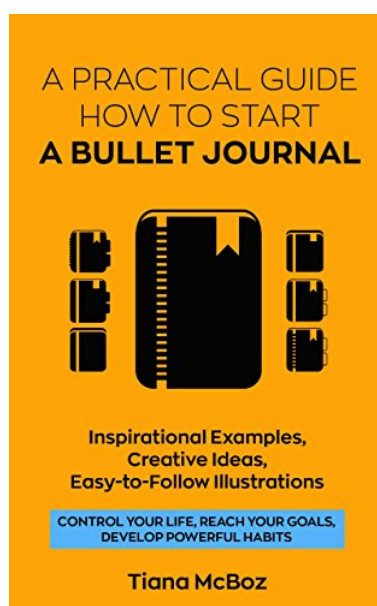


[Free PDF File] Bullet Journal: A Practical Guide How to Start A Bullet Journal
Inspirational Examples, Creative Ideas, Easy-To-Follow Illustrations (Control Your Life,
Reach Your Goals, Develop Powerful Habits)



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"If one does not know to which port one is sailing, no wind is favorable."—Lucius Annaeus Seneca To reach your goals, you need to have a clear vision. Having a vision isn't enough: it also needs to be in front of you every day. How can you achieve this? The answer is simple: you need a planner that can help you document and visualize your path. The current market for planners offers a lot. However, none of them compare with what this book will introduce to you today: The Bullet Journal. The bullet journal system allows: -note-taking or journaling; -organizing your day; -storing your random schedules, thoughts, To-dos, and ideas; -freeing your brain space; -focusing on critical tasks; -analyzing your thoughts; -structuring your daily life. In addition to all those benefits, bullet journaling develops your structural thinking and allows you to divide your overarching goal into small, tactical steps, so every day you move closer to your ultimate goal. For example, if you want to land a consulting job, bullet journaling will help you identify with the specific steps you need to take: •Mo 1 (Monday week 1), 10:00-13:00 – Conduct research on the entry requirements •Tue 1, 08:00-12:00 – Find 3 people on LinkedIn who already work in the office of interest •Wed 1, 17:00-18:00 – Ask them out for coffee •Thu 1, 15:00-16:00 – Prepare 10 questions •Fri 1, 10:00-13:00 – Solve 3 business cases If you are still wondering why you should adopt bullet journaling, how to start, and what tools you need—look inside. Here is preview of what you are about to discover in this guide: •The benefits of bullet journaling •Tools & tips to get you started fast •Information about style of bullet journal •How and where to start: creative ideas and easy-to-follow examples •How to track your habits and to develop 7 life-changing habits •Secrets that will help you avoid overload and stress •And so much more... Highlights •The pictures inside are chosen carefully; they serve the purpose of explaining how to set a spread / log. Thus, each picture is supplied with explanatory text—this book is not a collection of images, but a guide to help you create such spreads / logs yourself. •This is a personalized guide, so I share my story throughout the pages. •In the end of the book you will receive bonus tips that helped me incorporate bullet journaling into my routine and make it a sustainable habit. Stay with me... Reach peace with your planner today by using this book!

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