



BULLET JOURNALING

INTRO TO BUJO

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with credit to
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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

Bullet journal

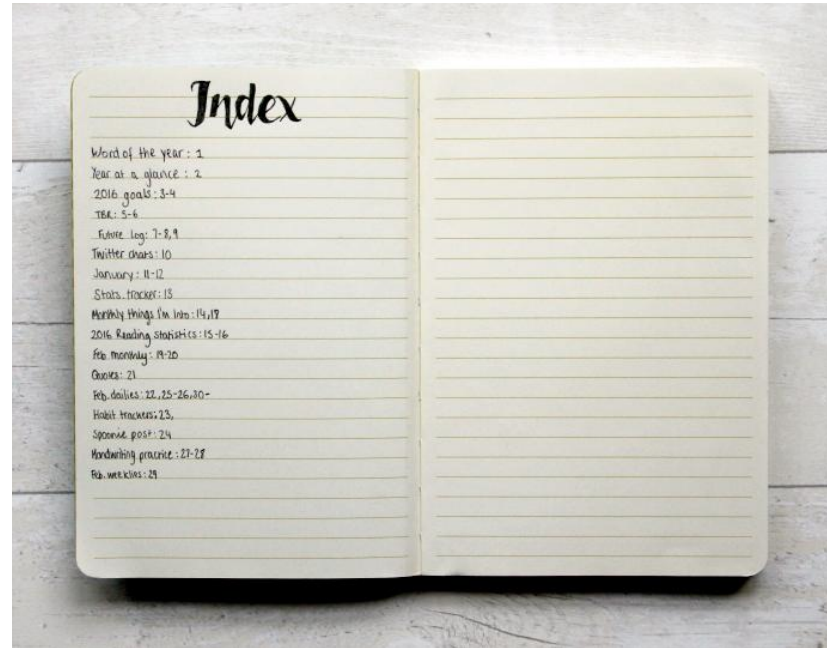
□	task	▨	completed
○	event	▧	started
△	appointment	→	migrated
♡	ideas, inspiration, quotes	—	irrelevant
•	notes		
!	deadline, due date		
*	important		
?	explore		

January, 29

- * • Call landlord
- × Plan vacation
- > Task List Item
- < Dinner with FM next month
- Take in laundry
- ! — The dress is blue and black
- 👁 — The gym is closed saturday

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!



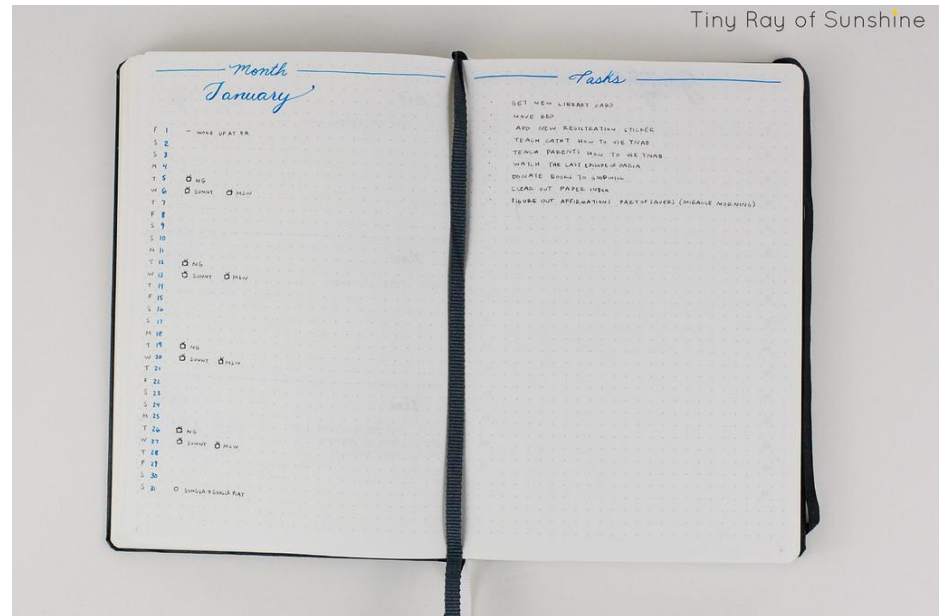
BASIC ELEMENTS: FUTURE LOG

- 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.



