Welcome Guide

Hey!

Welcome to The Awesome Ladies Project! I am Kristin, aka rukristin: Feminist Scrapbooker, and I am so excited that you are here in the ALP community.

Hey friend!

Thanks for being the newest Awesome Lady!

I am so excited that you are here. The strength of the ALP is our members, and you being here makes us even stronger.

Let me tell you a little about us.

We're the Awesome Ladies Project: where feminist scrapbookers like you document your life on your own terms and have a great time doing it.

We've got an amazing community, a great app (and website), classes, forums, challenges, prompts, groups, an incredible gallery and so much more.

This guide will give you an overview of what we have going on here at the Awesome Ladies Project and help you get the most out of the community.

A few things of note before we dive in:

- **Don't try to do everything**. There is a lot here, pick one thing to start. We like to normalize opting-out when it's right.
- **This is a drama-free zone.** There are other places and spaces in our lives for drama, this is not one of them.
- **You are always enough.** No matter what you make, no matter how you show up, no matter what your life looks like.

Let's get started.
xoxo,
K

P.S. There are LOTS of clickable links in this PDF so click away!

What is Feminist Scrapbooking?

Feminist scrapbooking is the art + craft of telling the stories of your life with pictures, creative supplies, words, and the bits of life you pick up along the way.

It's also...

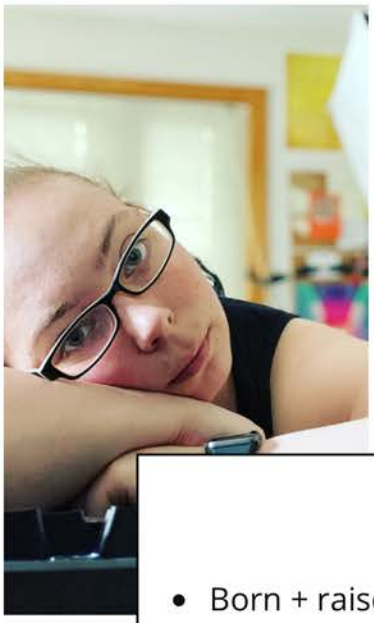
- The belief that every person has a life and stories worth scrapbooking — yes, even and especially you!
- The belief that every person has agency over their own stories — and engaging with them on paper, with your hands, is a way of reclaiming them for yourself
- The belief that scrapbooking is not just a thing that moms do with pictures of their kids — though it totally can be that, too!
- Intersectional!

It doesn't matter what you or your stories look like.

You can be a feminist scrapbooker.

hey, i'm rukristin!

Founder and Head Lady at the ALP



a bit about me:

- Born + raised in the North Jersey suburbs of NYC. I miss real pizza, family, and diners. In that order.
- I live in East Lansing, MI with my partner Jeff, and my magical ever-growing vegetable garden (gotta grow those pizza ingredients)
- Studied intersectional feminism and women in American politics at Rutgers University.
- I suffer from two overlapping headache disorders. Migraines & the rare and less heard-of (and one that really messes with my life) paroxysmal hemicrania.

And that's the deal — I never imagined running my own business until these headaches forced me to radically change how I was going to live my life. But, now I'm exactly where I'm supposed to be; here helping humans just like you learn how to tell their stories with pictures, paper supplies, words, and the bits of life that we pick up along the way

FEATURED IN

GET messy ART

ali edwards™

VICE

THE
AWESOME LADIES PROJECT

WHY WE'RE HERE

Your. Story. Matters.

Your story matters and you are the best person to tell it.

No matter what your life looks like, you have stories that matter. You are the author of your own adventure -- don't sit around and let other people tell the stories of who you are, what you stand for, and what your lived experiences have been.

You are the only person who has been around the whole time.

You are literally the only person who has been with you the entire time you've been alive. It seems pretty simple when you lay it out like that.

This, more than anything else, makes you the best person to tell your stories.

Maybe you're thinking...but I'm not a storyteller, that's 'just not me, I don't know how to do that.' No worries!

