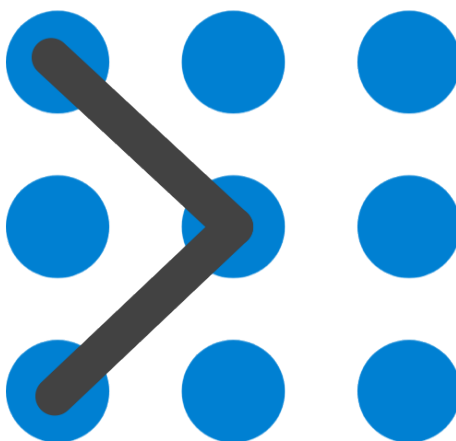
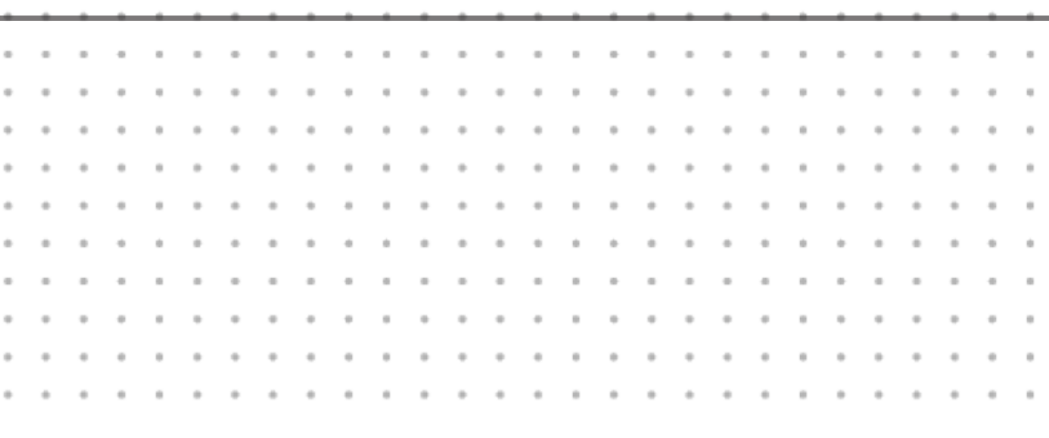
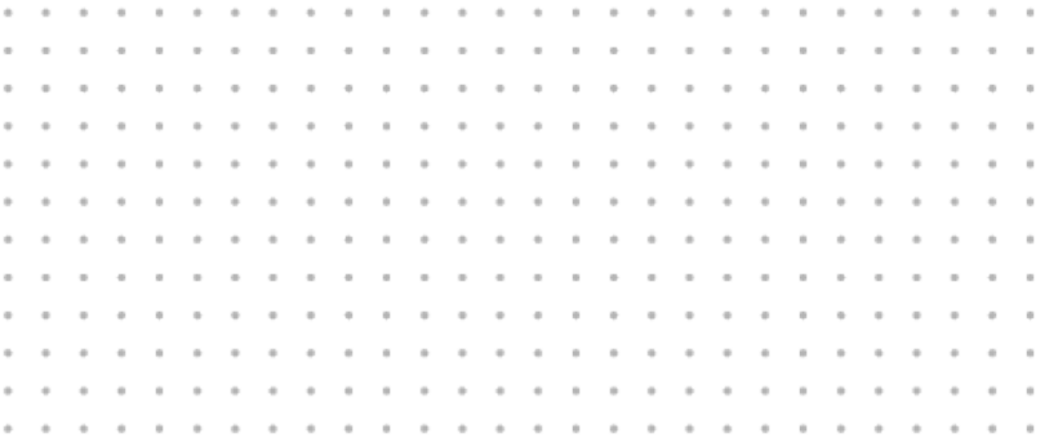
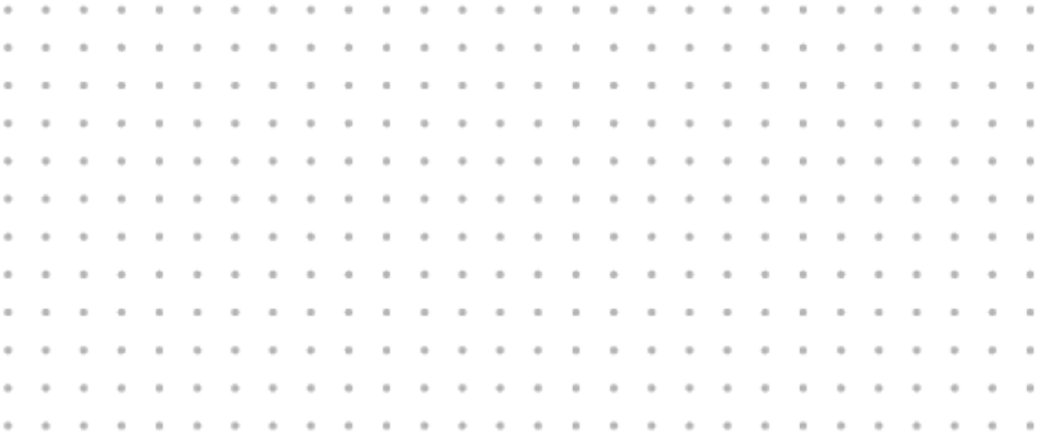


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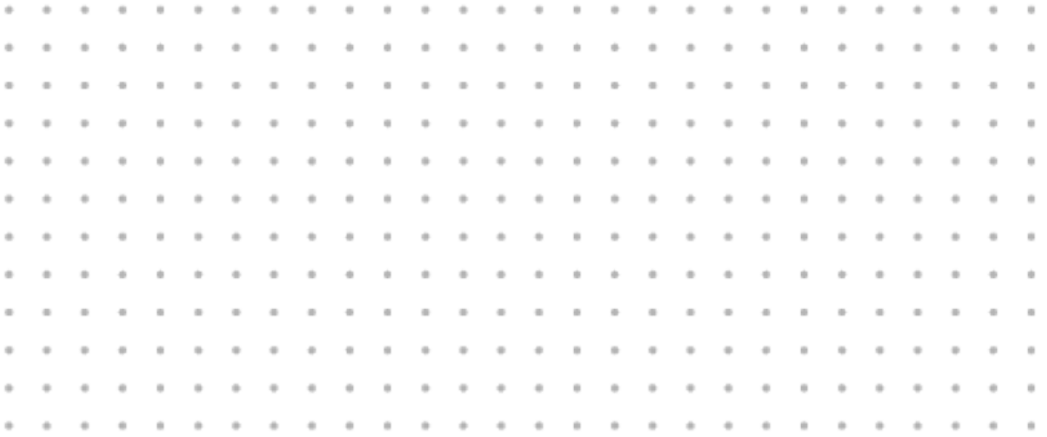
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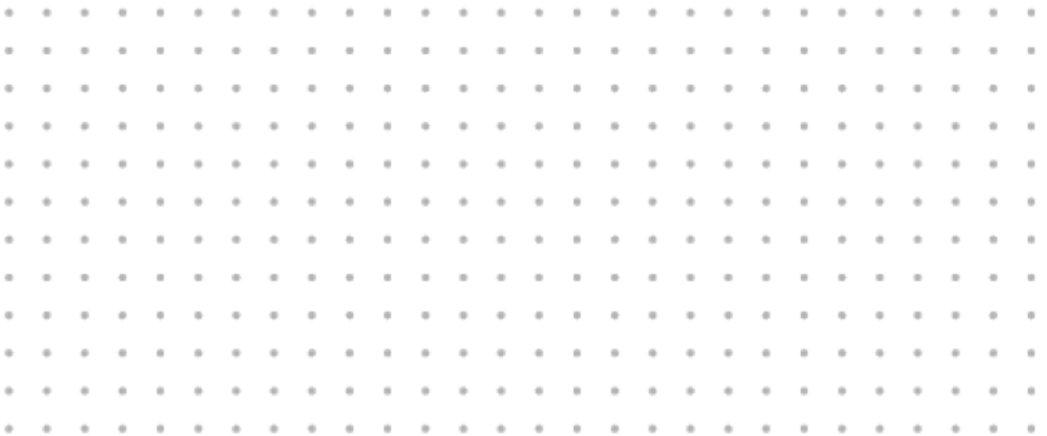


