)
  - Kuretake Zig Clean Color Dot Double-Sided Marker (any color) \$4 (bujo)
  - Kokuyo Karu Cut Washi Tape Cutter \$6 (bujo)