BuJo Philosophy Meeting 2

Decisions require focus to make, focus requires time and energy, and decisions made without proper focus or decisions forgotten are going to lead to bad choices. Writing down decisions helps you think about them without forgetting them and lets you view them Decluttering your mind from a distance and get back to them when you might have more focus Writing things down means you have to actively decide what is most important, and filtering the most important things from all your other thoughts establishes concrete priorities to dedicate all your attention to BuJo Philosophy In-Depth Only you and the journal, no inflow of information — Reflection mindfulness Productivity without direction is unproductive, need mindful intent behind each task Having your life documented allows you to learn from your past experiences Intentionality Reflection relates back to intentionality. Productivity without intentionality means you're moving without direction. Meaninglessly Features like migration force you to revisit previous journal writings and reflect and decide As we look back at our old tasks/ how Productivity chugging along is a waste of time which unfinished things are still worth caring about and which ones can be left behind we did them, we become more mindful of how we operate. This can encourage

us to improve our mindsets and

consequently, our actions.

