

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:

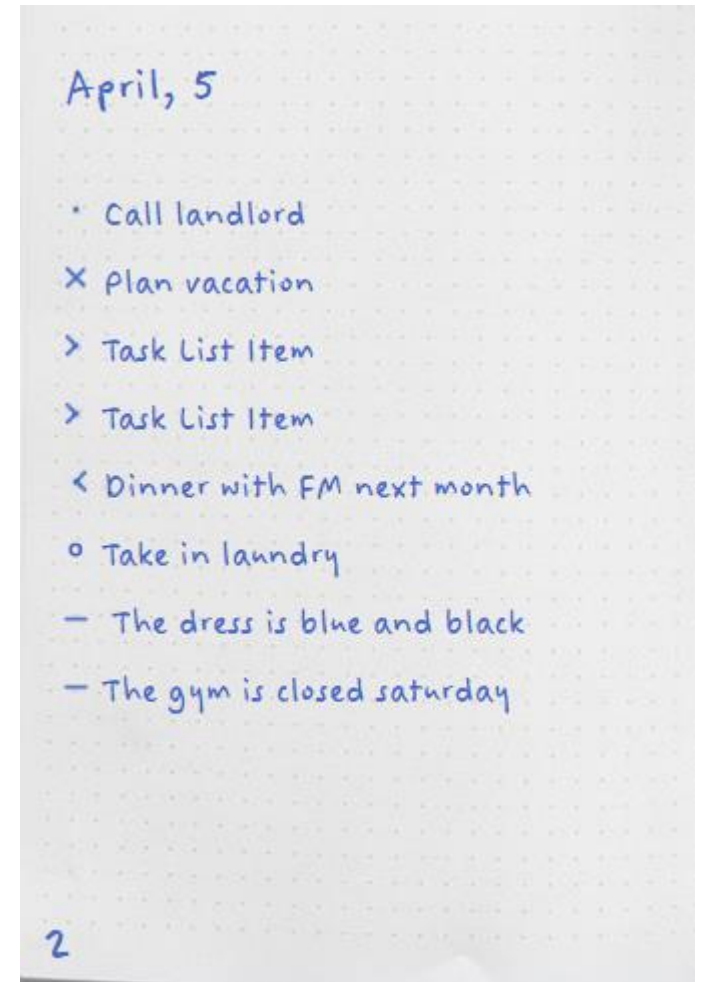
X = Task Complete

> = Task Migrated

< = Task Scheduled

- ❖ Organized by tasks, events, notes
- ❖ Organized by future log, monthly log, and daily log

From <http://bulletjournal.com>



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!

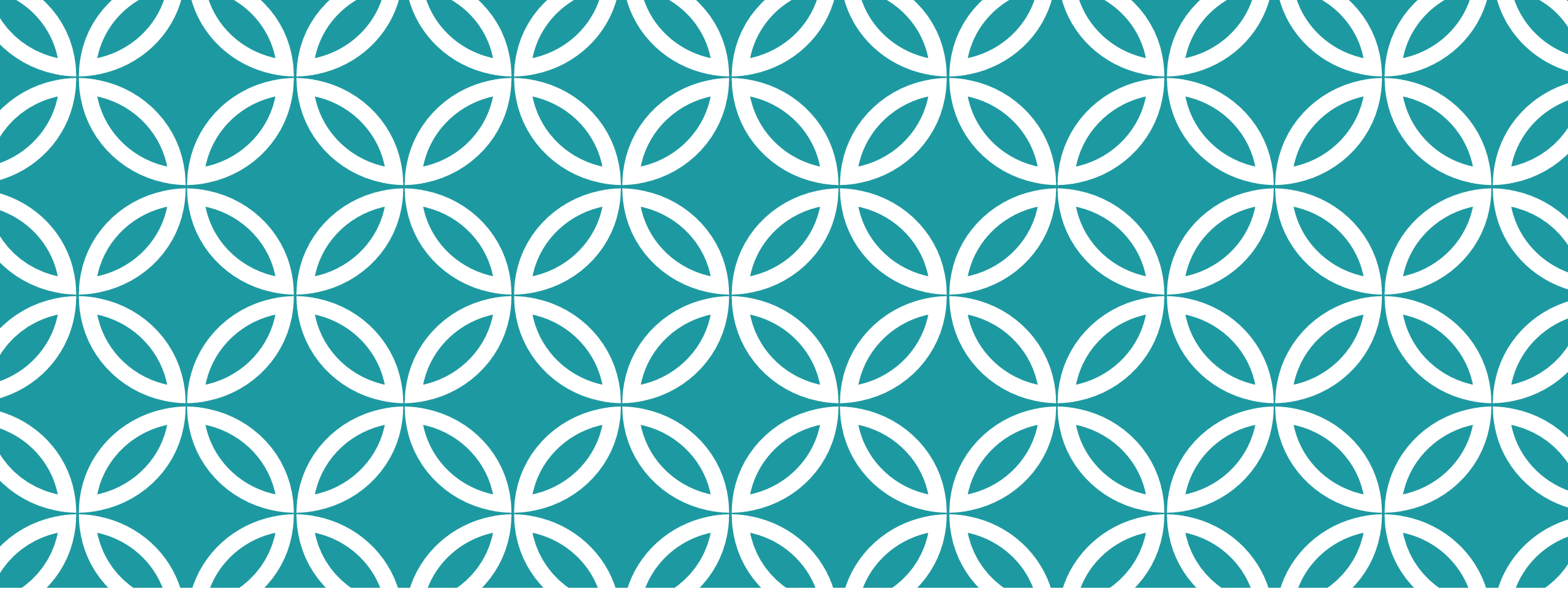
WHAT ARE SPREADS?

