

Bullet Journal - Addons

February 8, 2022

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1 Task lists

Legend:

[+] Prompt <https://bulletjournal.com/blogs/bulletjournalist/long-form-journalingsource>

List emotions: Abhiman Acedia Amae Ambiguphobia Anger Anticipation Anxiety Apathy Lappel du vide Awumbuk Bafflement Basorexia Befuddlement Bewilderment Boredom Brabant Broodiness Calm Carefree Cheerfulness Cheesed (off) Claustrophobia Collywobbles, the Comfort Compassion Comper-sion Confidence Contempt Contentment Courage Curiosity Cyberchondria De-light Dpaysement Desire Despair Disappear, the desire to Disappointment Dis-gruntlement Disgust Dismay Dolce far niente Dread Ecstasy Embarrassment Empathy Envy Euphoria Exasperation Excitement Fear Feeling good (about yourself) Formal feeling, a Fraud, feeling like a Frustration Gezelligheid Glad-someness Glee Gratitude Greng jai Grief Guilt Han Happiness Hatred Heebie-Jeebies, the Hiraeth Hoard, the urge to Homefulness Homesickness Hopefulness Huff, in a Humble, feeling Humiliation Hunger Hwyl Ijirashi Ilinx Impatience In-dignation Inhabitiveness Insulted, feeling Irritation Jealousy Joy Kaukokaipuu Liget Litost Loneliness Love Malu Man Matutolypea Mehameha Melancholy Miffed, a bit Mono no aware Morbid curiosity Nakhes Nginyiwarrarringu Nos-talgia Oime Overwhelmed, feeling Panic Paranoia Perversity Peur des espaces Philoprogenitiveness Pique, a fit of Pity Postal, going Pride Pronoia Rage Regret Relief Reluctance Remorse Reproachfulness Resentment Ringxiety Rivalry Road rage Ruinenlust Sadness Satisfaction Saudade Schadenfreude Self-pity Shame Shock Smugness Song Surprise Suspicion Technostress Terror Torschlusspanik Toska Triumph Vengefulness Vergenza ajena Viraha Vulnerability Wanderlust Warm glow Wonder Worry al

2 Mood tracker

S	M	T	W	T	F	S
X						
X						
X						
X						
X						
X						
X						
X						
X						
X						
X						
X						
X						
X						
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X						
X						
X						
X						
X						
X	X	X	X	X	X	X

3 Habit tracker

[illegible]

1. Exercise
2. Practice gratitude
3. Clean for 10 minutes
4. Meditate
5. Make good posture
6. self-care
7. Experience nature
8. Give compliments
9. Get enough sleep
10. Implement the golden rule

4 Financial tracker

4.1 Subscriptions

Date	Category	Amount	Note
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X	X	X	X

4.2 Income

Date	Category	Amount	Note
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X	X	X	X

4.3 expenses

Date	Category	Amount	Note
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X			
X	X	X	X

5 Meal tracker

5.1 Meals

- Monday
 - B
 - L
 - D
 - S
- Tuesday
 - B
 - L
 - D
 - S
- Wednesday
 - B
 - L
 - D
 - S
- Thursday
 - B
 - L
 - D
 - S
- Friday
 - B
 - L
 - D
 - S
- Saturday
 - B
 - L
 - D
 - S
- Sunday
 - B
 - L
 - D
 - S

5.2 Shopping list

- Milk
- Oat
- Honey