

# Bullet Journal - Addons

February 2, 2022

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# 1 Task lists

Legend:

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

2 Habit tracker

S	M	T	W	T	F	S

S	M	T	W	T	F	S	1
x	x	x	x	x	x	x	2
x							3
x							4
x							5
x							6
x							7

3 Financial tracker

,,,,, Monthly Household Budget Template,,,,, ,,,Budgeted Amount,  
Actual Amount ,Variance Name,,Total Monthly Income, - , - , -  
Number of Members in Family,,Total Monthly Expenditure, - , -  
, - Month and Year,,Balance, - , - , - ,,,,, ,,,, Sr.No,Description,,Budgeted  
Amount, Actual Amount ,Variance ,INCOME HEAD,,,, 1,Salary

/ wages Income,, - , - , - 2,Interest Income,, - , - , - 3,Dividend Income,, - , - , - 4,Miscellaneous Income,, - , - , - ,TOTAL INCOME,, - , - , - ,,,,, ,EXPENSE HEAD,,,, A,DAILY HOUSEHOLD EXPENSE,,,, 1,Rent on property,, - , - , - 2,Grocery of the month,, - , - , - 3,Dry Cleaning of cloths,, - , - , - 4,Personal supplies,, - , - , - 5,Other household expenses,, - , - , - ,,,,, B,UTILITY EXPENSES,,,, 1,Electricity Bill,, - , - , - 2,Water Bill,, - , - , - 3,Telephone Bill,, - , - , - 4,Internet Bill,, - , - , - 5,Gas Bill,, - , - , - 6,Other Utility expenses,, - , - , - ,,,,, C,TRANSPORTATION EXPENSES,,,, 1,Car Repair charges,, - , - , - 2,Fuel expenses,, - , - , - 3,Car Servicing Expenses,, - , - , - 4,Charges on public transportation,, - , - , - 5,Other Transportation expenses,, - , - , - ,,,,, D,PAYMENT OBLIGATIONS,,,, 1,Debt 1,, - , - , - 2,Debt 2,, - , - , - 3,Credit Card,, - , - , - 4,Taxes,, - , - , - 5,Other payment obligations,, - , - , - ,,,,, E,SAVINGS,,,, 1,Bank Account transfer,, - , - , - 2,Investments transfer,, - , - , - 3,Emergency fund account,, - , - , - 5,Other Savings if any,, - , - , - ,,,,, F,MISCELLANEOUS EXPENSES,, - , - , - ,,,,, ,TOTAL EXPENSES,, - , - , -

## 4 Mood tracker

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
- Compersion
- Confidence
- Contempt
- Contentment
- Courage
- Curiosity
- Cyberchondria
- Delight
- Dpaysement
- Desire
- Despair
- Disappear, the desire to
- Disappointment
- Disgruntlement

- 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
- Gladsomeness

- 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
- Indignation
- 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
- Nostalgia
- 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

S	M	T	W	T	F	S