



Designed by Ryder Carroll with the intent to have an organized personal system. This system helps organize scheduling, reminders, to do lists, brainstorming, and other organizational tasks in a notebook.









BENEFITS OF JOURNALING





- Helps create clarity of your thoughts and feelings
- You get to know yourself better
- Reduces stress
- Solve problems more efficiently and effectively



Other benefits for bullet journaling:

- They can give you a full view of both your work and personal life
- You have a visual record of what you have done for future reading





THE BASICS

Here are the basics of a bullet journal

Index: The index highlights all of the spreads in your bullet journal.

Set aside at least two pages for the index. Number all of your pages and as you proceed through your bullet journal, you can place those page numbers in the index.

Future Log: This is where you look at events for the year that will be occuring.

Monthly & Daily log: These spreads are where you create your monthly calendar at a glance, as well as, your daily log as well.

[NDEX



MONTHLY



FUTURE LOG



DAILY



THE BASICS

Here are the basics of a bullet journal

Rapid Logging: Short form note taking paired with symbols to quickly capture, categorize, and prioritize your thoughts into notes, events, and tasks.*

Collections: Are module building blocks, they are used to store related content. Index, Future Log, Monthly Log, and Daily Log are the core collections in a bullet journal. *

*Carroll, R. (2020). The bullet journal method: Track your past, order your present, plan your future. London: 4th Estate.

RAPID LOGGING



MONTHLY



FUTURE LOG



DAILY



MATERIALS NEEDED ~

- Note book
- Pen

Extras:

- Ruler
- Markers
- Stickers
- Washi tape
- Paint
- Pictures











EXAMPLE SPREADS

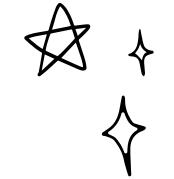
Finance Home Holidays School Wedding Birthday Travel Family Work Health Fun Travel

Hobby Inspirational quotes **Books Read** Shows Watched Movies Watched Entertainment **Bucket List** Games played Favorite sports 5 year plan Mind map and many more

You can do whatever you want in your journal. It doesn't have to be just for scheduling and to do lists. You can use it to organize whatever is occupying your mind. You can also design it anyway you want. Get creative with your journal and enjoy!



Use this area to brainstorm any ideas you have for your bullet journal here.





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