

What's the deal with bullet journaling?

FEATURES

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A bullet journal is essentially a way to stay organized, but it encourages creativity. It's a cross between a diary, a planner and a to-do list. You can create daily logs, note routines, write lists, jot down thoughts and track progress on goals. You can follow a format or you can start from scratch and customize it. Here are a few tips and steps to help you create your own journal!

1

Pick a journal

What are you drawn to? Watercolors, designs, moleskin, leather, something simple? Find one that suits your style. It doesn't have to be anything fancy—even a composition notebook will do.



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Create an index

This is basically your table of contents. You'll want to number all the pages in your journal to keep track of everything. As you add each new section, make note of it in the index. You can keep it in a simple list with page numbers listed after, or you can get creative and give unique titles to each section. You can decorate this with craft supplies or keep it simple—it's your journal!

2

3

Make a key

One of the ideas behind bullet journaling is that note-taking is fast. For sections dealing with daily lists, you can create a key that helps you keep track of your organization. For example, circles mean you still have to do something, dashes mean the task is complete. This is for your own use, so make sure it is easy to follow and remember.

key

- event
- ◇ to-do
- X complete ~ mood

{September 2016}

- 1
- 2
- 3 home
- 4 home
- 5 production night
- 6
- 7 GEMS quiz
- 8
- 9
- 10
- 11
- 12 production night
- 13
- 14



Set up a future log

A future log is basically a glance at your year. You create spaces for each month, and as events start to accumulate, you put all the major ones in one area (ie. birthdays, appointments, etc.). This section is not meant to be in-depth; it is a snapshot of the year to come. You can create a section in your journal for specific details, like appointments, if you so desire. You can use the bullets with the key you created for quick reference with each item written down in the future log.

4

5

Extras

Create a section of your journal dedicated to the highs and lows of your week. Include a space for recipe ideas and meals cooked each night and rate them. Keep track of your monthly spending. Write down random, one sentence observations for each day. You can include whatever you want in this journal; it's for you and your organization, after all!

{meals}

- 9/16 taco salad {pinterest /// delicious}
- 9/17 rice bowl {try shrimp next time}
- 9/28 Kletz grilled cheese {eating out for the week}
- 9/19 dinner with sophia {tacos /// need more meat}
- 9/20 cereal {too much homework /// need to go shopping}
- 9/21 birthday dinner!! {eating out}
- 9/22
- 9/23
- 9/24
- 9/25
- 9/26
- 9/27

Include a "monthly tasks" section

This is where you can get more detailed with your month. List each day of the month and add appointments on the day they occur, create a to-do list of tasks or goals or even include a space where you can record how many steps you took each day. Once again, it's up to you.

6

This may seem like a lot of work for a simpler way of organizing your life, but don't be deterred by the initial set up! If you want to put a lot of time into making/coloring/designing/customizing your bullet journal, then yes, it will take a while. However, if you are looking for one notebook with everything in one spot, this is for you! Set aside one hour of the weekend to create your bullet journal, and the rest is just filling in the blanks as needed. Happy journaling!