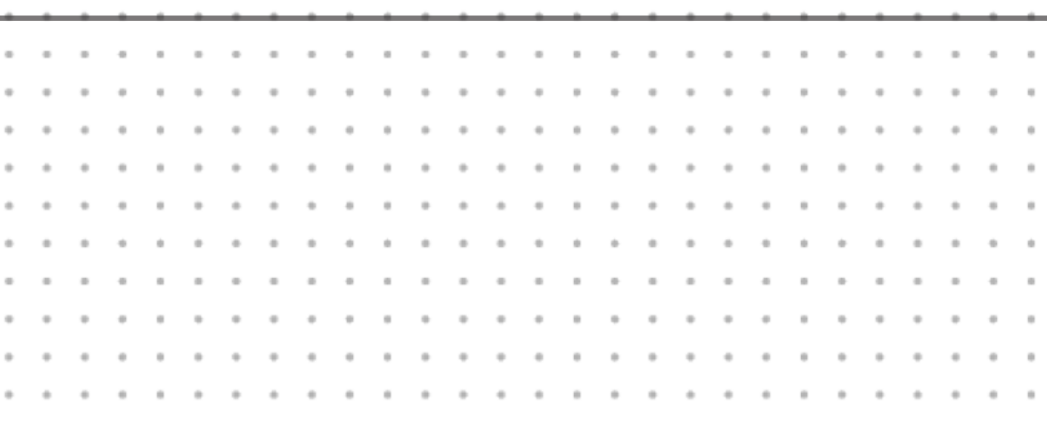
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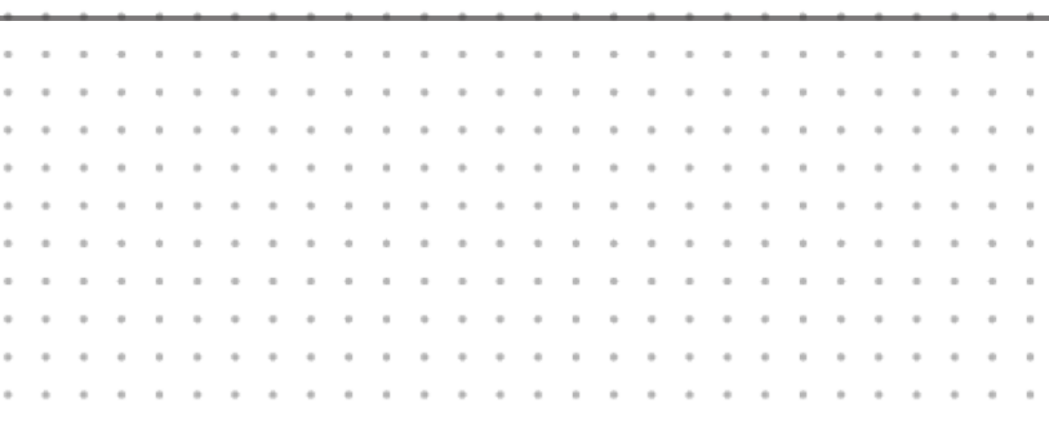
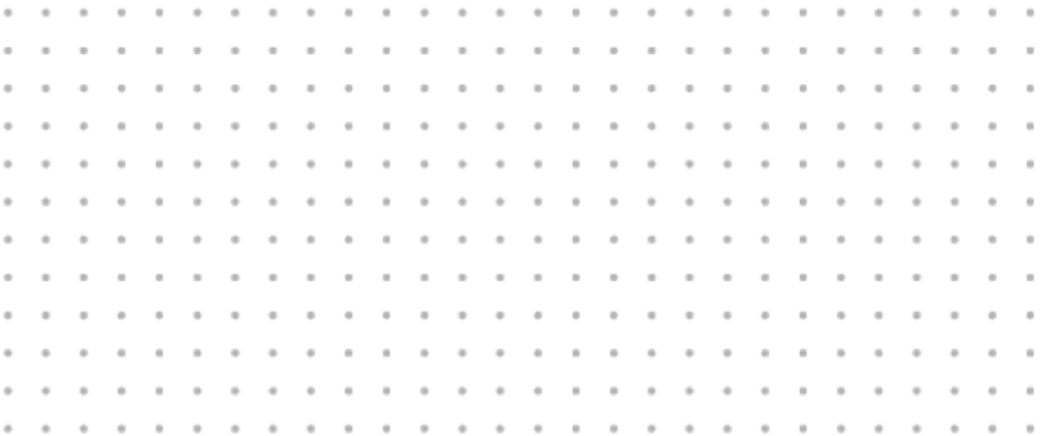
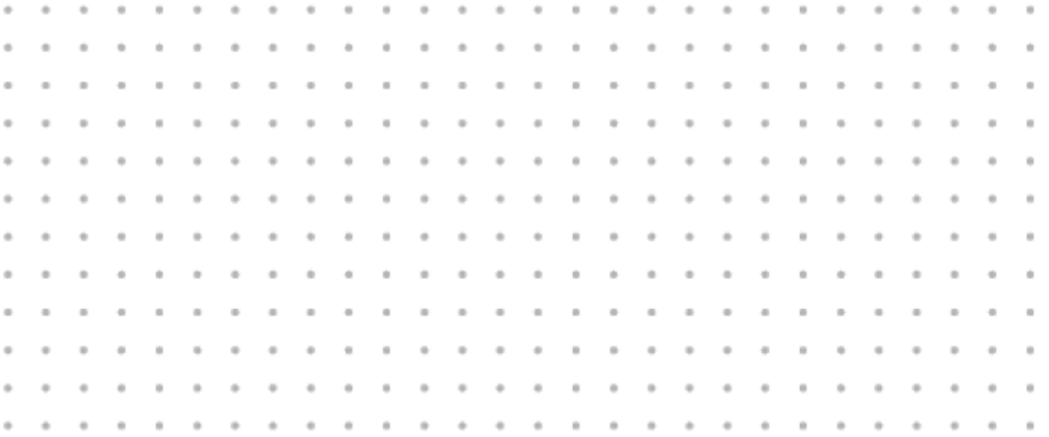
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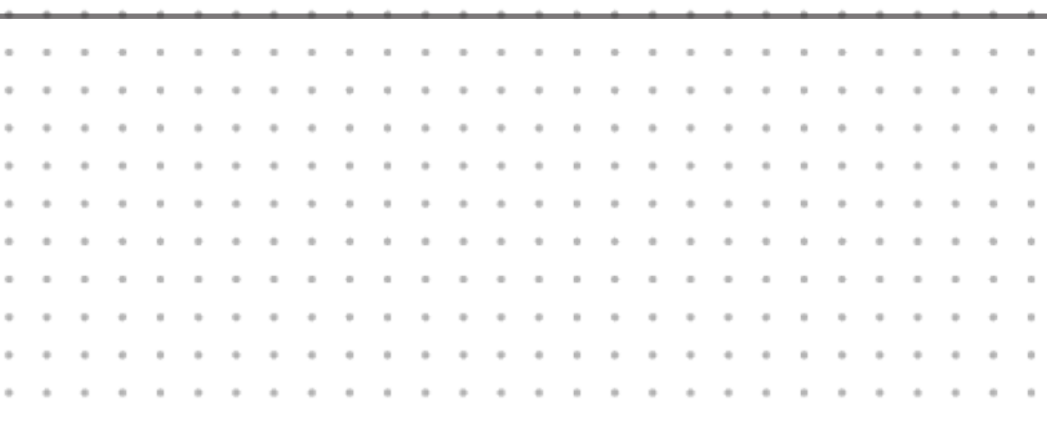
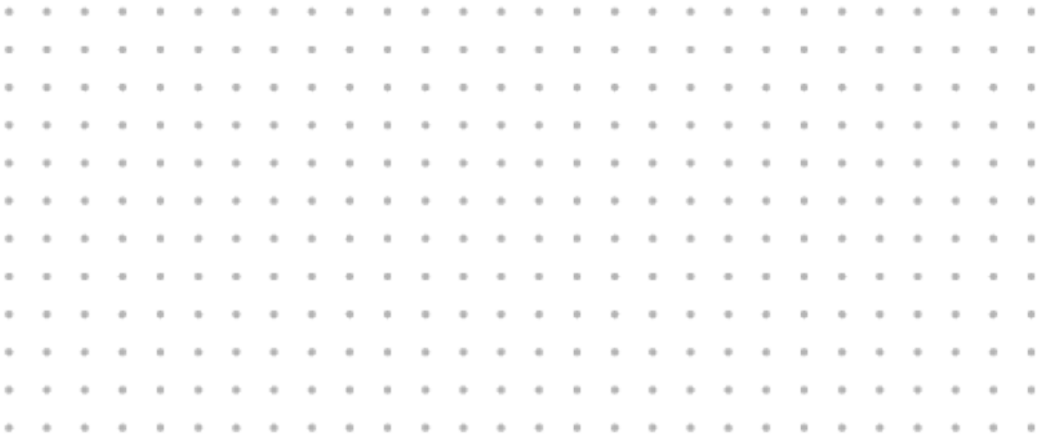
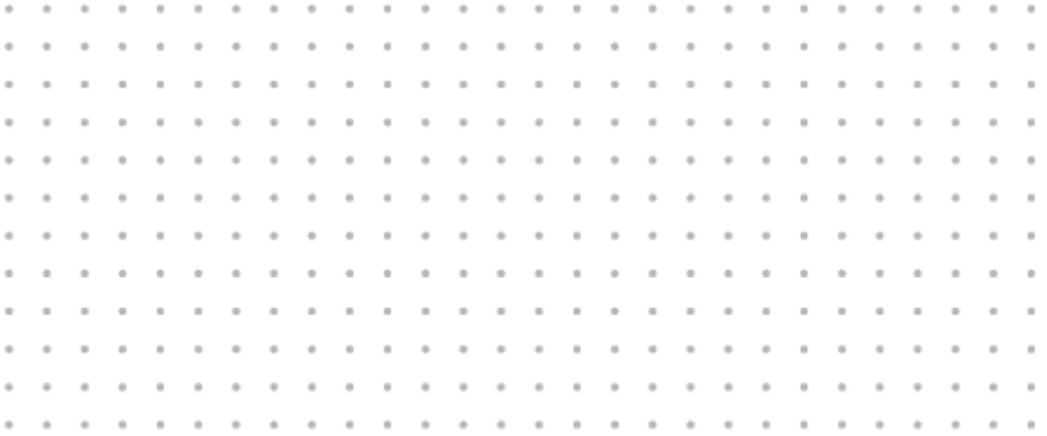