- ❖ 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 anything you want to track



**LET'S SEE SOME
EXAMPLES**

Ready, go!

SPREAD EXAMPLES: DAILY LOG

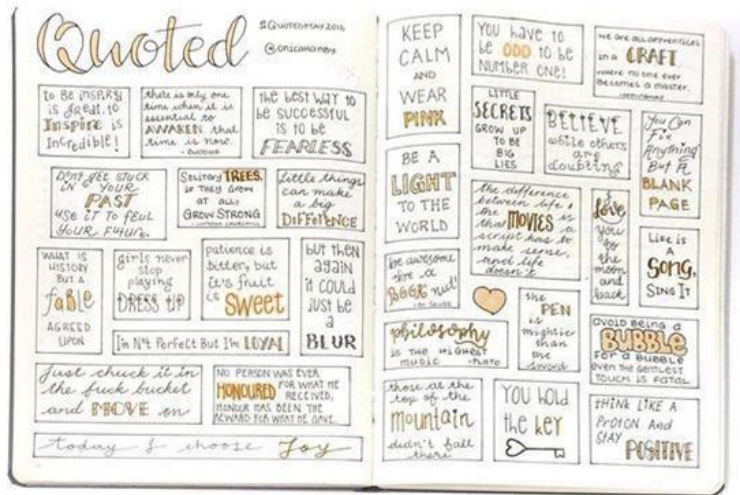


Simple



Complex

SPREAD EXAMPLES: SPECIAL LISTS

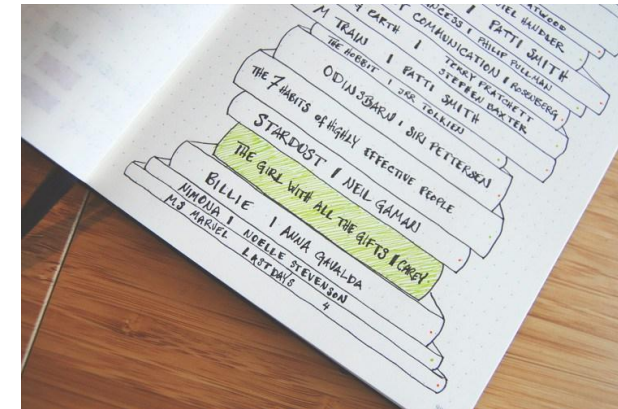


@byjotrain

Favorite Quotes



Chores
(or other special tasks)



