

Bullet Journal - Addons (Legacy)

February 18, 2022

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1 Daily view

18.02.2022

- **What you have learned?**
 - Install plugins to LaTeX

2 Task lists

Legend:

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

Other: 18.02.2022

- **What you have learned?**
 - Install plugins to LaTeX

List emotions: Abhiman Acedia Amae Ambiguphobia Anger Anticipation Anxiety Apathy L'appel du vide Awumbuk Bafflement Basorexia Befuddlement Bewilderment Boredom Brabant Broodiness Calm Carefree Cheerfulness Cheesed (off) Claustrophobia Collywobbles, the Comfort Compassion Comperison Confidence Contempt Contentment Courage Curiosity Cyberchondria Delight Dépaysement 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 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 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 Nginyiwarrarrangu 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 Vergüenza ajena Viraha Vulnerability Wanderlust Warm glow Wonder Worry Żal Sonder Hanker sore Lachesism Ellipsism Mauerbauer-traurigkeit Gnossienne Liberosis Monachopsis Onism Nighthawk Catoptric tristesse Touska

3 Mood tracker

[illegible]

4 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

5 Financial tracker

5.1 Subscriptions

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

5.2 Income

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

5.3 expenses

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

6 Meal tracker

6.1 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

6.2 Shopping list

- Milk
- Oat
- Honey

7 Chore chart

- Daily
 - first item on the list
- Weekly
 - second item on the list
- Monthly
 - second item on the list
- Quarterly
 - second item on the list

8 birthday list

- Person 1 - 17.02.2022