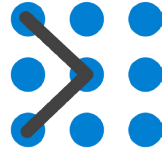
FUTURE LOG



FUTURE LOG



Bullet Journaling: BUJO



We lead busy lives but being busy doesn't necessarily mean we're being productive. Productive means that we're using our time wisely by focusing on what matters. Monthly Migration helps us accomplish this by weeding out distractions.

At the very end of each month, set up a new Monthly Log. Once that's done, review the pages of the month gone by. Chances are, you didn't get around to completing all your Tasks. That's fine! What's important is figuring out which incomplete Tasks are worth your limited time and energy moving forward. Strike out those that aren't and migrate the ones that are.

To Migrate a Task simply turn the “•” into “>” to indicate that you've moved that Task forward onto the Task Page of your new Monthly Log or into an appropriate Collection. If you wrote down a book title for example, you would migrate that entry into your «Books to Read» Collection.

Once you've Migrated open Tasks, check your Future Log. See if any Tasks or Events listed there have become current. If so, migrate those entries from your Future Log into your new Monthly Log.

It may seem like a lot of effort to have to rewrite all these things, but that's intentional. This process makes you pause and consider each item. If an entry isn't even worth the effort to rewrite it, then it's not that important. Get rid of it. The purpose of Migration is to surface what's worth the effort, become aware of our actions, and to separate the signal from the noise. This is where BuJo shifts from a system, into the practice...

Rapid Logging

Be it for taking notes or journaling, studies keep identifying benefits of writing by hand. That said, it takes time and can be unorganized. How can we enjoy the benefits while avoiding the shortcomings of hand writing? Rapid Logging.

Rapid Logging is the language in which the Bullet Journal is written. In short, it's a way of capturing information as bulleted lists.

