



Bullet Journal 101

Picking this up means you're interested in learning about "Bujo"!

Where to Find Ideas on Social Media

Pinterest
Tumblr
Instagram
Bulletjournal.com
Reddit.com/r/Bulletjournal

Keywords and Hashtags

- # Bullet Journal
- # Bujo
- # Dot Journal
- # Studyblr

Credits

Buzzfeed Articles

Borges, R. W. (2016, August 19). *Here's How To Use A Bullet Journal For Better Mental Health.*

Nguyen, N. (2016, May 31). 23 *Bullet Journal Ideas That Are Borderline Genius.*

Sunakawa, R. W. (2016, May 31). *WTF Is A Bullet Journal And Why Should You Start One? An Explainer.*

Yandoli, K. (2016, August 18). *25 Satisfying Bullet Journal Layouts That'll Soothe Your Soul.*

Book

Miller, R. W. (2017). *Dot Journaling: How to Start and Keep the Planner, To-Do List, and Diary That'll Actually Help You Get Your Life Together.* Experiment LLC, The.

Created and Compiled by

Kelly Campbell
Young Adult Librarian –
Mililani Public Library
January 2018

Examples of Bujo spreads below

What is "Bujo" and Why Should I Get Started?

Bullet Journaling, or "Bujo" for short, is a system designed to help you become organized. Utilizing a system of bullet points and symbols with lists of your daily/monthly/yearly tasks. It's made to be flexible and for you! Have you always had trouble filling your planner or a journal because it didn't feel like it was made for you and your lifestyle? Organizing with a Bullet Journal can help with that.

What If I'm Not Artistic or Organized?

The great thing about Bullet Journaling is that you do not have to be artistic or organized to say "I have a Bullet Journal". If drawing isn't your forte, keep it simple! If you like doodling on the edges, go for it! Practicing large and intricate fonts? Prefer a minimalist approach? The possibilities are endless.

Here's the best thing about creating your own Bullet Journal: You can create it in a way that YOU understand it. No one else is going to read it so it's fun to think of your Bullet Journal as a notebook of codes that only you would know.

Suggested Supplies

Basics

Notebook (any size to your liking but remember the rule of thumb: Too big and you won't take it with you; too small and it'll be impractical), Pens, Ruler, White-out Tape

Extras

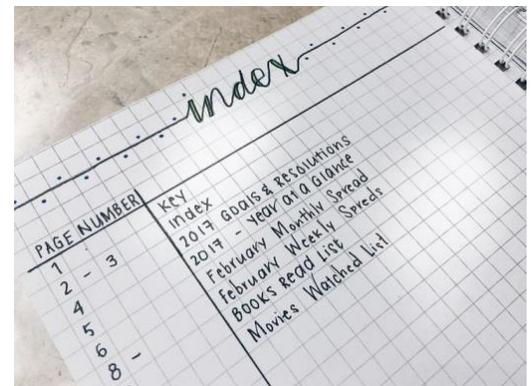
Stickers, Highlighters, Colorful Pens, Double-sided Tape, Scissors, Photographs, Washi Tape, Newspaper/Magazine Clippings, Stencils, Stickers, Clips, Pencils, Erasers, Binder Clips, Stamps, Ink Pads



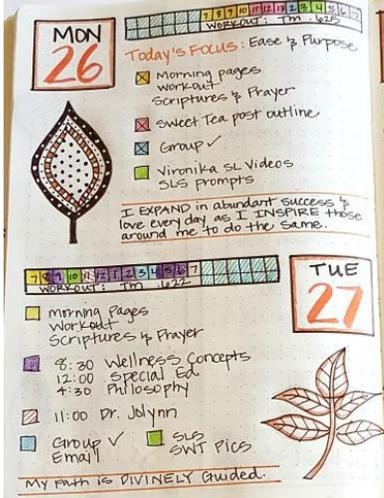
Getting Started



Step 1 Create Key



Step 2 Create Index



Step 3 Create Future Log



Step 4 Start Writing! Don't forget to number your pages and refer to your Index.

Tips and Tricks

- ✓ Take quick notes versus writing full, complete sentences.
- ✓ If you want to have a more "sectioned" feel, save some space in-between so to use for future use ie. Want to keep all monthly spreads together but no time to create 11 months in advance? Section off pages so you won't use for other spreads.
- ✓ If you prefer to keep a simpler Key, use colored pens instead of symbols.

Template Ideas

Weekly Page	Daily Page	Monthly Page
Travel	Goal Setting	Homework/Study★
Daily Gratitude	Mental Health Tracker★	OOTD★
Burn Page★	Quotes	Meal Tracker
Habit Tracker★	Art Page★	Journal Prompts★
Recipes	Chores Tracker	Exercise Tracker
Personal Projects	Savings/Bills/Money Spent	Books to Read★

- ★ **Art Page:** Zen Art and coloring books are gaining popularity as a stress reliever. Copy or print designs from <http://www.supercoloring.com/> and put in your journal. Just be sure to make sure you scale the art to fit!
- ★ **Books to Read:** Keep track of the books you are currently reading or want to read. Add space to write a quick review and when you finished.
- ★ **Burn Page:** Don't keep frustrations in, write out your frustration on a Burn Page!
- ★ **Habit Tracker:** Create and maintain a good habit such as taking your vitamins or watering the plants. At the end of the month, you'll feel accomplished seeing your Habit Tracker filled.
- ★ **Homework/Study:** With classes and extra-curricular activities, it can make you feel bogged down. Creating Study or Homework Spreads so your notes are organized and having a study plan all in one place helps!
- ★ **Journal Prompts:** Itching to write? You can find journal prompts online to spark your creativity.
- ★ **Mental Health Tracker:** Like your physical health, your mental health is very important. Keep track of your emotions (ie. Angry, happy, sad, stressed, focused, etc.) daily. You might notice how you feel when you see everything on paper in front of you.
- ★ **OOTD:** Keep track of your outfits worn each day by creating an Outfit of the Day area.