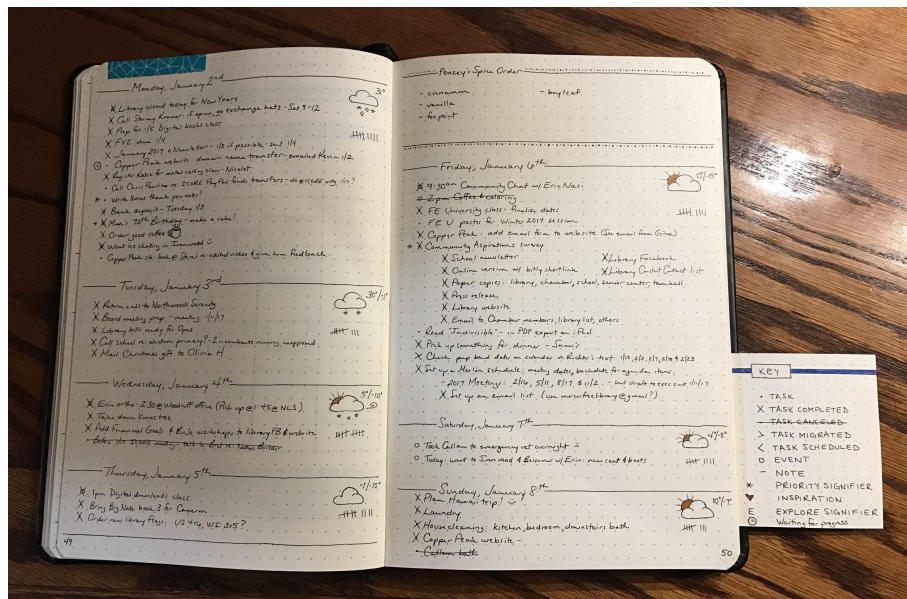
BASIC ELEMENTS: MONTHLY LOG

- 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



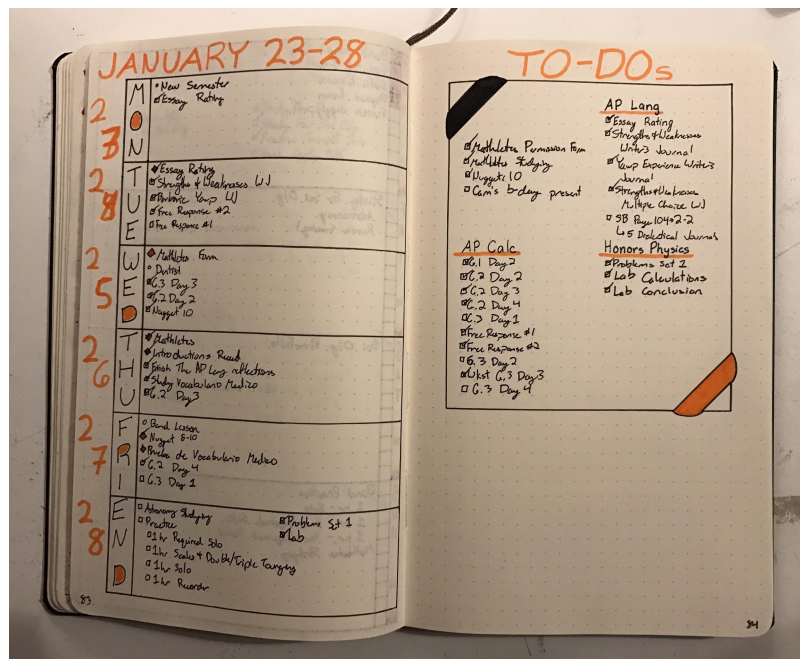
BASIC ELEMENTS: DAILY LOG

- 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