Bullets

If Rapid Logging is language the BuJo is written in, Bullets are the syntax. Bullets are short-form sentences paired with symbols that visually categorize your entries into: Tasks, Events, or Notes

- Tasks: things you have to do
- Notes: Things you don't want to forget
- o Events: Noteworthy moments in time

Tasks

Tasks are represented by a simple dot “•”. We use a dot instead of a checkbox because it’s fast, clean, and can easily be transformed to reflect the state of the Task. Tasks can have one of five states.

- Task incomplete
- × Task complete
- Task Migrated to collection
- ◀ Task Scheduled in Future Log
- ~~→ Task Irrelevant~~

Events

Events are represented by the open circle “o” Bullet. Events are date-related entries that can either be scheduled (e.g. “Charlie’s birthday”) or logged after they occur (e.g. “signed the lease”).

Our experiences can be complicated and distracting. Rather than trying to capture the way you feel in the moment, keep your Event entries short and objective. It will increase the odds of us writing them down. The important thing is to have a record of your experience so that you can learn from it.

- o Tom's last day
- o Watched Wonder Woman w LK
- o Walked home to clear head

Notes

Notes are represented with a dash “-”. Notes include: facts, ideas, thoughts, and observations. They’re used to capture information or data you don’t want to forget. This Bullet works well for meeting, lecture, or classroom notes.

- Jack has a gluten intolerance...yawn
- Use mayo instead of butter on grilled cheese
- Vending machine song...

Mix and Match

Tasks, Events, and Notes will help you quickly capture your thoughts as they bubble up throughout the day. Don't worry about logging them in any particular order. The important thing is to get them out of your head, and onto the page.

- o Leigh dinner
- Claire: organize birthday cake
- Niclas: call re travel docs
- Song about vending machine!
- o Watched Wonder Woman w LK

Nesting

Nesting Bullets can add some much-needed color to your entries. For example, nest Notes under an Event to capture important details. Nest subtasks under the main Task to break things down into a series of steps.

- o Leigh dinner
 - @El Salvadors
 - Talked about how to help Jane
- Claire: organize birthday cake
 - Order Cake
 - Pick up Cake
 - Needs to be gluten free

Signifiers

Signifiers are symbols that give your entries additional context at a glance. They're placed to the left of Bullets, so they stick out, making them easy to spot when scanning your pages. Here are two useful examples, but feel free to come up with your own.

* = Priority: Used to mark the most important things on your list. Use it sparingly. If everything is a priority, nothing is.

! = Inspiration: Great ideas, personal mantras, and genius insights will never be misplaced again.

- Claire: organize birthday cake
 - * • Order Cake
 - Pick up Cake
 - Needs to be gluten free
- * • Niclas: call re travel docs
- ! - Song about vending machine!

Putting it together

Start by giving your page a short descriptive Topic. This clarifies the purpose of the page and nature of its contents. In this example, it's simply the day's date.

Once that's done, be sure to number the page. Page numbers will serve to locate your content.

This example is known as the Daily Log. It's the workhorse of the Bullet Journal, and one of the four main Collections.

The Index

The Index lives at the front of your notebook and serves to locate content in your Bullet Journal. Simply add the Topics of your Collections and their page numbers to the Index, so you can quickly find them later.

Collections that span a series of consecutive spreads are indexed like this: "Collection Topic: 5-10."

Some Collections are recurring and can be spread throughout your notebook. These Collections can be indexed as such: "Collection Name: 5-10, 23, 34-39"

Daily Log

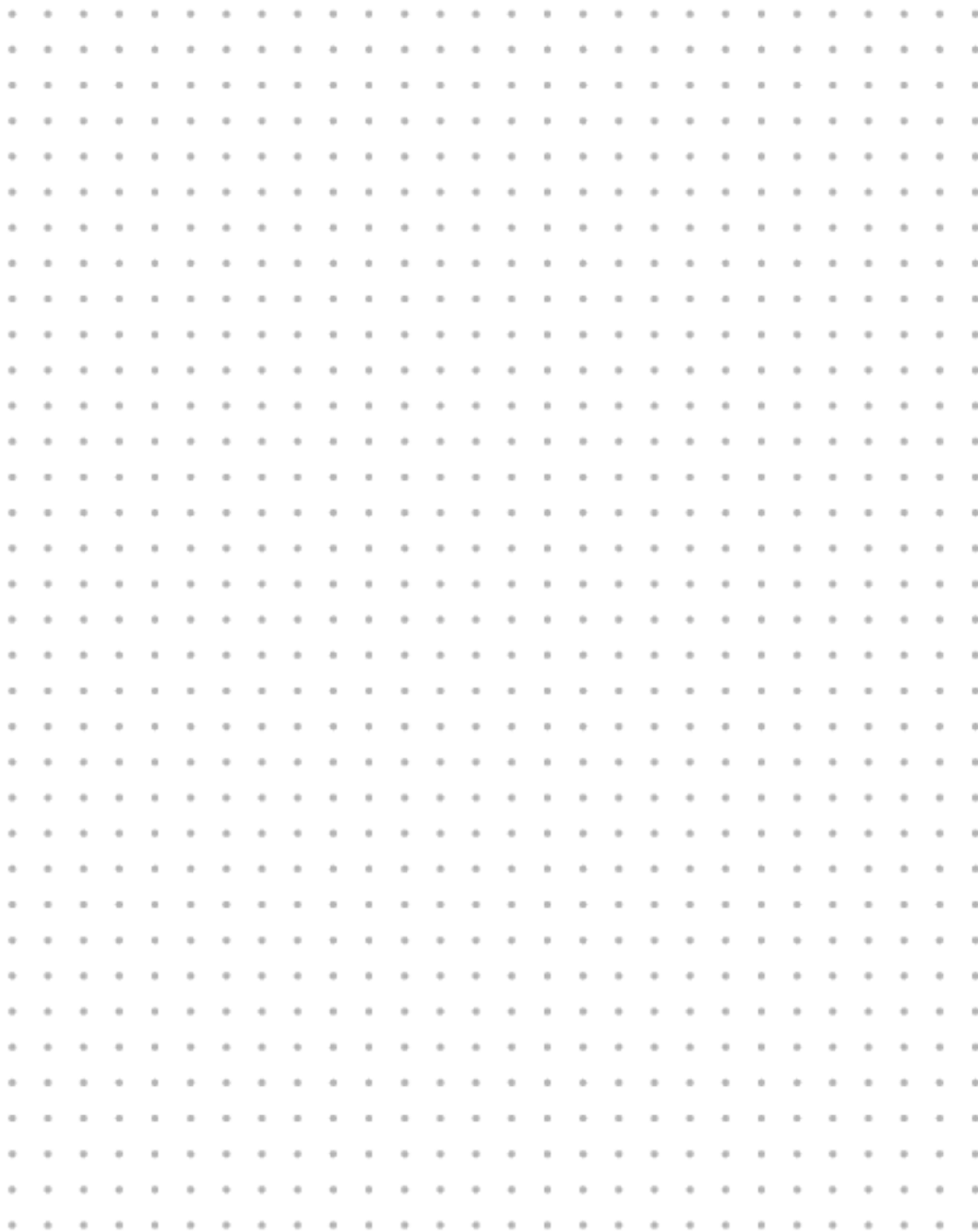
The Daily Log is designed for day-to-day use. At the top of the page, record the date as your topic. Throughout the course of the day, simply Rapid Log your Tasks, Events, and Notes as they occur. If you don't fill a page, add the next date wherever you left off and you're ready to continue.

