

BULLET JOURNAL

ORGANIZING EVERY DAY

HOW IT WORKS:

- Bring together to-do lists, notes, thoughts, goals, and more to one place
- Customize, review, and revise to meet your needs
- Gain clarity and peace of mind through organization
- For some, relax with a creative outlet

Initial Set-up:

- You'll need a notebook and pencil or pen
- A quiet space to write
- Lingering to-do lists, calendars, notes, etc.

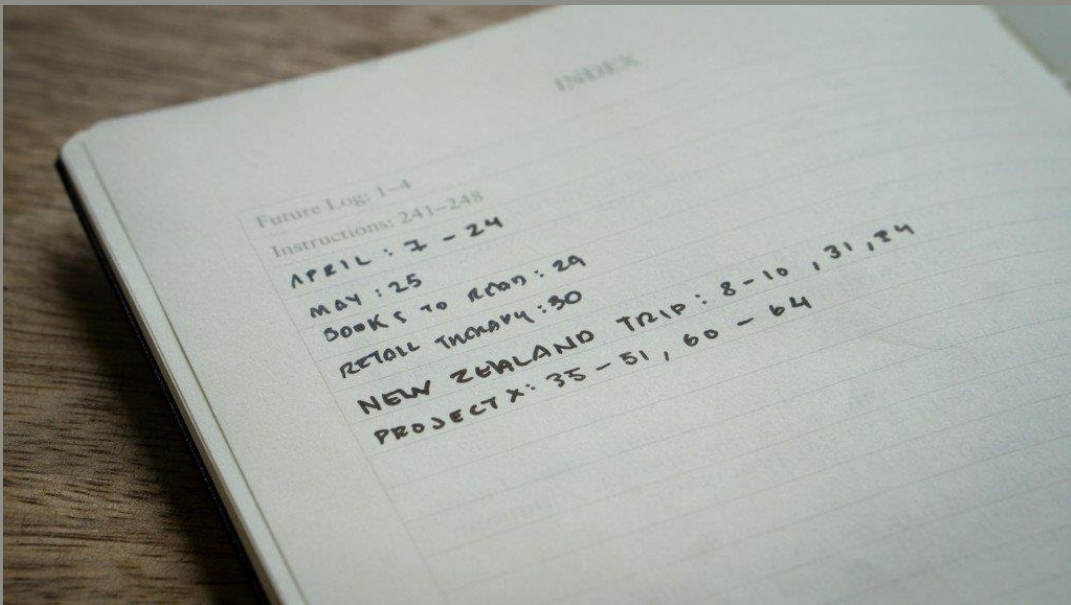
Begin by preparing the Index and Future Log with any known spreads and information.

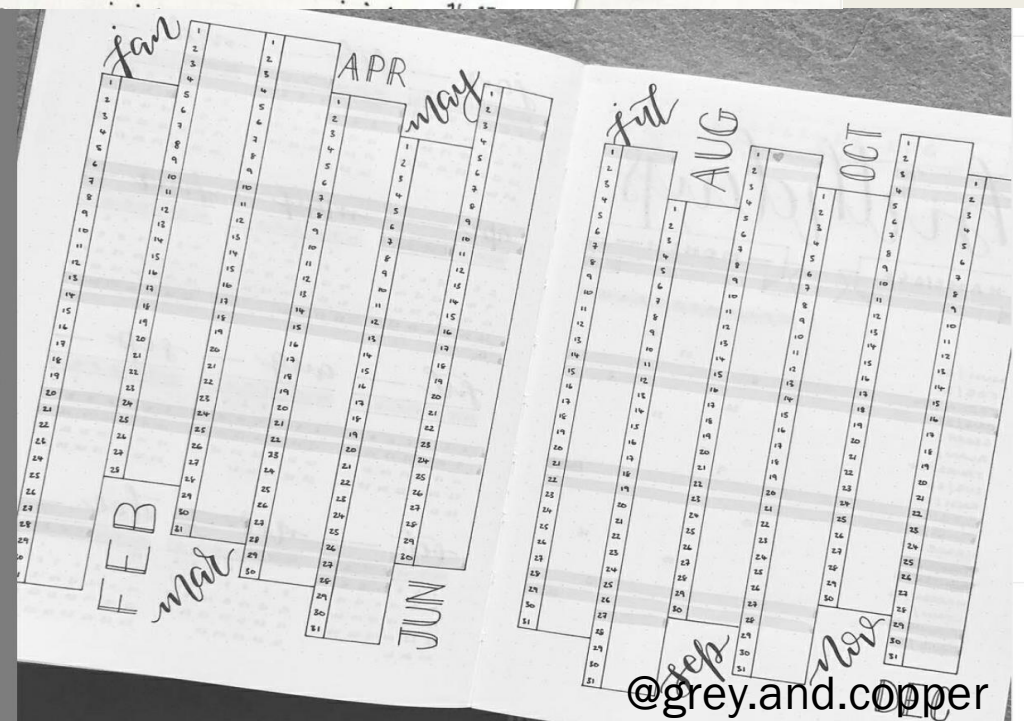
Monthly and daily logs are entered as you come to them