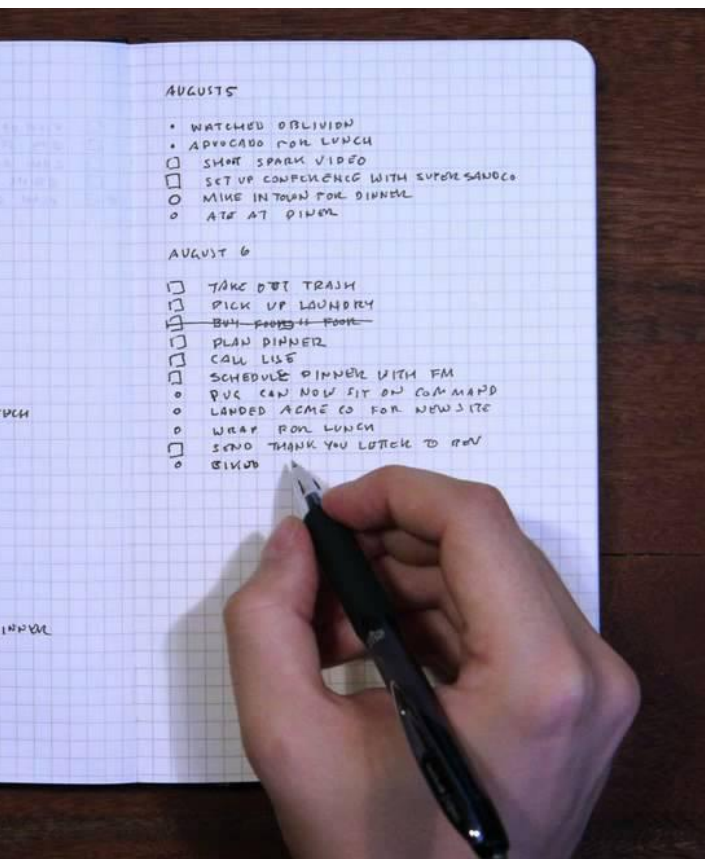


DELVING DEEPER : COLLECTIONS

- 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.



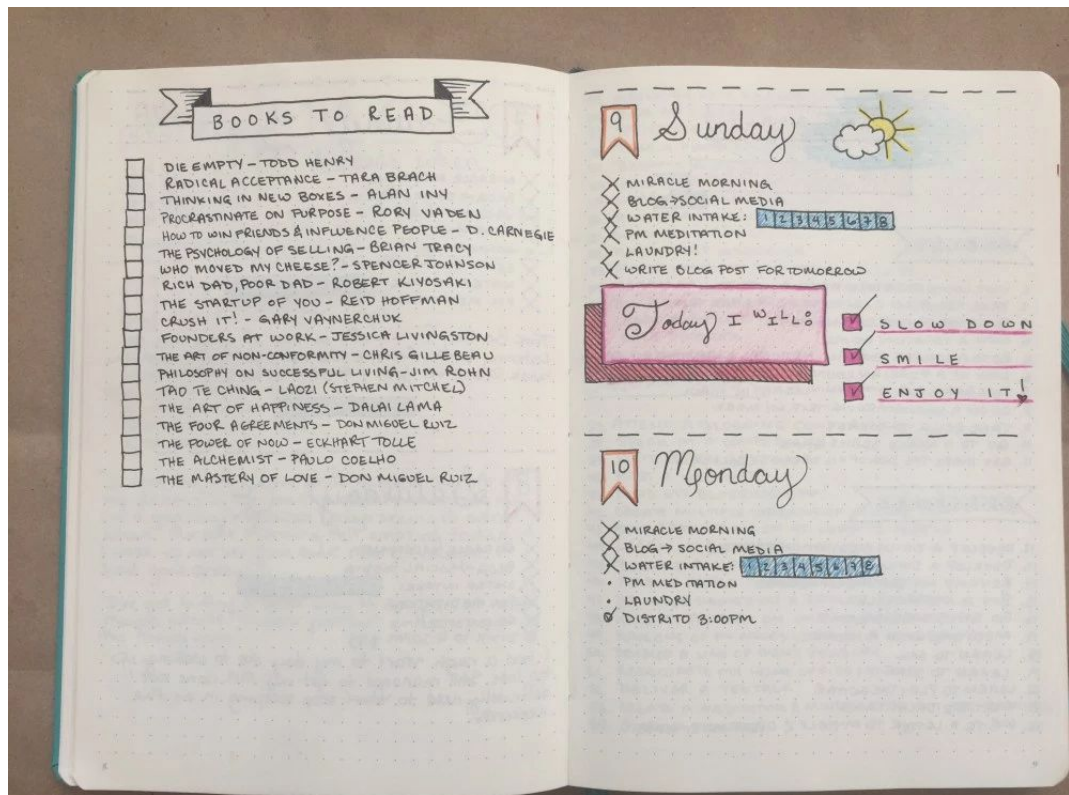
PUTTING IT ALL TOGETHER : REVIEW AND MIGRATE



- 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?