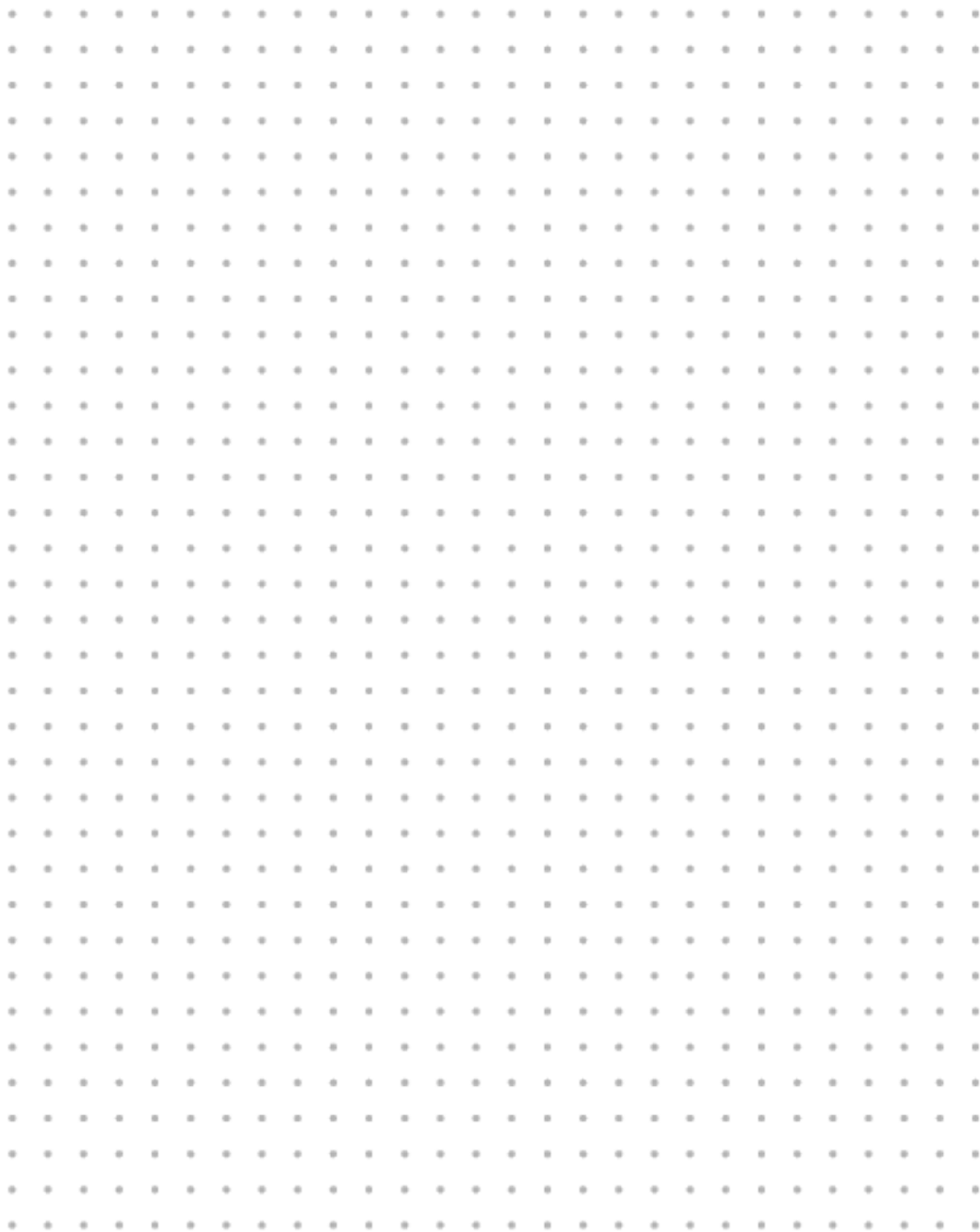
Custom Collections

The Bullet Journal is designed to become whatever you need it to be, be it a fitness or fertility tracker, food log, diary, sketchbook etc. You're encourage to design your own Custom Collections.

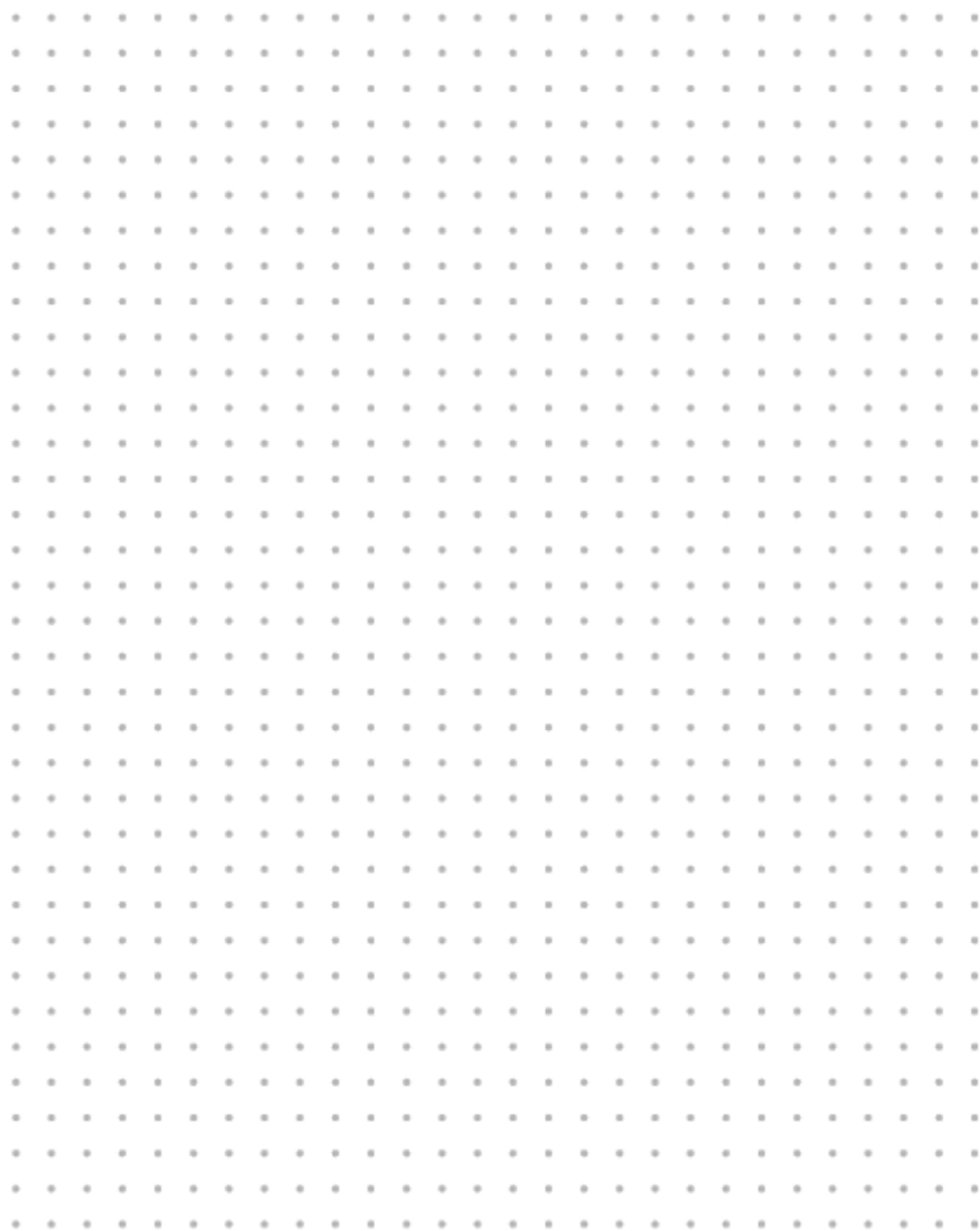
Figuring out what you need your Bullet Journal to be is an important part of the process, a process that begins with regularly examining how you're spending your time and energy. We form this habit through Migration.