Telling your story is a skill you can learn.

People are not born with or without a storytelling gene. Telling your story is a skill. Just like learning to read or walk, you can learn how to tell your story. It doesn't matter what form you want to tell your stories in -- you can learn it, step-by-step.

Learning to tell your story is something you will get better at over time.

No matter how you want to tell your stories, no matter what your stories look like, you are the best person to tell them.

ALP First Steps Checklist

Download the App

If you haven't already -- download the ALP app! Just search for Awesome Ladies Project in the App Store or on Google Play (or click the link above)

☐

Introduce yourself in the Forums

Tell us a little bit about who you are over in the Introductions forum! We'd love to know more about you.

☐

Post on the Activity Feed

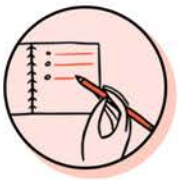
Share one of your projects to the ALP activity feed. It can be a project you just made or anything you want to share!

☐

Decide on a first ALP Project

Is it going to be Currently List? Thursday3? Jump right in with Daily Pages? Make a decision and create something.

☐



Fill out your Profile

Update your ALP profile so people can find you on the app and you can make friends!

☐

USING THE ACTIVITY FEED

The Activity Feed is the backbone of the Awesome Ladies Community. Share your projects, ideas, and find inspiration here. Almost everything that happens on the site will be posted on the Activity Feed. Return here as much as you like and scroll through the feed!

The Activity Feed Box (How You Share with us!)

Search Bar (look through all past posts)

I recommend posting all your projects directly to the Activity Feed. This way your project also shows up in both the ALP gallery and your personal gallery.

Forum Posts, Challenges, Events, & other Cool things show up in the Activity Feed too! There are various ways to interact with them!

this will let you comment right here on the feed!

this will pop you into the forum for the bigger discussion.

you can even tag your friends!

Videos: How-To share your photos/projects in the Activity Feed (Desktop Version) (App Version)

ALP PROJECTS

Ready to Create?

Pick one of our long-running projects and dive in right now!

Currently List — Your Weekly Update

Currently List is a simple list with seven 1-word journaling prompts: watching, listening, reading...

Get your free #currentlylist journaling card right here!

Thursday 3 — Your Weekly Selfie

Thursday 3 is a weekly selfie challenge. I created this about nine years ago when I realized I didn't have enough photos of myself for my scrapbooks.

To play along with this one is simple: Snap a photo of yourself, write down 3 right-now things about your life, and share with the hashtag #thursday3.

Daily Pages — Your Everyday Habit

Daily Pages are an invitation to create small pages inside a notebook each day.

This is a project that is meant to be simple and help you understand more of who and what you are — as a creator, artist, and human — simply by creating a tiny bit each day

To get started: take the 5-day Daily Pages Challenge here.

RECENT PROJECTS

Daily Pages from the Community

page by Donna

page by Christine P

#ALPDAILYPAGES

upload your own projects right inside the ALP app

page by Robin

page by Vanessa

page by Carol AnneP

page by Carrie

Ways to Get Involved

- [ ] Listen to the Crafty Ass Female Podcast
- [ ] Follow and use our hashtags on Instagram - #currentlylist, #thursday3, #washiwednesday, and #alpdailypages
- [ ] Sign up for the ALP Newsletter
- [ ] Say hello to someone new in the Introduction forum
- [ ] Subscribe to the ALP Calendar for all the information on upcoming events
- [ ] Earn points for the ALP Sticker Club by using the website or app
- [ ] Create something, snap a picture, and put the project in your personal gallery
- [ ] Check out the ALP Blog and leave a comment
- [ ] Finish setting up your ALP profile, especially your profile pic
- [ ] Finish a lesson in one of our free ALP classes
- [ ] Send an invite to a friend who would be a perfect Awesome Lady
- [ ] Join the ALP Book Club and connect with other amazing readers
- [ ] Find free resources and challenges in the ALP Shop