Index

- Like any good book, this tells you what's ahead and where.
- Add page numbers as each spread is created.
- You do not need to add pages to the index if you do not wish to reference them later.

Pro Tip: use color-coding to locate specific types of pages more easily (habit trackers, collections, everything for one month in the same color)





Future Log



- A reference for the future
- This is where important dates will be kept before you get to the respective month of planning.
- You might have annual or reoccurring collections before your monthly spreads start, such as financial planning, long term projects, or books to read.



@annebujo



@alifeofbujo_

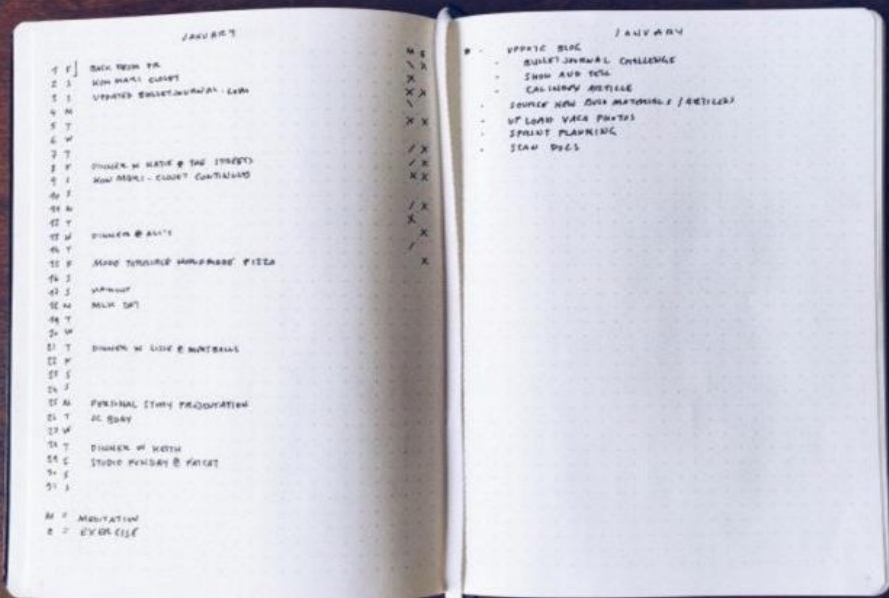


@applesandbujojos



@marthaplans

Monthly



- Create a home base for events and tasks to do this month.
- Refer back to your Future Log for things to include so you don't forget anything important!
- Track habits, budget, moods, and more with some monthly collections before your daily spreads start.
- Enter the page number into the Index, as well as pages for any collections you want to reference later.

