

HOW I USE MY

BULLET
JOURNAL

TO GET MY SHIT TOGETHER

what is a bullet journal?

BUJO FOR SHORT.

OFFICIALLY, FROM THE WEBSITE:

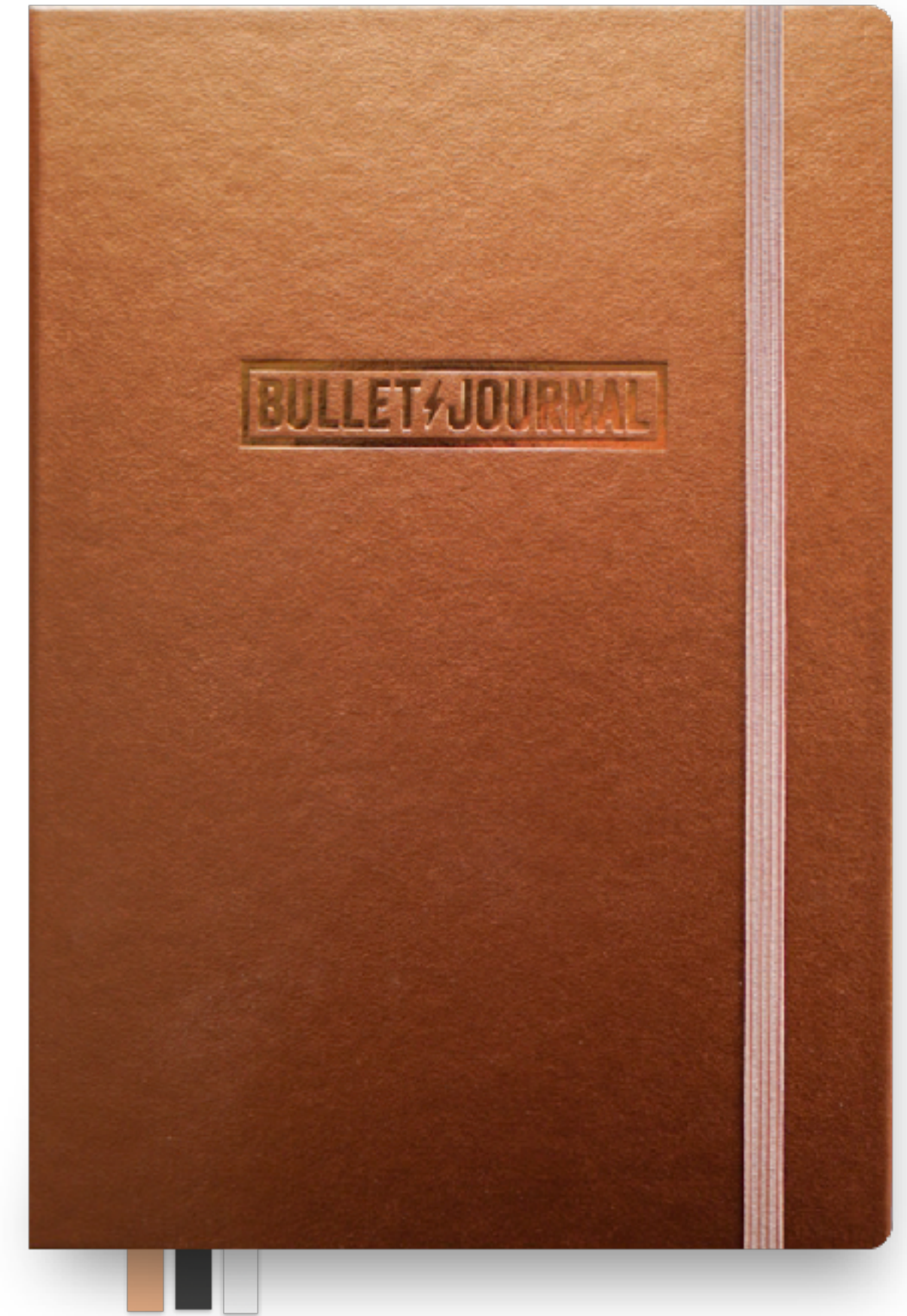
A methodology created by designer Ryder Carroll.

It's best described as a mindfulness practice disguised as a productivity system.

It's designed to help you organize your *what* while you remain mindful of your *why*.

wtf does that mean?

it means a *bujo*
can be anything
and everything
you want it to be.



