Bullet Journaling

Intro to BuJo

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**What is Bullet Journaling?**

A paper-and-pencil way to organize your life.

A way to mix and match the features you need to create a system that works for **you**.

**What do you need to start?**

Nothing more than a notebook and a pen.
Today's Talk

- What is Bullet Journaling? - See bulletjournal.com
- The key to BuJo: rapid logging & migration
- Basic elements:
  - index, future log, monthly log, (weekly log), and daily log
- Delving deeper: collections
- Putting it together: review and migrate
- Making it pretty:
  - using your BuJo as personal expression, relaxation, and more
- Supplies, ideas, and more...
What is bullet journaling?
The bullet journal System

- Rapid logging
  - Basic bullets
  - Signifiers
  - Adapt your own bullets & signifiers
Basic Elements: The Index

- A list that includes a topic & page #
- Created as you journal
- Not alphabetical or chronological
- Note: you’ll need to number your pages!
Basic Elements: 
Future Log

- Set up as far in advance as you need
- Can be as simple as a list with the month name as the header
- Some include a little mini-calendar.

![Future Log Example](image-url)
Basic Elements: Monthly Log

- A place to list your appointments & date-sensitive items for the month
- A list of tasks/projects for the month
- Many people lay out a calendar grid
Basic Elements: Daily Log

- Write the date as your header
- Rapid log everything you need
- Use just as much space as you need
- Flow right into small collections if you like - see Penzey’s list here
Basic Elements: (Weekly Log)

- Not part of the “official” Bullet Journal
- Many people use them instead of (or in addition to) daily logs
- Often not a “minimalist” approach
Delving Deeper: Collections

- Create collections to hold notes and tasks about a specific topic or project.
- Simply turn to the next blank page, write the topic at the top of the page, and start rapid logging.
- Don’t forget to add the item to your index.
Putting it all together: Review and Migrate

- At the end of the month, it’s time to migrate!
- Review & look for incomplete tasks.
- Decide:
  - Delete
  - Migrate forward
- For migrated tasks, mark them and then rewrite them into your new month.
What makes a BuJo a BuJo?

- Bullets encourage brevity
- Index
- Future Log
- Flexibility!
How can a bujo help your productivity?

- Goal tracking
  - Personal
  - Professional
  - Financial
  - Health
  - Bucket list

http://www.bohoberry.com/organize-your-goals/
How can a bujo help your productivity?

- Habit trackers
**BuJo as therapy**

- Creative outlet
BUJO AS THERAPY

- Positive affirmations

"We rise by lifting others."

—Robert Ingersoll
BuJo as therapy

- Stress relief
- [http://sciof.us/2b9WKwZ](http://sciof.us/2b9WKwZ)
Does your bujo have to be pretty?
Creative examples
Creative examples

**Reading List**

- The Help
- Watership Down
- *Quiet*
- Mad about The Boy
- The Year of Living DANISHLY
- NIGHT CIRCUS
- Harry Potter and the Deathly Hallows
- Harry Potter and the Goblet of Fire
- A Dance with DRAGONS Part II
- A Dance with DRAGONS Part I
MINIMALIST EXAMPLES
Minimalist Examples

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Monday

- Workout
- Work
- DD
- Dinner?
- Call Shelby E.P.D.
- Roots = iff
- Check supply fee list

806-406-8022
825 - cashier's check or money order
A.L.E.A.gov
include letter:
380 McDaw Rd.
Please send result to individual's home

Villa
Age 9
4/17/14
Adapting the system to your own needs

Notebooks

- Anything works!
- Blank, ruled, squared, dotted
Accessories

Pens & markers
Accessories

Washi tape
Adapting the system to your own needs

- Paper vs. Electronic: Calendars
Resources

- http://bulletjournal.com/
- https://www.pinterest.com/bulletjournal/
- http://www.bohoberry.com/
- http://www.tinyrayofsunshine.com/
- https://www.pinterest.com/beffbop/bullet-journal/
- https://www.instagram.com/explore/tags/bulletjournal/?hl=en
- https://www.reddit.com/r/bulletjournal/
- The 8 Stages of Bullet Journal Addiction
- http://waitbutwhy.com/