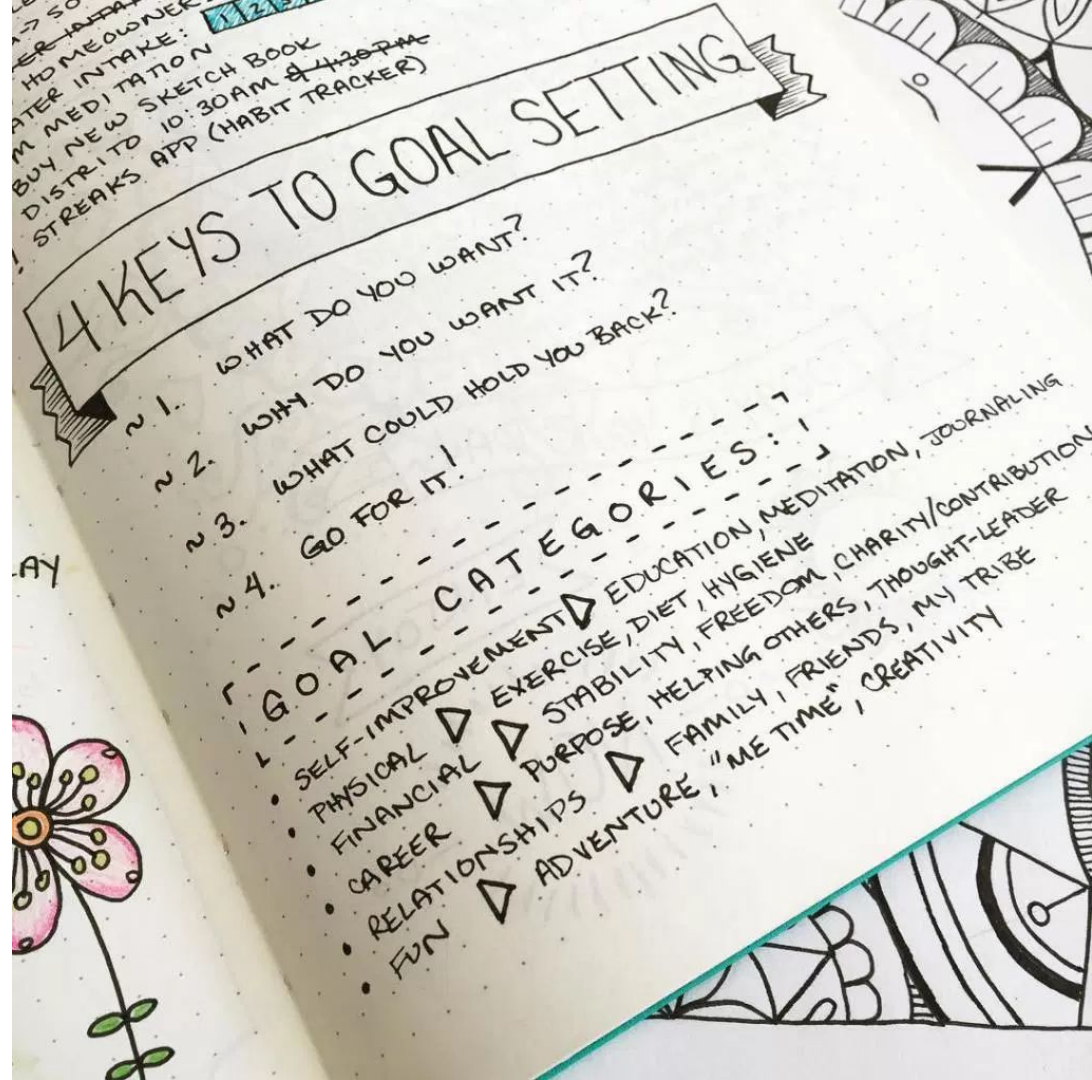
- Bullets encourage brevity
- Index
- Future Log
- **Flexibility!**



HOW CAN A BUJO HELP YOUR PRODUCTIVITY?

