

Pine River Library Program in a Bag: Bullet Journaling with Brenda Marshall



What is Bullet Journaling?

Bullet Journaling is a simple and customizable system that helps you track the past, organize the present, and plan for the future. If, like me, you are surrounded by half-finished tasks, and drowning in scraps of paper this might be a good method for you!

What do I need to start?

- I like to use a plain and simple notebook, with either lines or dots. Not ring bound.
- A pencil or pen
- A ruler
- **OPTIONAL** - some people love to use art materials to introduce color and creativity! That's totally up to you. My bullet journal is very simple. I will share the basic method and you can keep it simple or make yours amazing - this method is totally customizable!

What kind of things can I include?

The beauty of this system is you choose what is important to you:

- Weekly/daily/monthly planner
- Long term future planning
- Goals and intentions
- Habit tracker
- Event planning
- Notes you can easily find
- To do lists
- Books you'd like to read
- Funny things your kids say
- Whatever you would like to keep track of!

Before you start:

Spend a little time thinking about what YOU would like to keep track of, organize, and remember.

Want to learn more? Join us for a live Introduction to Bullet Journaling program on Zoom on Wednesday, January 13th from 6-7pm.

If you can't make the program you can watch a recording afterwards at www.prlibrary.org/program-in-a-bag-kits/.

Email darcy@prlibrary.org for Zoom login information.

How does it work?

- Go to the first "double spread" and label it **Index**
- As you create your journal you will number your pages and add them to your index as you go along
- I start with a **Future Log** - divide a double spread into six and label the months
- **Monthly Log** - list all the days of the month down the left side - on the right hand page list tasks for the month. Add events/tasks to the appropriate days.
- **Weekly Log** - divide the double paged spread into eight sections - the first block is where you write tasks for the week. Label the days of the week and add events/tasks to the appropriate days
- **Collections** pages can be on any topic, for example: people you meet with, family members, upcoming events, organizations you belong to, books you'd like to read, goals, etc.
- **Habit tracker** - there are several ways to build these into your journal

Bullet Key

- simple bullet ● = a task
- open bullet ○ = an event
- checkmark through a bullet = completed
- forward arrow > = move the task forward
- backward arrow < = migrate the task to a future time or to a collections page
- signify important tasks with an asterisk (*)

What's next?

Once you start using this method you will quickly discover which features work for you. Please share your experiences and ideas with us as you develop your own personal bullet journal, no two are the same! Although I used Ryder Carroll's work as my main reference there are many alternative styles in print and online.

Resources:

The Bullet Journal method: Track the past, order the present, design the future by Ryder Carroll
Bullet Journal - YouTube: www.youtube.com/user/bulletjournal