July 2019

MON TUE WED THUR FRI SAT SUN

1- My Birthday
4- Forth of July / Jen's Birthday
10- Hair Appointment @ 3:00pm
10- Sam's Birthday
14- Jenny's Birthday
18- Alix's Birthday
17- Massage Appointment @ 5-30pm
20- Emily & Billy's wedding!
31- Last Day at

Pay Day
Erik-Work
Birthday
Appointment
Vacation Day

Goals

JOB HUNTING

- 7/31: Last Day at
- Follow up with job applications
- Obtain professional references & contact info before leaving

PERSONAL DEVELOPMENT

- Treat Emily to a massage (7.17)
- Pay for Fall 2019 semester
 - Gather book & supply list
- Complete "Getting Things Done" book
 - Record best tips/advice

HEALTH & FITNESS

- Create a separate meal & exercise journal
- Do a keto week with Erik
- Develop new body weight & kettlebell routines with new exercise cards

29

August

1- Kristina's birthday
2- Carrie's birthday
3- Lynn's birthday
8- Cliff's birthday
12- School begins
15- Kristina's birthday
19- Kendal's birthday
19- Zoe's birthday
29- Emily's birthday

@craftyengineerd

September

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PERSONAL FAMILY SCHOOL BIRTHDAYS YOUTUBE

IMPORTANT DATES

4th JFH KASTOP SIGNING
19th QoS LIVESHOW 7:30pm

TO DO:

Call HV re: I don't receive Wyatt's letter.

Habits

GET UP AT 7am
Make the Bed
POST ON SOCIAL

DO SOMETHING YT
READ BEFORE BED

RELATED

@fandomandbooks

May

LABOR DAY W 1
T 2
F 3
S 4
S 5
M 6
T 7
W 8
T 9
F 10
S 11
MOTHER'S DAY S 12
M 13
T 14
W 15
T 16
F 17
S 18
WESAK DAY S 19
M 20
T 21
W 22
T 23
F 24
S 25
S 26
M 27
T 28
W 29
T 30
F 31

goals

- daily workout
- regular work

log

- danan resepul 5/5
- pay credit card bill 10/5
- pay bills 24/5
- Accounting 31/5

@cindywildflowers

monthly overview

MON	TUE	WED	THU	FRI	SAT	SUN
Meet Ash Meet John	Deepavali	ANU1 SLIDES SUMMER INT. WIRA CP JR REK	1 GIF PHONE INT.	2 HDL LUNCH W/ FAMI + ARI	3 MJ Filming (JR)	4 4003 SHAMBER-J LED FAMI DIN
12	13 (9401) ASSIGNMENT (8401) QUIZ (4003) PRES (5003) REWRAY	14 (9401) ASSIGNMENT (8401) QUIZ (4003) PRES (5003) REWRAY	15 DISSEMINATION CLINIC MJ JR REK	16	17	18
19 (4003) DISSEMINATION	20 (9401) QUIZ (8401) QUIZ (4003) PRES (5003) REWRAY	21 (9401) QUIZ (8401) QUIZ (4003) PRES (5003) REWRAY	22	23	24	25
26	27 MDT FINALS 1900-1930 (4002) REPORT	28 ANI MODELS 1500-1530	29	30		

MOOD TRACKER

1 5 12 19 26

IMPORTANT DATES

- Dissemination Clinic (1st draft) - 8 Nov
- MDT Assignment 2 DUE - 14 Nov
- MDT Midterms 2 - 14 Nov
- CELL TOPICS: COP1 Presentation - 14 Nov
- Regulatory → Group Report DUE - 19 Nov
- Regulatory → Presentation - 19 Nov
- Final dissemination DUE - 19 Nov
- CELL TOPICS: BUIZ - 21 Nov

@ihggs

Rapid Logging

•	TASK BULLET
X	TASK COMPLETED
➤	TASK MIGRATED
◀	TASK SCHEDULED
○	EVENT BULLET
-	NOTE BULLET
*	PRIORITY SIGNIFIER
!	INSPIRATION SIGNIFIER
①	EXPLORE SIGNIFIER

- Use bullets to categorize your entries.
- Add tasks, events, or notes as they come up throughout your day.
- Indicate when you have completed something, or add further notes when necessary.

