

## Research

Bullet journaling is quickly becoming one of the most popular productivity systems due to its functionality and customizability. Anyone can start with just a blank notebook and a pen. The bullet journal system was created by designer Ryder Carroll to increase his time management and help him focus on what's important.

The journal is a modular system that is drawn out by hand and repeated frequently. The journal has four main sections: the index, the future log, the monthly log and the daily log. The index serves as a table of contents so it's easy to find information. The future log is a yearly spread to jot down ideas, tasks and events that will happen in the future. Monthly logs are like the future log, but is only for the month. Daily logs, which take up the most space, are like a daily to-do list. However, what sets this system apart is that there are different bullets that mean different things. For example, a task can be drawn as a simple dot and an event can be a circle. There are also symbols for moving events around, making it easy to keep track of procrastination.

There are also cool collections and trackers to help users keep accountability for their goals and aspirations. Collections are pages that are unrelated to the main sections and can be used as lists and charts. Popular collections pages include a meal prepping chart, a list of goals, a shopping list, and a list of books to read. Trackers are charts that track a frequency of a habit or someone's mood. Habit trackers are especially popular to track goals such as drinking enough water every day or waking up early.

Although it seems counterproductive to be spending so much time setting up the journal and writing things down, it forces the user to think critically about his/her priorities. It also cuts down on distractions because it is not a digital platform. Writing down tasks and events also helps commit important events to memory. In addition, bullet journaling is an awesome way to implement fun and creativity in planning. There is a huge online community dedicated to planning and bullet journaling, which is great for inspiration and shows how much this technique is spreading.

Making an app will have various advantages and disadvantages when compared to the original analog system. The app will have premade modules that are filled out by a user. This means that a lot of time could be saved because there is no need to set up new monthly and weekly spreads each month. This will make bullet journaling more portable and easily shareable. However, since there is less time spent planning, there won't be as much critical thinking about planning. There may be more distractions when putting the app on a phone due to social media notifications and phone games. Creativity and customizability are lowered as well, but the app could possibly have some degree of customizability. At the end, the audience must decide between the analog system and digital system based on what works best individually. Depending on time constraints, habits and personal preferences, the bullet journal app can be a better option for some people.

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