

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

- by Carroll, Ryder

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“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