Pro Tip: Rapid logging is intended to make efficient use of your journal and not waste time. So don't spend too much time planning here, except to start your day.

- 7/6
- 1: Move
 - 10: write
 - REST
 - WATCH YT for OBJ
 - 5:47 on IG
 - FWFG paused for August
 - Felt Blah
 - Day 1 No ETOH
 - How long will it take to feel better?
 - Rain, lightning, hail
 - Paid on Friday next
 - Bay registrations \$350
 - Escrow extra \$200
 - Pay off cards \$1000
 - doogy bill \$250
 - What if I put One Thing, Intentional Commitments and Gratitude in Weeks?
 - Victories & Challenges is here with review
 - End of day reflection - A's journal
 - write
 - NO Movement

- 7/7
- get a nicer yoga mat (for hard floor)
 - I am los today
 - log foods and why here
 - do we need a new blender?
 - How did st husband get my cell?
 - first day walk on DFT Ultra



@bejennie2

December 27, 2018

- this is a rapid log
- to-do item
- afternoon meeting
- ★ • another task (important!)
- ↳ task begun but not finished
- book title I don't want to forget
- X completed task
- < to-do item moved to future log
- dinner date
- > task moved to future date
- ★ - important note

@jordanelisheva

- Friday 3 May
- WAM @ 1345 - VTC
 - > laundry
 - X wash
 - dry
 - fold
 - away
 - > vacuum upstairs
 - > vacuum stairs
 - X unload dishwasher
 - X load dishwasher & run
 - X counters
 - X pots & pans
 - X CALL orthodontist - closed Fridays
 - Harry Potter Cocktail Night!
 - Hannah's
 - > 1 hr. deep work
 - > Finish college app
 - X vacuum downstairs

Grandpa visits!

- Saturday 4 May
- X Curious Iguana
 - X Comic book store
 - X Free comic book day!
 - X Pick up race bib
 - X Tune accessport
 - X Wal-Mart
 - X furniture polish

@miranda_plans_

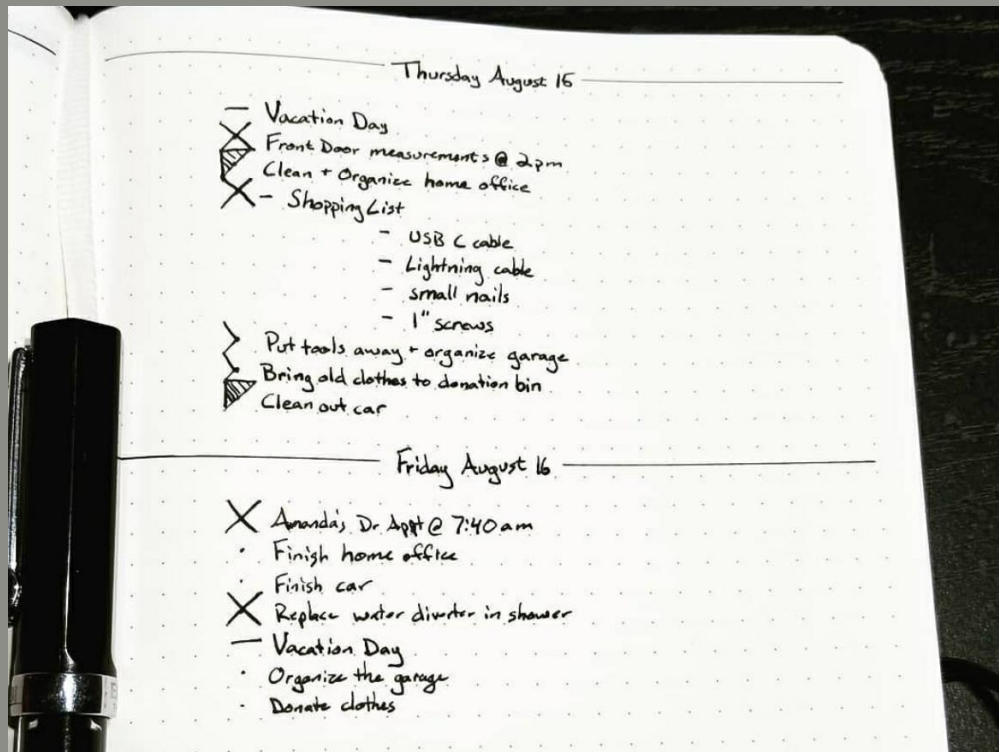
DATE NIGHT!