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

<http://www.bohoberry.com/organize-your-goals/>



GOALS



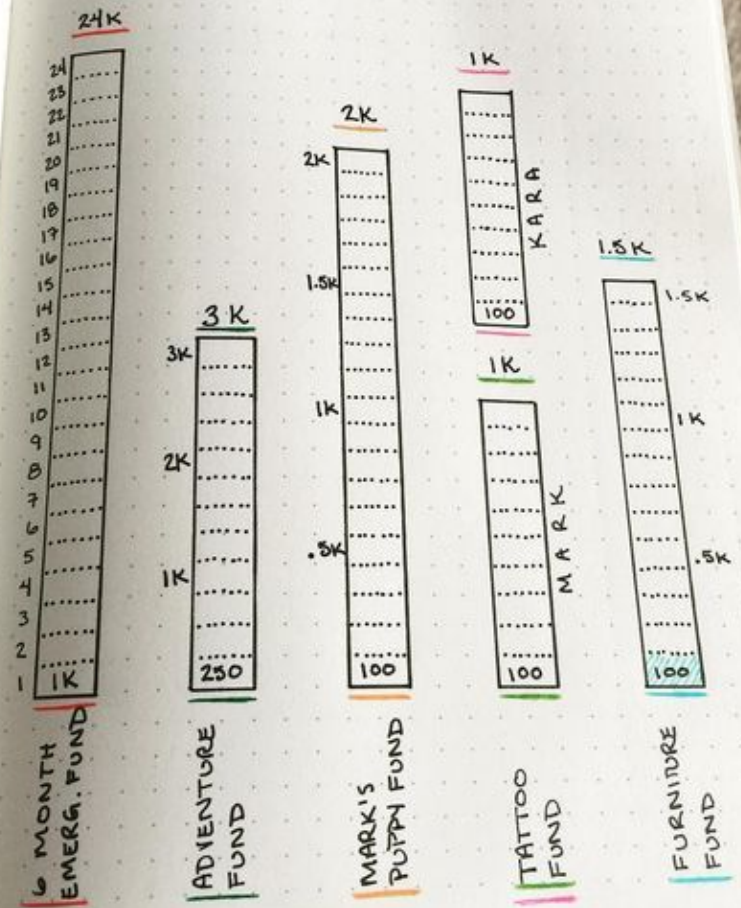
Project:

Summary:

main steps BREAK IT DOWN

1	}	_____	□
		_____	□
2	}	_____	□
		_____	□
3	}	_____	□
		_____	□
4	}	_____	□
		_____	□

SAVINGS GOALS



BUJO AS THERAPY

- Creative outlet

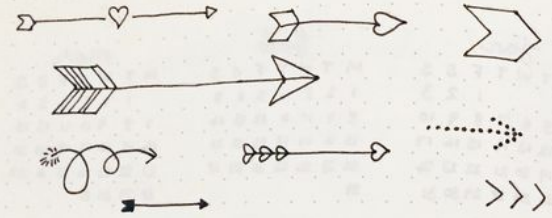


BUJO AS THERAPY

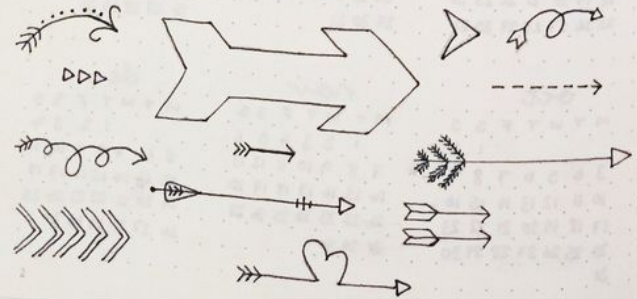
- Positive affirmations

"We rise
by lifting
others."

-Robert Ingersoll



EVERY POSITIVE
thought
PROPELS YOU
IN THE RIGHT
DIRECTION



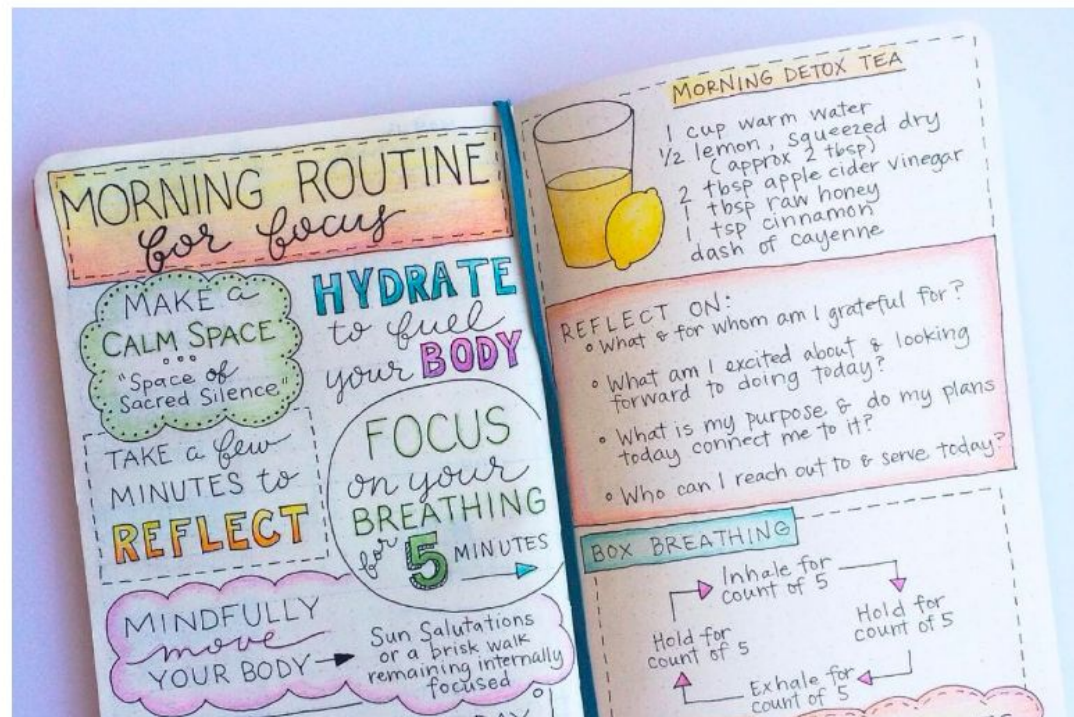
The Bullet Journal Works Because It Soothes Your Panicky Mind

