

# Bullet Journal - Addons

February 1, 2022

## Contents

<b>1</b>	<b>Task lists</b>	<b>2</b>
<b>2</b>	<b>Habit tracker</b>	<b>3</b>
<b>3</b>	<b>Financial tracker</b>	<b>3</b>
<b>4</b>	<b>Mood tracker</b>	<b>3</b>

# 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

finance.csv

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
- Matutotypea
- 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