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Activities at Home

BUJO 101: Getting Started with Bullet Journaling

Bullet journaling is a unique form of organization that can be used as a check list, diary, sketchbook, goal setting tool, and planner. While bullet journals consist of these elements, each journal is unique to the person creating it and may not contain the same elements.

Supplies:

- Dot Journal or Lined Journal
- Pen or Pencil
- Optional: Assorted Markers, Colored Pens, Colored Pencils, Washi Tape, Stickers, Glue, Rubber Stamps and Ink, Watercolors, Ruler, Scissors

Bullet Journal Elements:

- Index
 - First few pages of a bullet journal.
 - Tracks what's in your bullet journal.
 - Consists of page numbers and brief descriptions.
 - As you add a new spread, you add it to the index.
 - A spread is a group of pages over related topics.
 - Example(s):

Pg #	Index	Category
1.	Future Log	
3.	One Year to a Healthy Me	Health
4-5.	Weight Loss Tracker	Health
6-7.	Walking Tracker	Health
8.	Adipose Burn	Health
9.	Treat Yo Self	Health
12-13.	Travel Goals	Travel
14-19.	Books Read in 2018	Books
20.	Bookshelf	Books
21-28.	2018 Reading Challenge	Books
31-32.	Reading Stacks	Books
34.	3 Month Goal - April - June	Health
35.	Body Measurements - March - June	Health
36-37.	Debt Snowball Effect	Money
38.	Savings Goal	Money
40.	April Goals & Schedule	Goals
41.	April Daily Habits Tracking	Goals
42.	April Review	Monthly Review
45.	May Review	Monthly Review
46-47.	May Daily Habits Tracking	Goals
48-49.	June Goals & Schedule	Goals
50.	June Daily Habits Tracking	Goals
51-62.	June Daily's	Daily/Weekly
63.	June Review	Monthly Review
65.	Walking Challenge	Health
66-67.	Little Moments - Monthly Photos	
68-69.	July Goals, Schedule, Daily Habit Tracking	Goals

- The Future Log

- Acts as an overview for the year.
- Great for tracking things in advance like birthdays, vacations, holidays, trips, important dates, big picture tasks, etc.
- Can include notes or act as a placeholder for action items that don't currently have a spread in your journal.
- Example(s):



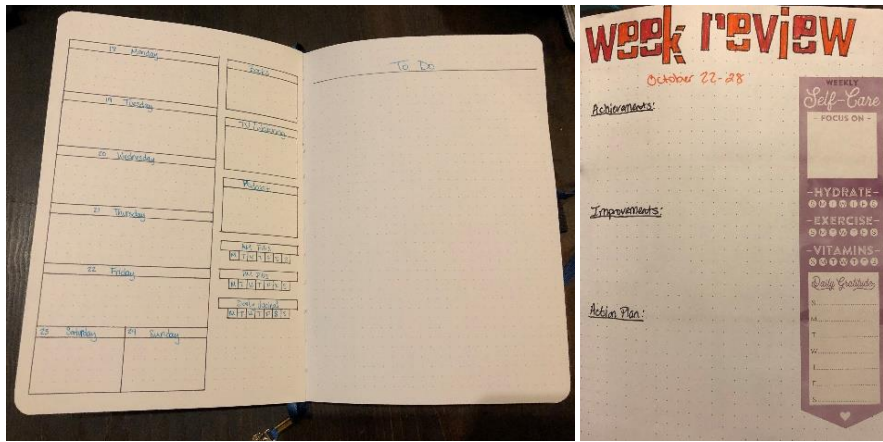
- Monthly Spreads

- Place to organize your month.
- Usually on two pages.
- Common elements include a calendar, task lists, monthly goals, and habit trackers.
 - A habit tracker simply allows you to measure whether you did a habit.
- Example(s):

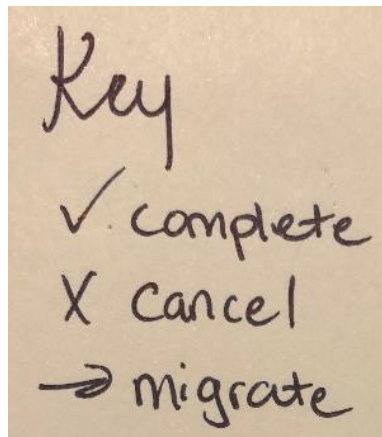


- Weekly & Daily Spreads

- Space for organizing your weekly and daily tasks.
- Can be as simple or complicated as you like.
 - For many people this is a simple list of tasks that they cross off as they move along in their day and week.
 - For others it might include a diary entry.
 - Example(s):



- Key
 - Way of noting daily, weekly, and monthly tasks.
 - Signifiers are the type of bullet points you use to note a task.
 - There are no set rules on what signifiers to use
 - Use signifiers that work for you!
 - Common ones include complete, migrated, cancelled, event, scheduled, notes, important, personal, work, school, etc.
 - Example(s):



- Collections
 - Collections give you space to dream, brainstorm, focus on a particular goal in more depth, and just get creative!
 - Sometimes you will have notes, tasks, goals, and projects that have a common theme or a common purpose throughout the year
 - Instead of having these related entries scattered throughout your journal, collections let you combine them into one area.
 - Common collections include:
 - Travel Planning
 - Home Projects
 - Money & Budgeting
 - Health & Diet
 - Movies & TV Shows to Watch
 - Books to Read & Reading Habits
 - Meal Planning & Food Log

Books & eBooks

Below are some great books and ebooks you can checkout from the library using your **Frisco Public Library card**.

[The Bullet Journal Method by Ryder Carroll](#) (Book & eBook)

In *The Bullet Journal Method*, Ryder Carroll, the system's founder, provides an essential guide to avoiding all too common beginner mistakes and building a core discipline from which you can personalize your practice. You'll not only learn to organize your tasks but to focus your time and energy in pursuit of what's truly meaningful to you.

[Beyond Bullets by Megan Rutell](#) (Book)

Going beyond basic tools, this book offers tips, tricks and creative ways to transform your notebook into a treasured life companion, including: ornamental lettering, personalized habit trackers, colorful calendars, decorative headers, customized productivity lists, inspiring artwork, creative future logs, and unique planning pages.

[Dot Journaling--a Practical Guide by Rachel Wilkerson Miller](#) (Book)

Early adopter Rachel Wilkerson Miller explains how to make a dot journal work for you --whether you find the picture-perfect examples on Pinterest inspiring or, well, intimidating. You decide how simple or elaborate your journal will be, and what goes in there

[Online Course with Lynda.com](#)

Available to any **Frisco resident** with a **Frisco Public Library card**. Login with your library card number and password.

[OneNote: Creating a Bullet Journal-Style Notebook](#)