By Cari Romm

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BUJO AS THERAPY

- Stress relief
- <http://sciof.us/2b9WKwZ>



DOES YOUR BUJO HAVE TO BE PRETTY?



CREATIVE EXAMPLES



MI 06. APRIL

- Meiksatz Flächeninhalt
- Besprechung + Lösung HA
- Beispiele & Übungsaufgaben
- Rezepte benoten
- Skizze Freitag
- AB von Mama kopieren
- Gegenwarts- & Zukunftsbedeutung
- Stationen genauer
- Sachanalyse verbessern

- Kipling 100 Pen Case kam an !!! 😊

DO 07 APRIL

- Rezepte benoten 3R
- Einsieg Thema Kleidung planen
- Feuchttransport GA
- Versuchsmaterial:
 - Gore-Handschuhe
 - Plastik-Box
 - Gummis
 - Eddings
- Knistertücher nähen
- Kummerchlucker zuschneiden

FR 08 APRIL

- PC-Raum-Aufg für Mo
- Übungen Flächeninhalt IND
- Einführung Kleidung
- Experiment Funktionstextilien

- Kaffee mit Mara ♡
- Jonas holen in Rothi
- **Molkerei**

SA 09. APRIL

- Material PC-Stunde → auf Stick!
- Hilfe-Aufsteller
- Buch
- textile Kette
- Bald-Zeitung Umwelt Teil 1
- an Tante B.
- Rechnung
- Nähseide
- Zutaten Gugl für Montag

SO 10. APRIL

- unfinished tasks from yesterday!
- Gegenwarts-/Zukunftsbedeutung
- Fachdidaktik wiederholen
- Grobstruktur & Design Stationen
- Schilder Gugl für Mo
- Einkaufsliste für Wohnung/ IKEA
- Versicherungsschein } scannen
- Urkunde } scannen
- Mail an Papa ☑
- Pallydoo Utensilo: Schnitt drucken
- Teile zuschneiden
- Utensilo nähen

- Miracle Morning (kindle version)

