The Bullet Journal Method: Track Your Past, Order Your Present, Plan Your Future

- by Carroll, Ryder

"The Bullet Journal method will help you accomplish more by working on less. It helps you identify and focus on what is meaningful by stripping away what is meaningless."

Page No. 14 | Thursday, September 22, 2022 6:44:12 AM

"information overload is worse for our focus than exhaustion or smoking marijuana."

Page No. 14 | Thursday, September 22, 2022 6:46:21 AM

"The Bullet Journal method will help you accomplish more by working on less. It helps you identify and focus on what is meaningful by stripping away what is meaningless."

Page No. 14 | Thursday, September 22, 2022 6:44:12 AM

"information overload is worse for our focus than exhaustion or smoking marijuana."

Page No. 14 | Thursday, September 22, 2022 6:46:21 AM