Journaling: A Deeper Look with Sky Simons
Materials List
****Materials are the same as Journaling: Nurturing a Daily Writing Practice****

- **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 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)