CREATIVE EXAMPLES

#45

emmad

garage day

Sun NOV 1
Mon NOV 2
Tue NOV 3
Wed NOV 4
Thu NOV 5
Fri NOV 6
Sat

MEALS

S 1
M 2
T 3
W 4
F 5
S 6
S 7

#planwithmechallenge

GUIDE

- 1. YOU & YOUR PLANNER
- 2. MY NOVEMBER SET-UP
- 3. MY NOTEBOOKS, & WHY
- 4. GOAL SETTING
- 5. PRIORITIES
- 6. REVIEWS

HOLIDAY PLANNING

Mail S/M I/O

If there is no Struggle there is no Progress

F. DOUGLASS.

Tasks

JOURNAL
MORNING
WORK
CLEANING
EVENING
BLOG
PERSONAL

SMINTLE'S 1234567

reading list

NEVER AGAIN

I wish I ^{could} know

PRODUCTIVITY NINJA

The Help

Watership Down

ayoade on ayoad

Quiet

Mad about The Boy

The Year of Living DANISHLY

shoot the damn dog

Night Circus

The Da Vinci CODE

A DANCE WITH DRAGONS PART II

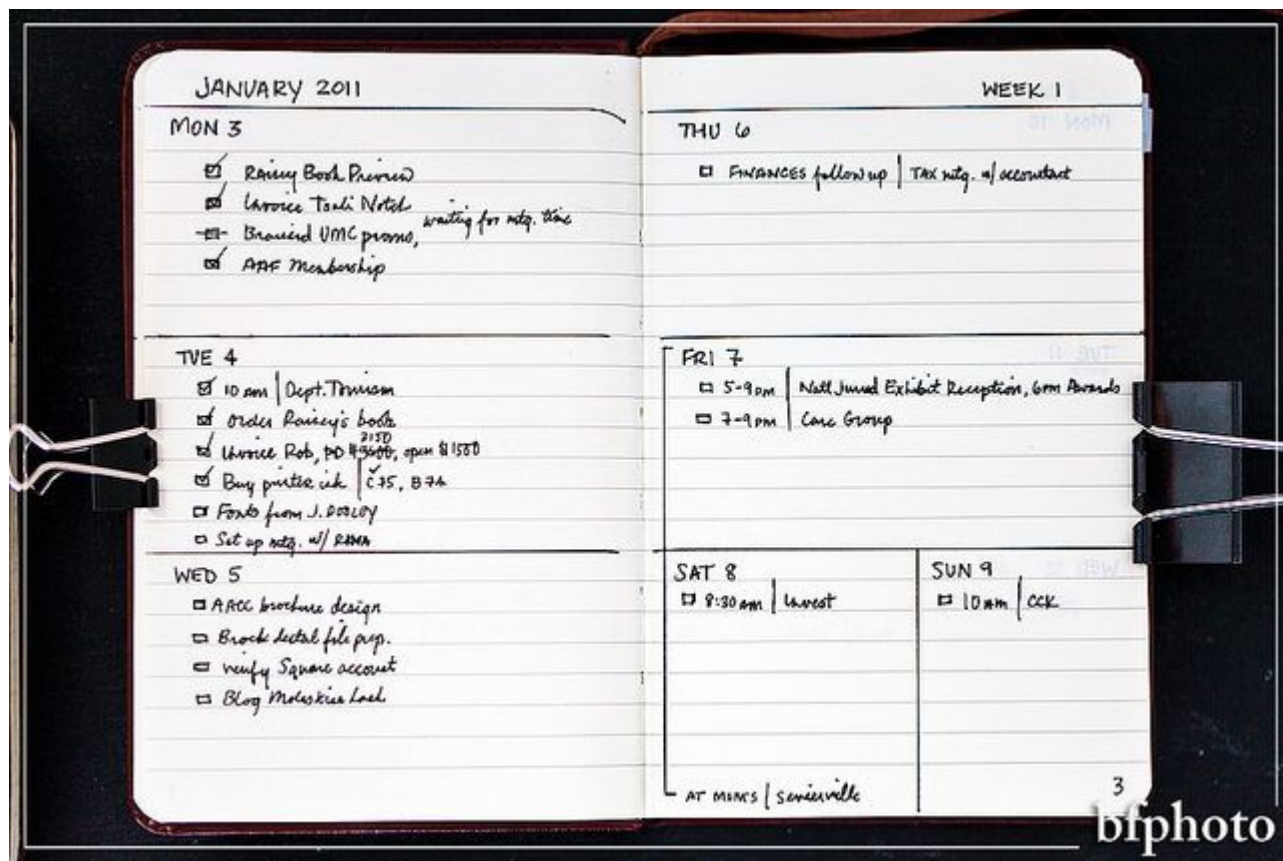
A DANCE WITH DRAGONS PART I

HARRY POTTER and the Deathly Hallows

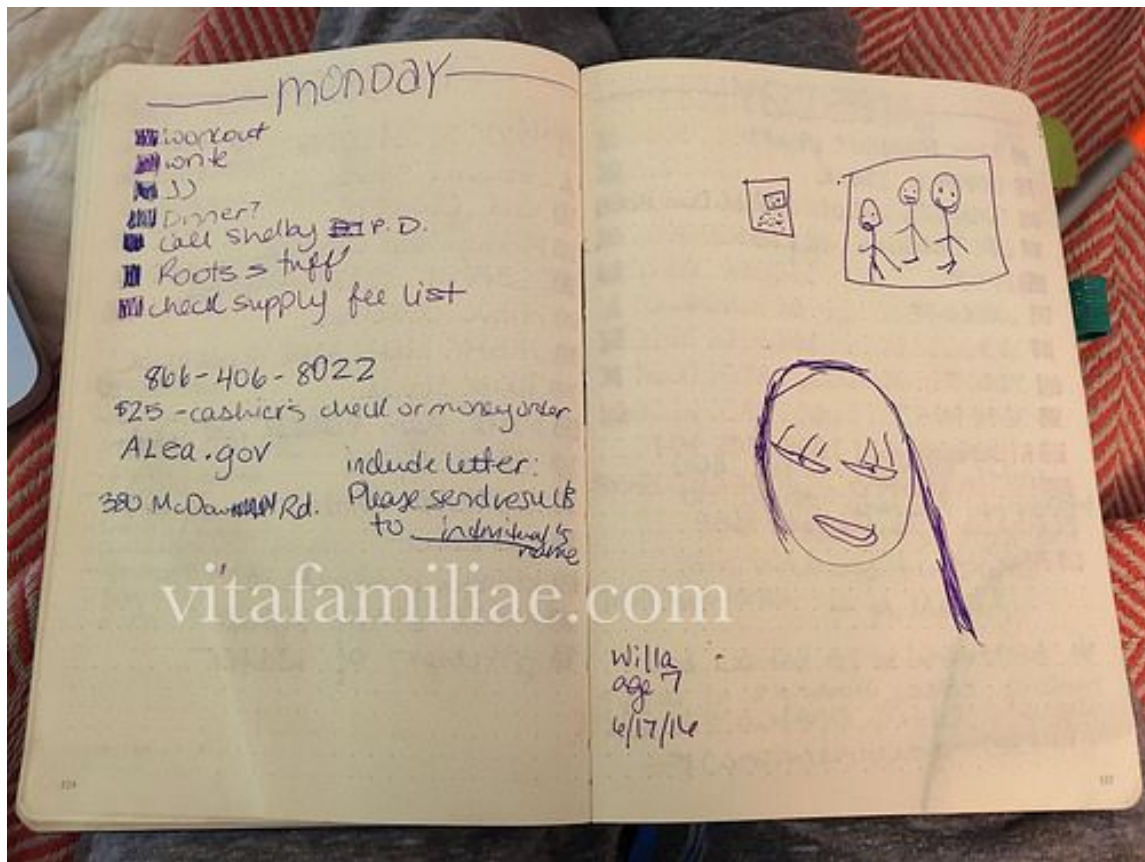
HARRY POTTER and the Half-Blood Prince

Who stolebook his wife for a Hat

MINIMALIST EXAMPLES



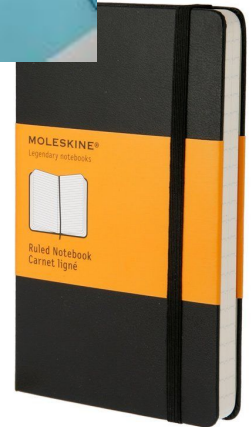
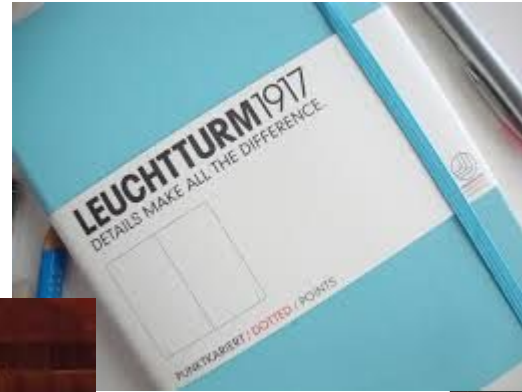
MINIMALIST EXAMPLES



ADAPTING THE SYSTEM TO YOUR OWN NEEDS

Notebooks

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



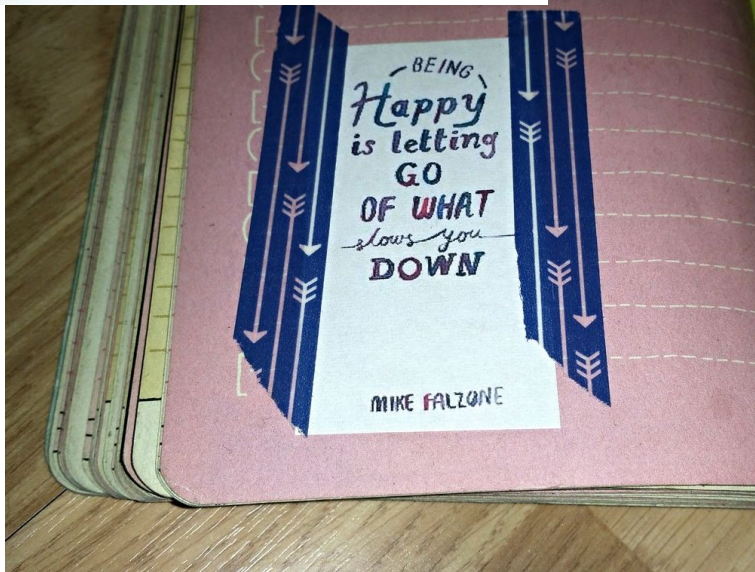
ACCESSORIES

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/>