

# BULLET JOURNALING

Get creative!

# QUICK HISTORY

- The "analog system for the digital age"
- Rapid logging of tasks
- Tasks

Tasks are represented by a simple dot "•" The task bullet does a lot of heavy lifting in the Bullet Journal so it has three additional states:

- X = Task Complete
- > = Task Migrated
- < = Task Scheduled
- Organized by tasks, events, notes
- Organized by future log, monthly log, and daily log

From http://bulletjournal.co	m
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the second s					
- The gym is closed	satu	rda	1		
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2					

## WHAT CAN YOUR BULLET JOURNAL BECOME?

- Planner, help you stay organized
- Lay out daily tasks
- Goal tracker
- Habit tracker
- Lists or logs
- Space for doodles, lettering, quotes
- Anything you want!

# WHAT ARE SPREADS?

- Spreads are the layouts you use
- Usually have a title
- Can be a creative way to set up your goals or lists
- Can be simple or complex
- Can be list or visual
- Ex: book goals, favorite quotes, spending log





## TYPES OF SPREADS

- Year at a glance: highlights important events, birthdays, holidays, trips
- Daily log (simple or complex): daily planner with tasks, events, and appointments
- Special lists: such as movies to see, places to go, packing lists, favorite quotes
- Trackers: habit tracker, spending/saving tracker, daily routine, mood
- Goals: monthly goals, yearly goals, daily practices

These are all examples. You can create pages for <u>anything</u> you want to track



## LET'S SEE SOME EXAMPLES

Ready, go!

### SPREAD EXAMPLES: DAILY LOG

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Simple

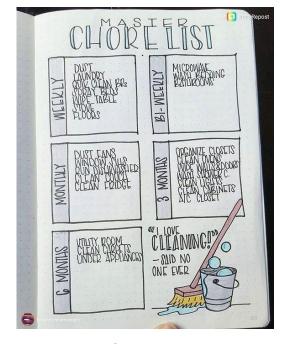
Complex

# SPREAD EXAMPLES: SPECIAL LISTS

(Quoted Gonzamanoy) To BE MSRFS Reduct as Ref. one The best will to	KEEP CALM AND WEAR	YOU HAVE TO LE ODD TO LE NUMBER CNEI	WE are all apprentices in a CRAFT where the one ever becomes a master.
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the fuck bucket and PBCVE on HONOLAD RECEIPS KNAME RAWATER WINNER OWN today & choose Joy	those at the top of the Mountair dean't fall	L TOU HOLD L THE KEY	THINK LIKE A PROTON AND STAY POSITIVE

@bujotrain

### **Favorite Quotes**



Chores (or other special tasks)



Books to Read



### Food & Meal Prep Lists

## SPREAD EXAMPLES: HABIT TRACKER (MONTHLY)

- Used to keep track of habits that you want to do more, do less
- Visual to see how it all adds up

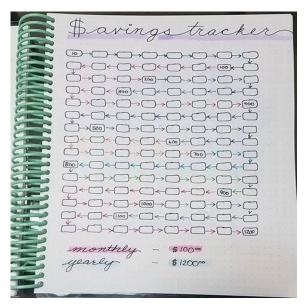


Calendar for each habit



Habits laid out in one calendar

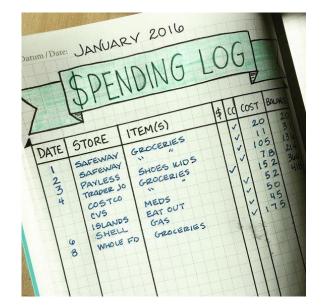
### SPREAD EXAMPLES: SPENDING/SAVING TRACKER



Monetary goal

Item goals





Spending Log: Income vs. Expenses (Can be done with allowances, too)

# SPREAD EXAMPLES: ROUTINE SCHEDULE



Morning routine, very visual

#### Daily routine





#### Weekly routine

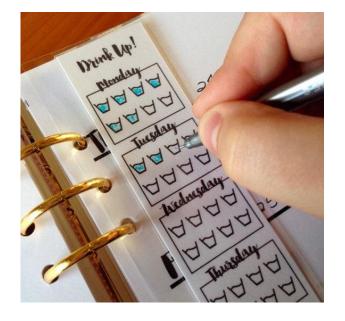
## SPREAD EXAMPLES: GOALS



Yearly Goals

Monthly Goals





**Daily Goals** 

# SUPPLIES

- Any kind of journal or notebook
- Can be blank, lined, grid, or dotted—your preference
- Pens, markers or colored pencils—your preference
- Washi tape, scrapbook pieces or other accessories—your preference



## TUTORIALS AND IDEAS

- YouTube tutorials
- Pinterest ideas
- "Bullet Journal Junkies" on Facebook

- Bullet Journal Tutorials-Seventeen
- Bullet Journal Collection Ideas
- 2020 Set Up-Shayda Campbell
- My 2020 Bullet Journal Set Up -AmandaRachLee



# QUESTIONS?





## LET'S TRY OUR OWN!

# THINGS TO REMEMBER

- You don't have to be an artist to make this work for you
- Designs can evolve
- If it's getting stressful, simplify
- Need inspiration, check Google
- Your journal is YOURS



## Contact

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Send pictures of your pages!