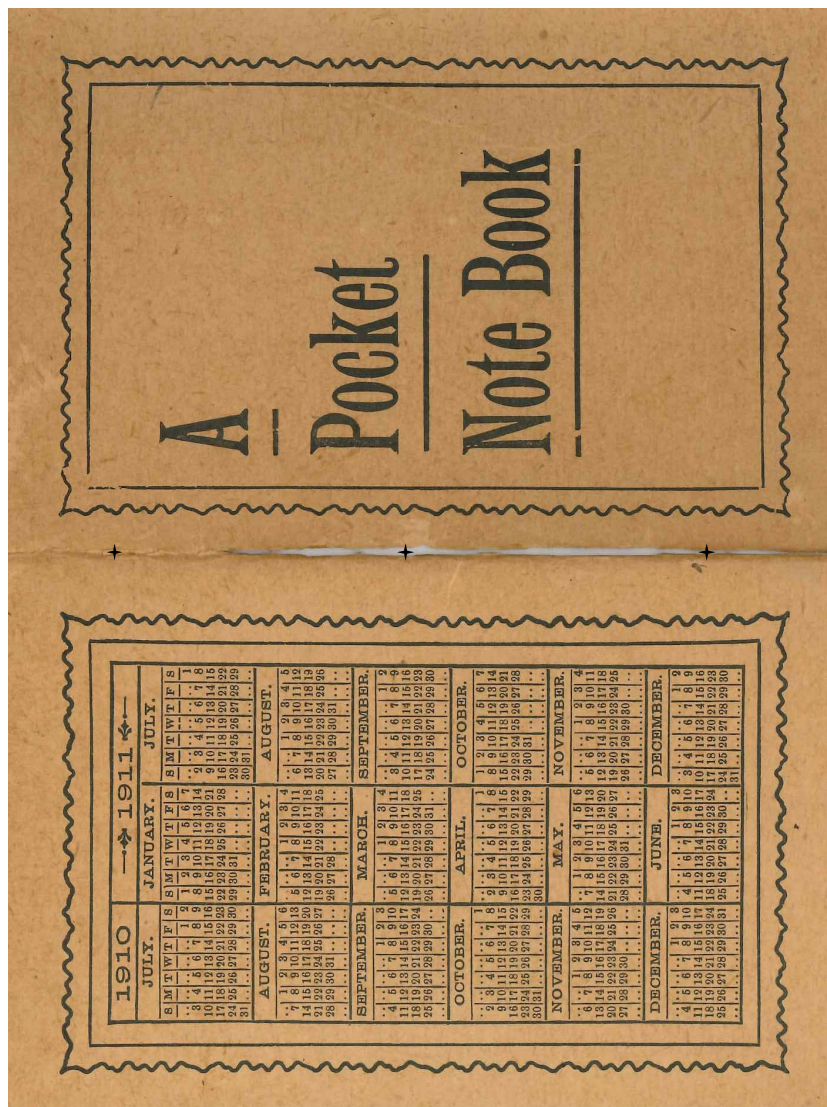


# MAKE YOUR OWN POCKET NOTEBOOK

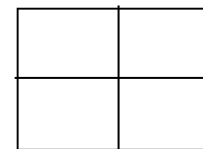


## Materials:

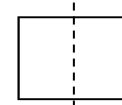
2 pieces of printer/copy paper (8 1/2 x 11) - scissors - needle and thread

**Step 1** - Print this page as a 2-sided document. Cut out the cover.

**Step 2** - Cut 1 piece of blank printer/copy paper into 4 equal quarters.

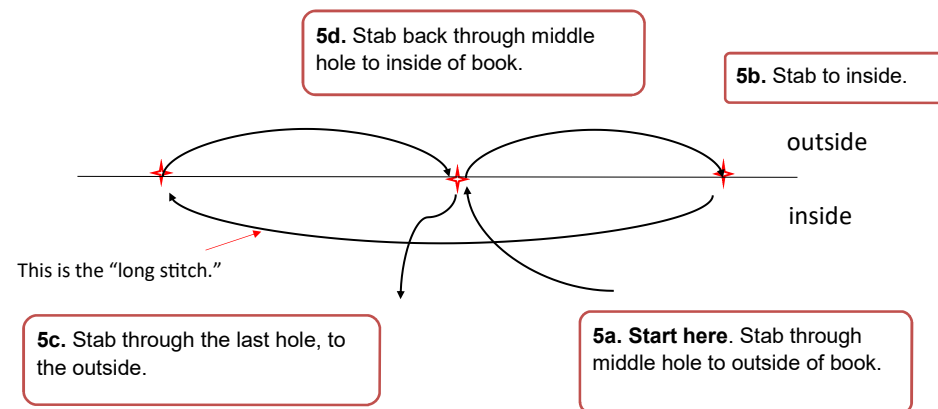


**Step 3** - Stack the four pieces with the cover on the bottom. Fold the stack in half. Use a smooth tool to flatten the fold.



**Step 4** - Use a large-eyed needle or awl to stab through the fold, all 5 layers, at the 3 places marked on cover.

**Step 5** - Thread the needle, any thread will do. Start from the *inside* of the pamphlet to sew the "pamphlet stitch." See diagram.



**Step 6** - Tie a square knot on the inside of the pamphlet. Make sure the long stitch is caught up between the two ends. See diagram.

**Step 7** - Use a smooth tool to flatten the cover around the pages.

**Step 8** - Write the date and your name or initials somewhere on the book!

**Note to Future Self**

Created during the  
Covid-19 pandemic, 2020

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#notetofutureself

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Medical Institute, 1910 ).

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