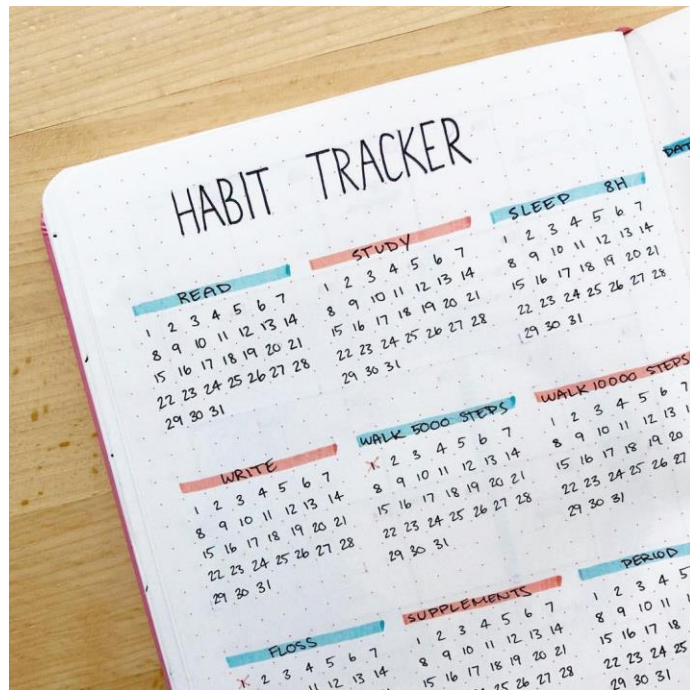
Books to Read



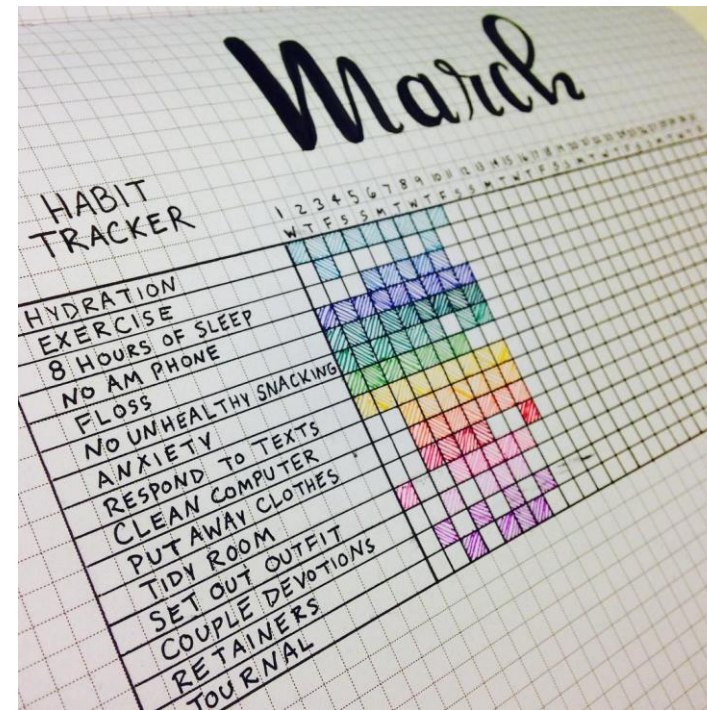
Food & Meal Prep Lists

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

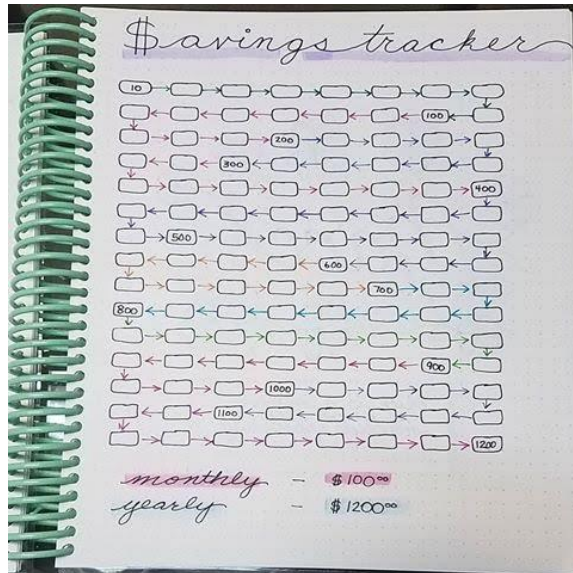


Calendar for each habit



Habits laid out in one calendar

SPREAD EXAMPLES: SPENDING/SAVING TRACKER



Monetary goal

Item goals



Datum / Date: JANUARY 2016

\$PENDING LOG

DATE	STORE	ITEM(S)	\$	CC	COST	BALANCE
1	SAFEMAY	GROCERIES	✓		20	20
2	SAFEMAY	"	✓		11	31
3	PAYLESS	SHOES KIDS	✓		105	136
4	TRADER JO	GROCERIES	✓		78	214
