

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 Comperison 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 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 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

2 Mood tracker

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

X,,,,,

X,,,,,

X,,,,,

X,,,,,

X,,,,,

X,,,,,

X,,,,,

X,,,,,

X,,,,,

X,,,,,

X,,,,,

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X,,,,,

X,,,,,

X,,,,,

X,,,,,

X,,,,,

3 Habit tracker

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

X,,,,,

X,,,,,

X,,,,,

X,,,,,

X,,,,,

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X,,,,,

X,,,,,

X,,,,,

X,,,,,

X,,,,,

X,,,,,

4 Financial tracker

4.1 Subscriptions

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

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,,,

4.3 expenses

Date,Category,Amount,Note

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