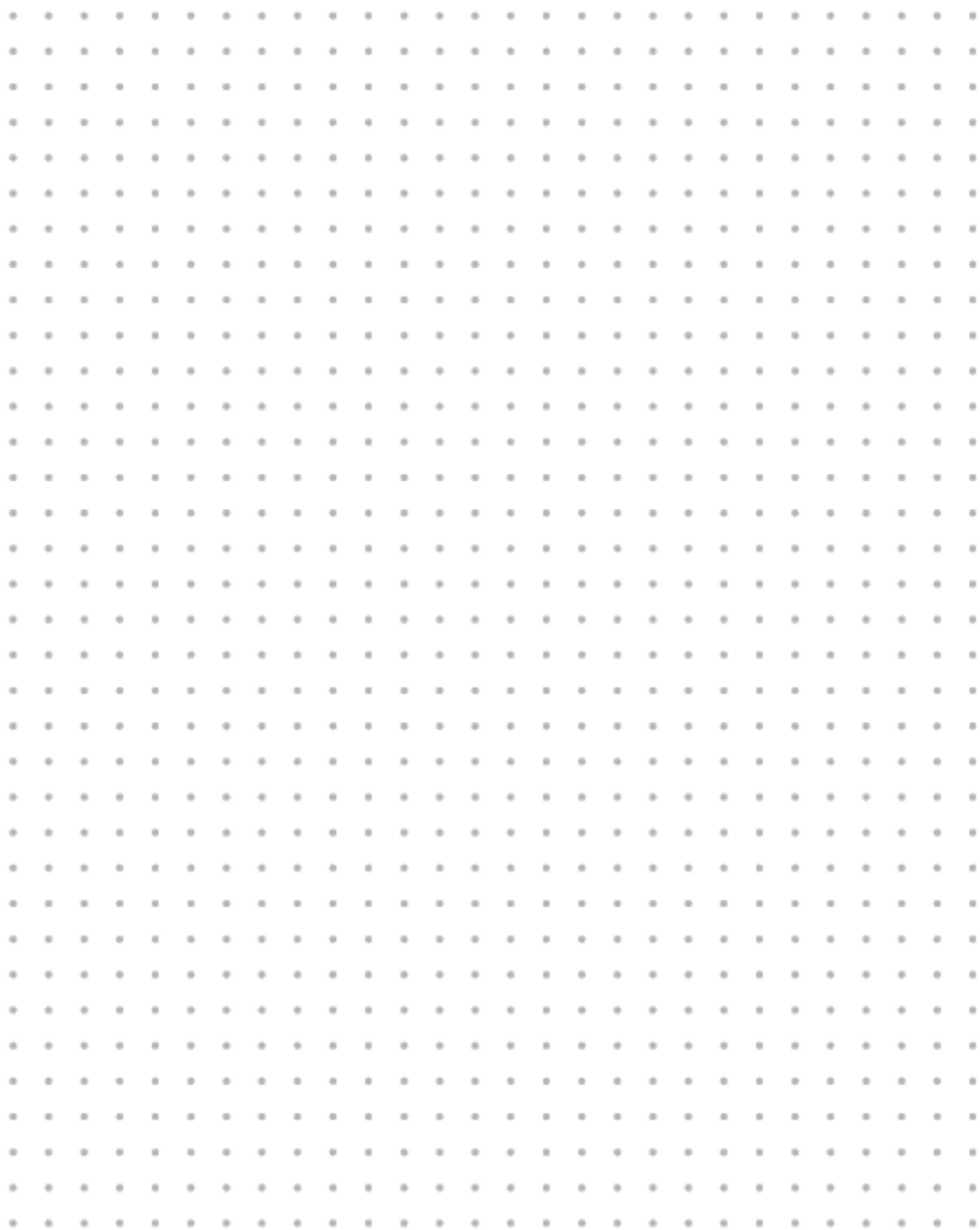
Adapted freely from : <https://bulletjournal.com/pages/learn>