	COSTCO	"	✓		152	366
	CVS	MEDS	✓		52	418
6	ISLANDS	EAT OUT	✓		50	
8	SHELL	GAS	✓		45	
	WHOLE FD	GROCERIES	✓		175	

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

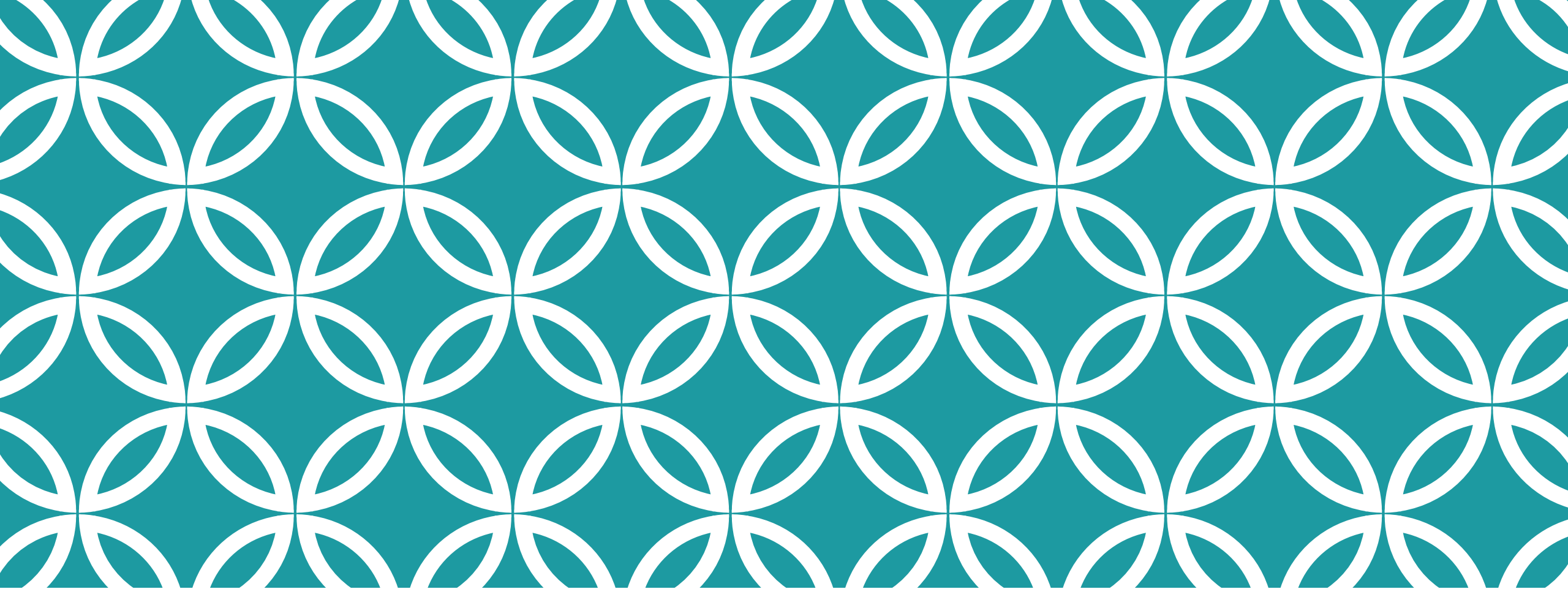
- ❖ YouTube tutorials
- ❖ Pinterest ideas
- ❖ “Bullet Journal Junkies” on Facebook

- ❖ 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

- ❖ Grace Engelbrecht, Adult Services Librarian
Parma Public Library
(585) 392-8350
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Send pictures of your pages!