WITNESS:

ways I use my bujo:

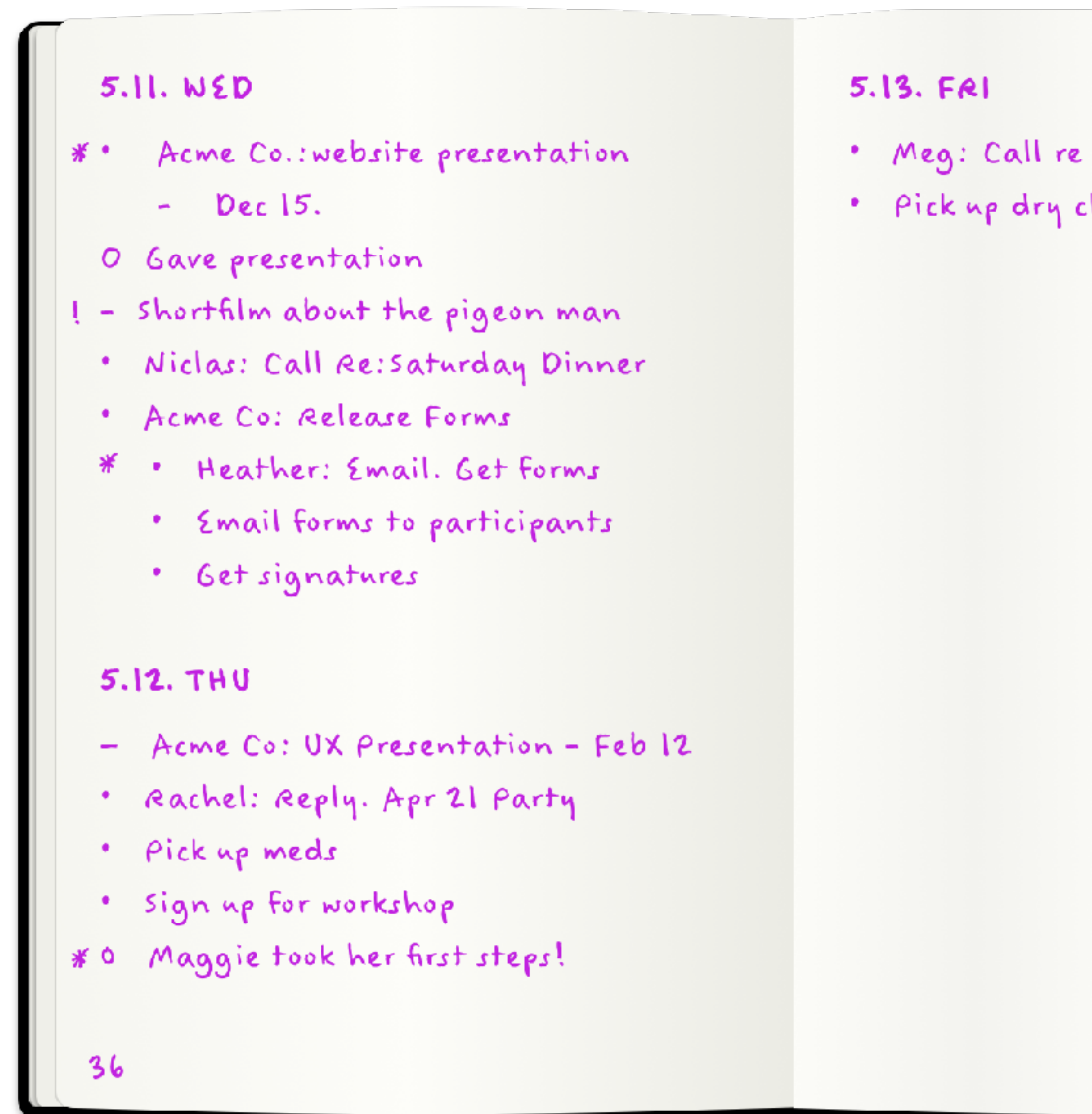
- ✓ to do list
- ✓ weekly planning
- ✓ monthly priorities
- ✓ brainstorming
- ✓ habit tracker
- ✓ goal tracker
- ✓ writing notebook
- ✓ list of books read
- ✓ bucket list
- ✓ doodling
- ✓ daily schedule
- ✓ gift lists
- ✓ meal planning
- ✓ motivational quotes

so, it's just a notebook?

sort of.

For a more comprehensive overview of what the Bullet Journal is, and how to use it, the 5 minute tutorial on the [official website](#) can explain far better than I can.

Instead, I want to talk about what makes it so uniquely great.



it's analog.

I do still use a digital calendar.

And I still love Evernote, Trello, Notion, etc ...

But when it comes to my **goals, tasks, and projects**, writing them by hand forces me to slow down and be more thoughtful and deliberate with how I spend my time.

[SCIENCE BACKS ME UP >](#)

it's flexible.

Preprinted planners give you a predetermined amount of space to plan your day, and X number of check boxes.

But Bujo not only lets you decide how much room you need to write, but lets you change it *day by day*.

Sometimes, I'll fit an entire week on one page.

Other times I'll use *three* pages to “think” my way through a single day.

it's deliberate.

Standard to do lists are generally stagnant lists where you're forever rolling unfinished tasks to the next day.

A key distinction of the Bullet Journal process is **migration**.

At the end of each day/week/month, you look at your unfinished bullets and take a beat to ask yourself: is this still important?

Cancelling to do items is encouraged. If you haven't done it yet, there's probably a reason.

in conclusion...

The Bullet Journal process forces me to continually evaluate what's most important—and then make sure I'm working on That Thing.

THE END.