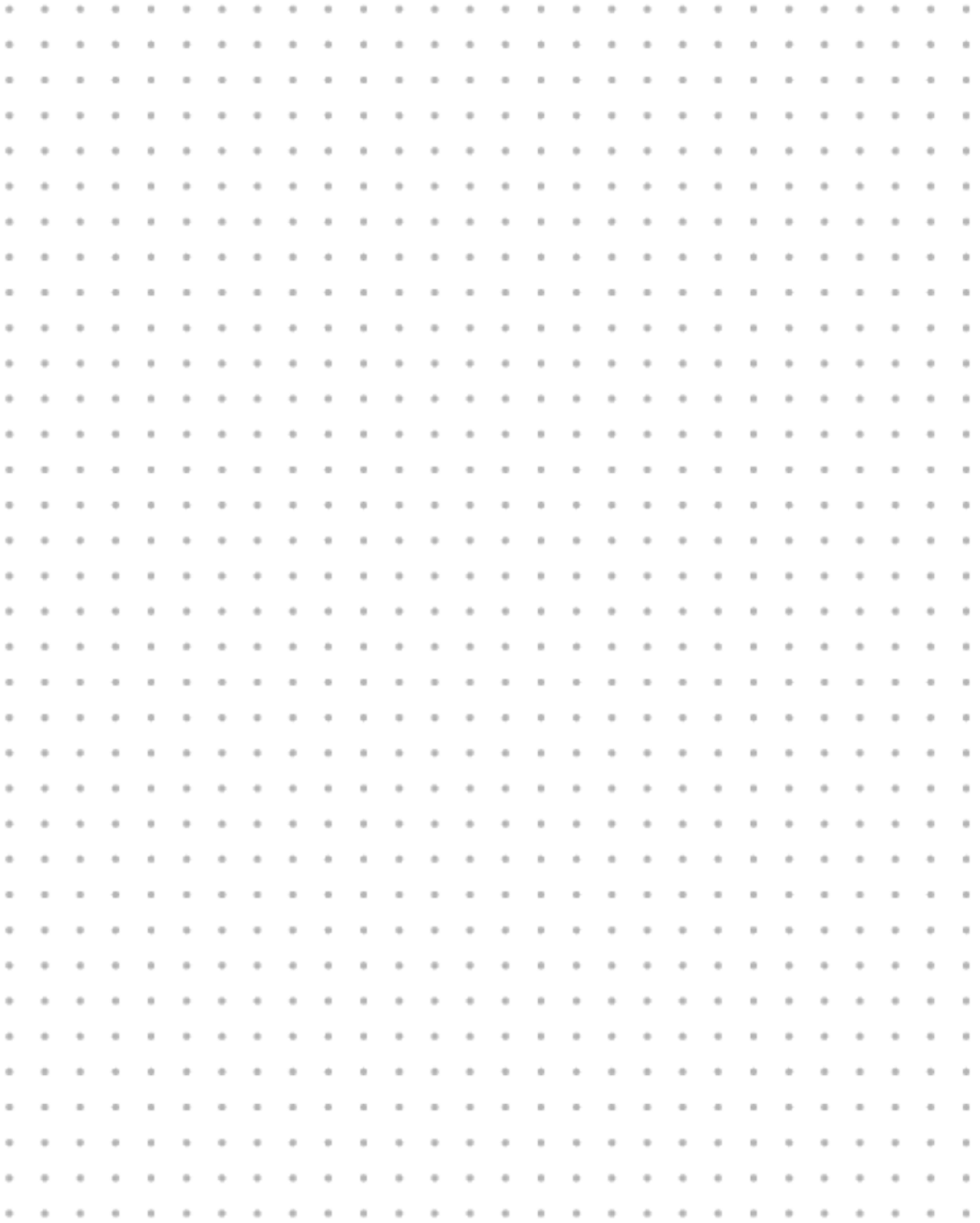






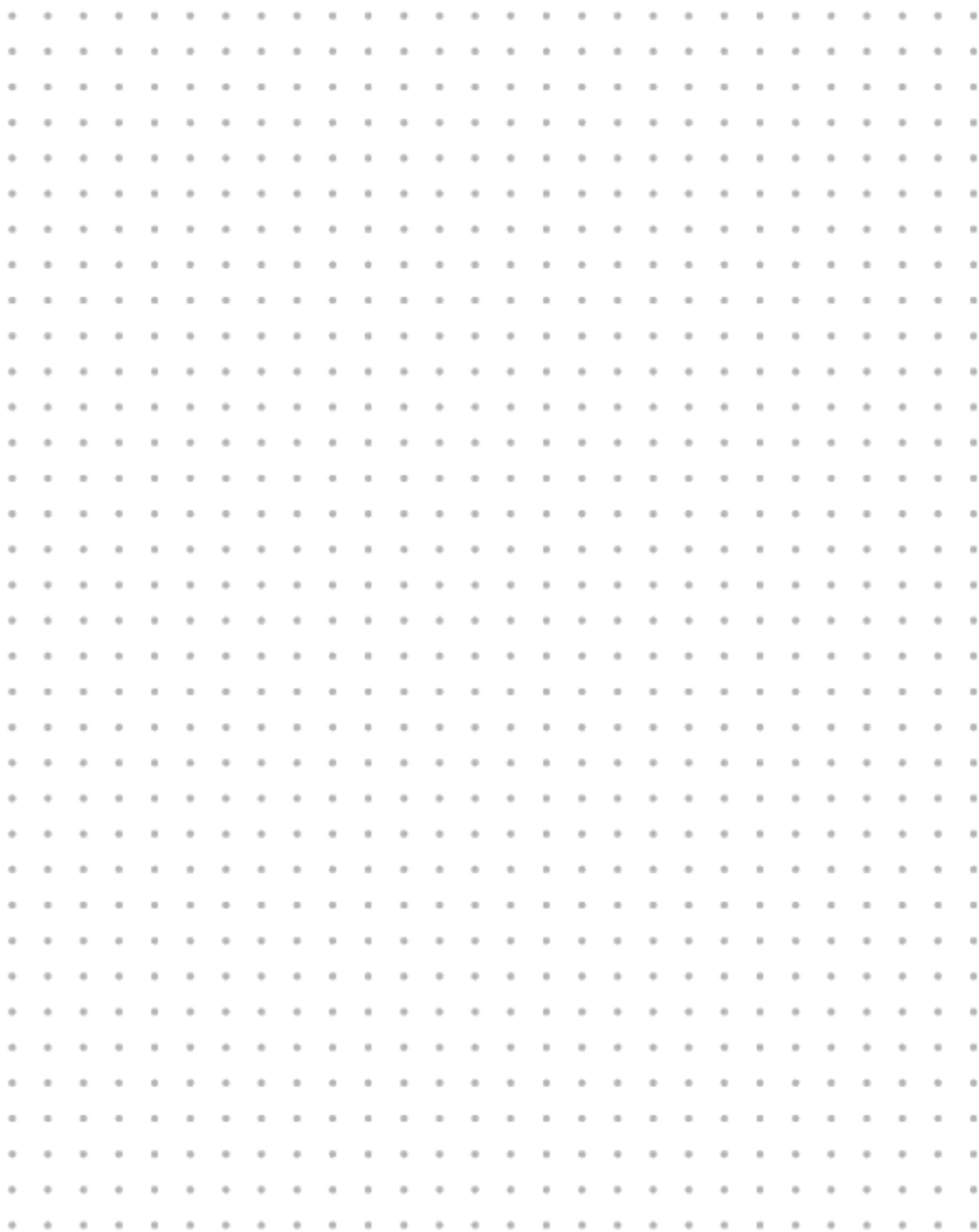


