

BULLET JOURNAL CLASS RESOURCES

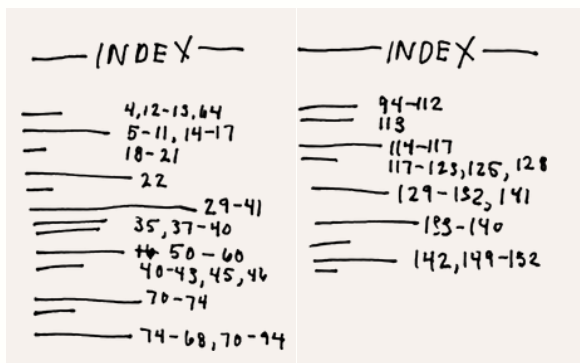
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By Dylan M.

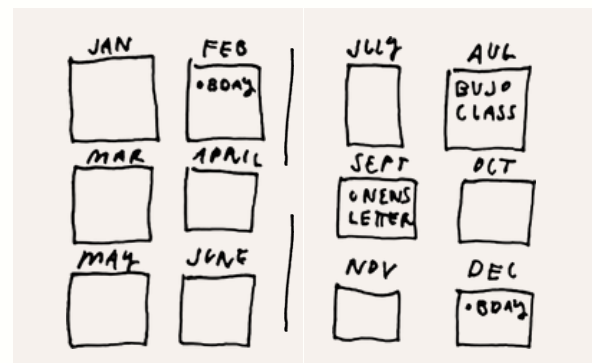
QUICK START GUIDE:

- STEP 1: DEDICATE A NOTEBOOK + CALENDAR
 - STEP 1A: FIRST TIME: BRAIN DUMP
- STEP 2: ADD ANY KNOWN SCHEDULED (DATED/TIMED) EVENTS TO THE CALENDAR
- STEP 3: CREATE THE INDEX
 - STEP 3A: NUMBER PAGES
- STEP 4: CREATE THE FUTURE SPREAD + ADD TO INDEX
- STEP 5: CREATE A MONTHLY SPREAD + ADD TO INDEX
- STEP 6: CREATE A DAILY SPREAD + UTILIZE SMART BULLETS
- STEP 7: CONTINUE ON WITH DAY + UTILIZE SMART BULLETS
- STEP 8: MIGRATE THE DAILY SPREAD ENTRIES
- STEP 9: TURN PROJECTS + IDEAS INTO SPREADS + ADD TO INDEX

BASIC SPREADS:



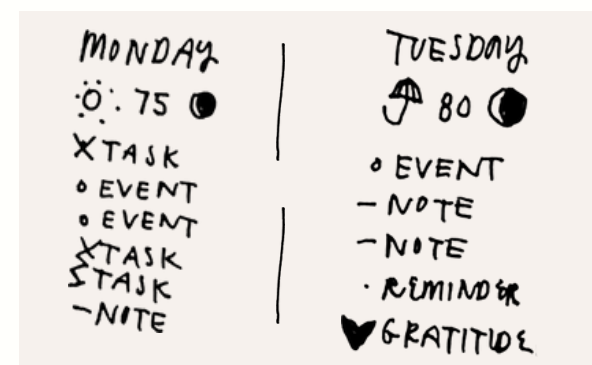
INDEX: TABLE OF CONTENTS



FUTURE SPREAD: HIGH LEVEL VIEW



MONTHLY: LOG, TASKS
+ PROJECTS



DAILY: THE CATCH-ALL

By Dylan M.

SMART BULLETS

•	ACTION REQUIRED	—	A NOTE
×	ACTION COMPLETE	>	MIGRATED
◉	IN PROGRESS	————	DISREGARD
○	EVENT HAPPENED	!	PRIORITY ITEM MODIFIER
▽	GRATITUDE MODIFIER	\$	SHOPPING LIST MODIFIER

BASIC USE CASES

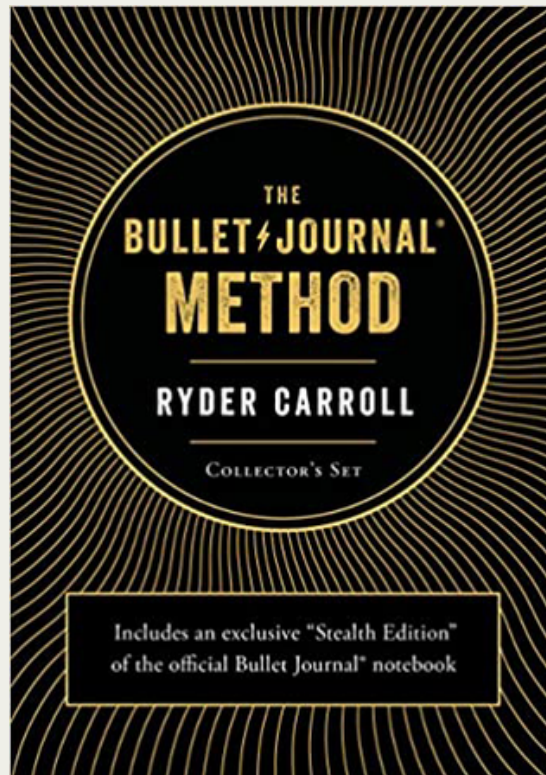
EVENTS (EVEN CASUAL; EX: TEXT MESSAGE "I'LL CALL YOU FRIDAY!")	————	SCHEDULE ON CALENDAR
WHIMS + IDEAS "COLLECT LAMPS"	————	TASK DOT IN DAILY SPREAD
PROJECT PLANNING/ LIST-MAKING/	————	CREATE A CUSTOM SPREAD
SCRATCH PAD/ TEMPORARY NOTES	————	CREATE A CUSTOM SPREAD (DON'T ADD TO INDEX)
TRACKING VARIABLES (EX. HEALTH SYMPTOMS)	————	CREATE PLOT POINT TRACKERS

USE CASES (CON'T)

DAILY HABIT TRACKER	_____	COLUMN OF TASK DOTS IN MONTHLY SPREAD
COURSE NOTES WORTH KEEPING	_____	SPREAD NAMED W HIGH LEVEL CATEGORY
CLIENT PROJECT DUE DATE	_____	BREAK UP PROJECT IN CUSTOM SPREAD (+ DATES TO CAL)
DAILY HABIT TRACKER	_____	COLUMN OF TASK DOTS IN MONTHLY SPREAD
MEAL PLANNING	_____	TAKE UP PLANNING SPACE + MAKE A SHOPPING LIST IN DAILY SPREAD
TIME TRACKING	_____	SET UP EASY TEMPLATE IN DAILY SPREAD
BREAK LOOPING THOUGHTS	_____	CAPTURE ANYWHERE
BIG DREAM	_____	BRAIN DUMP IN CUSTOM SPREAD, IDENTIFY SINGLE NEXT COMPELLING TASK
GIFT IDEA	_____	CREATE SHOPPING LIST SPREAD
MEETING LATER IN THE DAY	_____	WRITE IN DAILY + SET ALARM W/ PREP TIME

By Dylan M.

BULLET JOURNALING IS A SYSTEM THAT TAKES ANY NOTEBOOK AND TURNS IT INTO A CUSTOM PLANNER, PROJECT MANAGER, NOTEBOOK, ETC. I LEARNED ABOUT IT FROM RYDER CARROLL AND HIS WONDERFUL BOOK:



THE BULLET JOURNAL METHOD: TRACK THE PAST, ORDER THE PRESENT, DESIGN THE FUTURE BY RYDER CARROLL

THANK YOU GOOD SIR, I'M SO SO SOOOO GRATEFUL

By Dylan M.