BULLET+JOURNAL

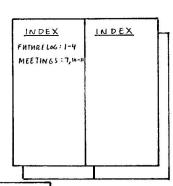
QUICK REFERENCE GUIDE

"FOR THE LIST-MAKERS, THE NOTE-TAKERS, THE POST-IT PILOTS, THE TRACK-KEEPERS, AND THE DABBLING DOODLERS. IT'S AN AWALOG SYSTEM FOR THE DIGITAL AGE THAT WILL HELP YOU TRACK
THE PAST, ORGANIZE THE PRESENT, AND PLAN FOR THE FUTURE" - RYDER CARROLL, INVENTOR
OF THE BULLET JOURNAL

A B O M T IT IS A SYSTEM DOSIGNED IN A NOTEBOOK THAT
YOU SET UP. IT HAS A SIMPLE FRAME WORK THAT IS EASILY
CUSTOMIZABLE BY ITS USER. IT GETS OUT OF YOUR WAY TO HELP
YOU GET THINGS DONE. ALL YOU NEED IS A NOTEBOOK AND PEN.
WE RECOMMEND THE OFFICIAL BULLET JOURNAL NOTEBOOK.
HERE'S HOW TO GET STARTED.

STEP 1: INDEX

- · TITLE FIRST 4 PAGES INDEX
- · WHEN YOU ADD A NEW ENTRY,
 INDEX IT
- THIS IS A SNAPSHOT OF WHAT'S
 IN YOUR BULLET JOURNAL
- PRO TIP: ONLY INDEX WHAT
 YOU'LL REFERENCE LATER



STEP Z: FUTURE LOG

- · TITLE NEXT 4 PAGES FUTURE LOG
- · PLACE FUTURE EVENTS HERE
- PLACE TASKS YON'D LIKE TO GET TO SOME DAY HERE
- * CHECK IT ON A MONTHLY BASIS TO FILL MONTHLY LOG
- · ADD TO IT AS NEEDED
- PRO TIP: IF YOU HAVE A
 CALENDAR ONLINE, THEN ONLY
 ADD EVENTS IN YOUR BULLET
 JOURNAL YOU WANT TO KEEP
 - AN EYE ON
- PRO TIP: THERE ARE SEVERAL
 FUTURE PLANNING SOLUTIONS,
 HEAD TO BULLETJOURNAL. CON TO
 DISCOVER THEM

FUTURE LOG JAN OI-NEWYRS	FUTURELOG APR
FEB . BUILD SHED	MAT
MAR	JUN 03 - BIRTHDAY
1	z

- ... ALSO LOOK MP
- · CALENDEX
- · ALAISTAIR METHOD
- SIMPLE LIST
- · CREATE YOUR OWN!

STEP 3: MONTHLY LOG

- · TITLE LEFT PAGE WITH MONTH AND NUMBER
- · TITLE RIGHT PAGE TASKS
- · THE CALENDAR PAGE IS FOR EVENTS
- THE TAIR PAGE IS FOR TASKS YOU WANT TO GET

 DONE THIS MONTH AND MIGRATED TASKS FROM

 THE PREVIOUS MONTH
- * PRO TIP: LOG NO TABLE SNIPPETS YOU'D LIKE
 TO LOOK BACK ON AS MEMORIES ON THE LAL PAGE

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JUNE	TASKS
IN 2 T 3 F O BIRTHDAY 4 S 5 SAW PARENTS	* PLAN PARTY . MAKE GIFT LIST . HIKE
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STEP 4: PAILY LOG

- · TITLE WITH DAY AND DATE
- · PAPID-LOG TASKS, EVENTS, AND NOTES
 THROUGHOUT THE DAY WITH CORRESPONDING
 BULLETS
- · PRO TIP: REVIEW REGULARLY

COLLECTIONS

- · COMPOSED OF RELATED IDEAS, NSUALLY FILLED
 WITH BULLETS AND SIGNIFIEDS
- . THEN TO THE NEXT BLANK SPREAD, TITLE, AND INDEX

MON /6 BANK O 9A - MEETING - BUTTERFLY X GAMES THE /7	FRI/IO O PARTY MX NEW PHONE SAT/II - NEW OFFEE
O 9A - WORK * X TAKE OUT TRANK * BAG X CRAFT X PAPERWORK 9	X CLEAR DESK X RELAX SUN /12 O RELAX' 10

ENDLESS POSSIBILITIES!

BULLETS AND SIGNIFIERS

- · OBJECTIVE SHORT-FORM NOTATION
- · ORGANIZE WHAT YOU WRITE WITH BULLETS
- GIVE BULLETS CONTEXT WITH SIGNIFIERS

MIGRATION

- WHEN YOU SET UP A NEW MONTHLY LOG, LOOK AT PREVIOUS COLLECTION'S UNDONE TASK! AND MIGRATE TO THE NEW MONTHLY LOG, STRIKE OUT IFIT'S NO LONGER WORTH YOUR TIME, OR SCHEDULE TO THE FUTURE LOG
- AND BEING PROPULTIVE

- •
- · TASK BULLET
- > TASK MIGRATED

TASK COMPLETED

- < TASK SCHEDULED
- NOTE BULLET
- . _
- R PRIORITY SIGNIFIER

EVENT BULLET

- INSPIRATION SIGNIFIER
- @ EXPLORE SIGNIFIER

FOR MORE GO TO BULLET JOURNAL. COM
REFERENCE GUIDE HAND DRAWN BY KIM OF TINTRATOF SUNSHINE. COM