- Mentor
 - No phone after 2200 / before 0700
 - Duolingo daily
 - 1 hr social media max p/day
 - 24 hr. social media fast x1 p/wk.
 - Meditate 5min min 6x p/wk.
 - Read daily
 - Gluten-free 1000
 - write affirmations 6 days p/wk.
- Career
 - FCC App
 - Real Estate course
 - pay: 15 min
 - 2 hrs. p/day 6x p/wk until completion



@happilyeverafter_

Daily



- Here is where you start your day.
- Reference your monthly spread for important events or tasks.
- Evaluate previous days for things you need to migrate forward.
- You can plan each day as it comes, or set up in advance to gain insight to the week ahead.
- Utilize rapid logging for efficiency.
- Weather, meals, hydration, and timelines are common additions to daily entries.

monday
NO SCHOOL

tuesday
7:50-2:55: school
3:00-6:15: swim practice
7:00-9:00: orchestra

wednesday
7:50-2:55: school
3:00-6:30: swim practice
7:00-9:00: mock trial

friday
7:50-2:50: school
3:00-2:15: swim meet
6:00

thursday
7:50-2:55: school
3:00-6:00: swim practice
6:30-8:30: swim meet
5:00

saturday
FINISH ALL UR HOMEWORK!!

sunday
TBD: Mock Trial

mon 10

- CX sway document
- Organize binders & get supplies
- Start (project) (secret life)
- Start "the secret life of boos"

wed 11

- CX sway document
- Cover french textbook + write 2 book
- French schoolwork (A Schindler)
- Bring 50 pieces for questions (WPS)
- Finish chapter 3 & questions - Thursday
- Physics signed course expectations

wed 12

- Finish chapter 3 & questions!! → English
- Chinese: scholarly assignment # (T1+T2)
- History: Reading & questions
- Math: assignments/questions problem - set
- French: do check (message teacher)
- CX sway document!

thu 13

- Chinese: vocabulary → (T1+T2) → taken audio 1 & 2
- History: Reading & questions (TBB)
- French: Scavenger hunt + questions - label (left)
- English: Read to chap. 4 & question sheet
- Swim: Get SECRET BUDDY gift!!

reminders

- English: read through chap. 4!!! & questions
- Chinese: review unit one vocab & readings
- Mock: Sway CX!
- Physics: Reading notes WS
- Physics: study sheet signed
- Math: Drive by Georgetown

sat 15

- English: chap. 4 & questions
- Chinese: vocab & readings!
- Math: Curve of forgetting
- Physics: sheet signed
- Mock: Sway CX - finish/edit

sun 16

HIGHLIGHTS OF THE WEEK:

- ♥ I improved by nearly 2 seconds on my 50 free!!
- ♥ Got signatures & filled up sheet
- ♥ Graphing calculator finally came!!
- ♥ Orchestra was a lot better than I expected it to be

@studyingbujo

MTWTFSS
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30

W F E K I S
WHERE
flowers
BLOOM SO DOES HOPE

mon tue wed

thu fri sat

sun

to do / notes

upcoming week

@begumjournals

TUESDAY 20th

- 6:45 in draft
- 7:15 in draft
- start making

WEDNESDAY 21st

- packing
- eat wating
- wash hair
- put money
- cash passport
- msg kids team

THURSDAY 22nd

- finish unpacking
- reply to messages
- plan next week

FRIDAY 15th

- finish printing papers
- meet Daecia 1pm
- organize suggestions mtg
- order unavailable
- buy December plan
- update timeline

to do this weekend

- meal plan
- reply to emails
- apply photos on laptop crest
- clean car
- journal
- plan week
- organize bag

WEEKEND

- exercise 2
- follow meal plan
- sleep wake up consistently
- print NY photos

WEEKEND

- generate 4pm
- group 7:50pm
- 7:30-10am
- lunch
- dinner at Tito Jags
- 6pm
- 7:30-10:30
- 1:30-5:30
- Jays 5pm
- 1:30-6pm
- chiropractor 2pm
- Drive to Hamilton
- 12:30-1:30
- chiropractor 5:50pm
- flat video 6:30pm
- 10:30-11:30
- Jays 5pm
- 1:30-6pm
- 12:30-1:30
- chiropractor 5:50pm
- flat video 6:30pm

@lovelyjournals_

NOVEMBER

25 sunday

your make beautiful
LOOK EFFORTLESS

meeting up w/ pal to give baby presents + card

26 monday

- history H54
- math M1
- science S5
- multi-subject

start packing for camp??
don't do football
get back history results

you got this

27 tuesday

- science S6
- commerce H3
- english E4
- math M1

finish
finish packing for camp
start ball card
return math textbook

28 wednesday

- multi E3
- english E4
- spanish S4
- history H4

YEAR 10 (ATP)
bring polaroid camera???

29 thursday

- science S4
- science S2
- english E4
- math M1

YEAR 10 (CAMP)
break for

30 friday

- science S5
- year 10 (P)
- P2
- commerce H3
- history H4

Year 10 camp
finish baby presents

@selenenen

Collections

- These are spreads dedicated to one topic.
- Common collections include financial planning, mood, habit, and sleep trackers, books to read, one line or doodle a day, long-term projects or goals, gardening plans, running to-do lists and cleaning trackers.
- To create any custom spread, first consider all the attributes you would like to include, order them by importance, then determine size needed for each attribute.
- This is where a lot of people find their creative outlets in their bullet journals.

Year in PIXELS

- Excited
- Good/content
- Normal
- loving/loved
- Grateful
- Nervous
- Sad
- Frustrated
- Exhausted
- Bored
- No Date

@fischrmedia

2018 Bills

Monthly

	AMOUNT	DUE	✓	AUGUST	AMOUNT	DUE	✓
Mortgage (PNC)	\$2223.92	7/1	✓	\$2223.92	8/1	✓	
Gas (North Shore)	\$31.95	7/1	✓	\$30.30	8/3	✓	
Electricity (ComEd)	\$78.87	7/26	✓	\$83.32	8/24	✓	
Cable (Comcast)	\$150.68	7/17	✓	\$150.68	8/16	✓	
Cell Phone (Verizon)	\$129.63	7/11	✓	\$98.75	8/11	✓	
Gym (LifeTime)	\$110.00	7/1	✓	\$110.00	8/1	✓	
Tolls (I-PASS)	-	-	-	-	-	-	-

Bi-Monthly

Water/Sewer (City)

Quarterly

Trash (Groat)

Semi-Annually

Auto Ins. (St. Form)

401K SAVINGS

BALANCE 1/1/18:

@craftyengineerd

tom bow

DUAL BRUSH PENS

@myartsyplans

Monthly Challenges

January: Vegan ALL MONTH

February: 25 BURPEES daily

March: protein shake FOR breakfast daily

April: NO diet soda

May: TRUN 3x WEEK

June: 15 PUSHUPS daily

July: 10 sun salutations EVERY morning

August: NO Creamer

September: meditate 10 MINUTES daily

October: 25 SQUATS daily

November: yoga EVERY DAY

December: NO sweets UNTIL Christmas

you miss 100% of the shots you don't take

@the.petite.planner