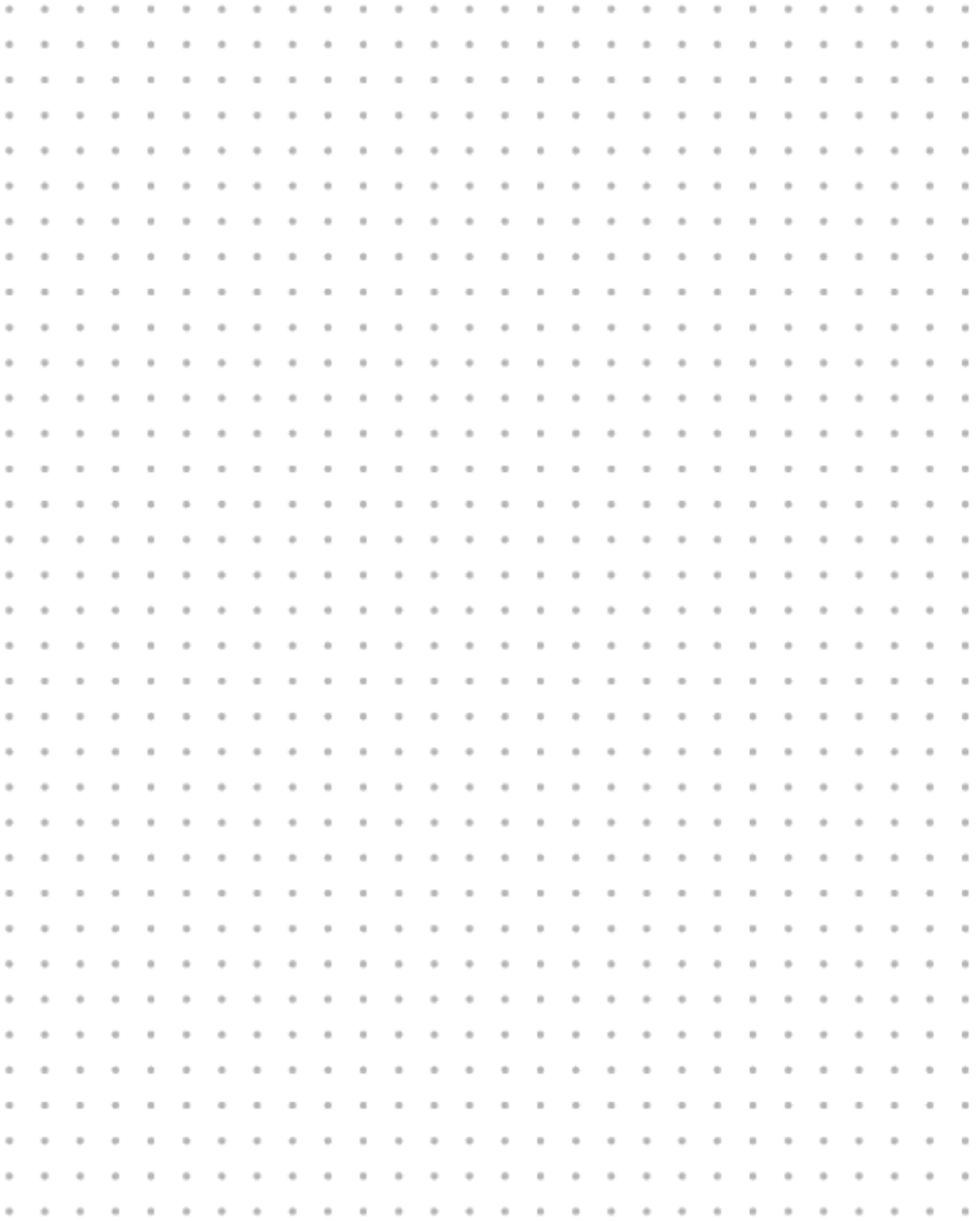




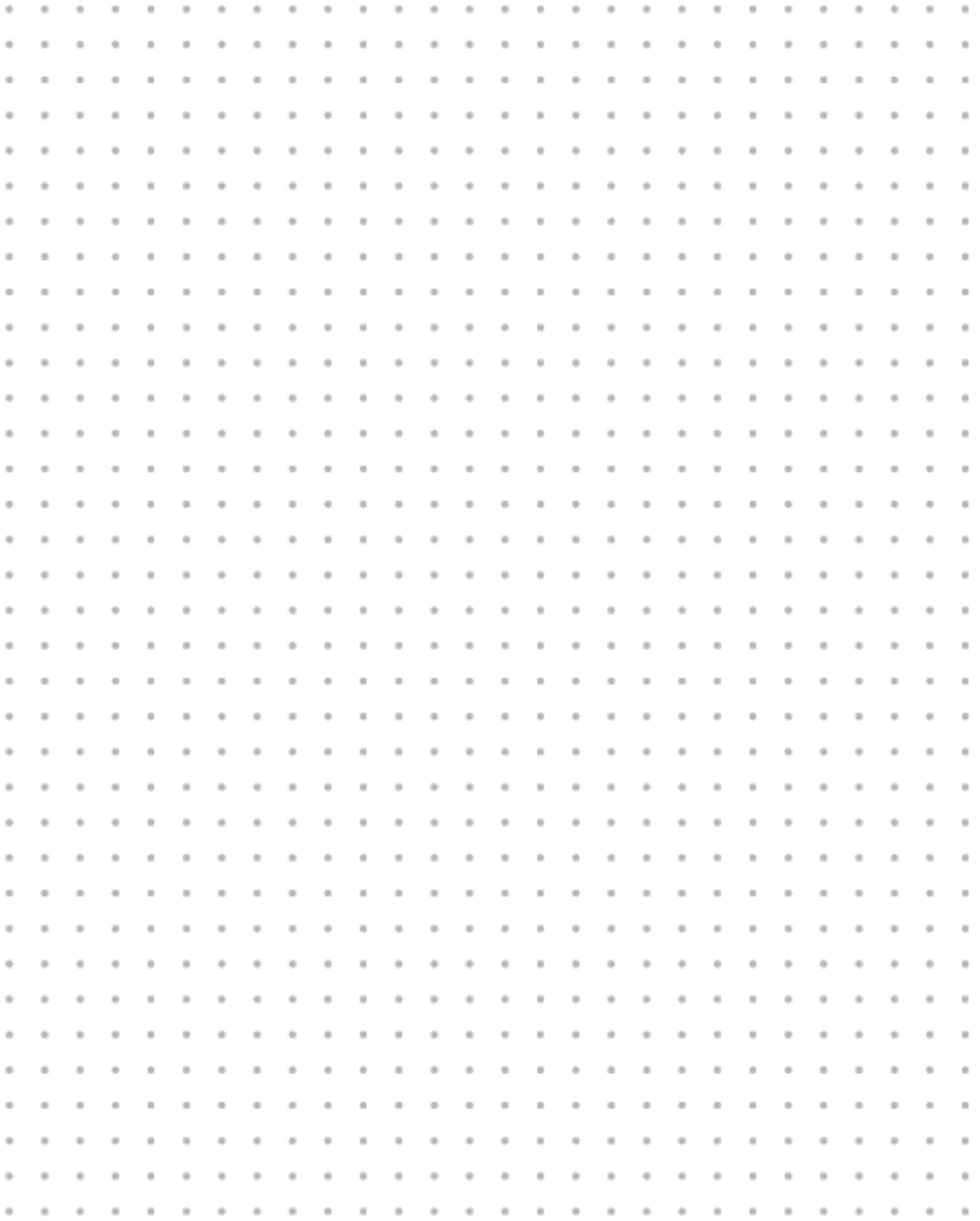




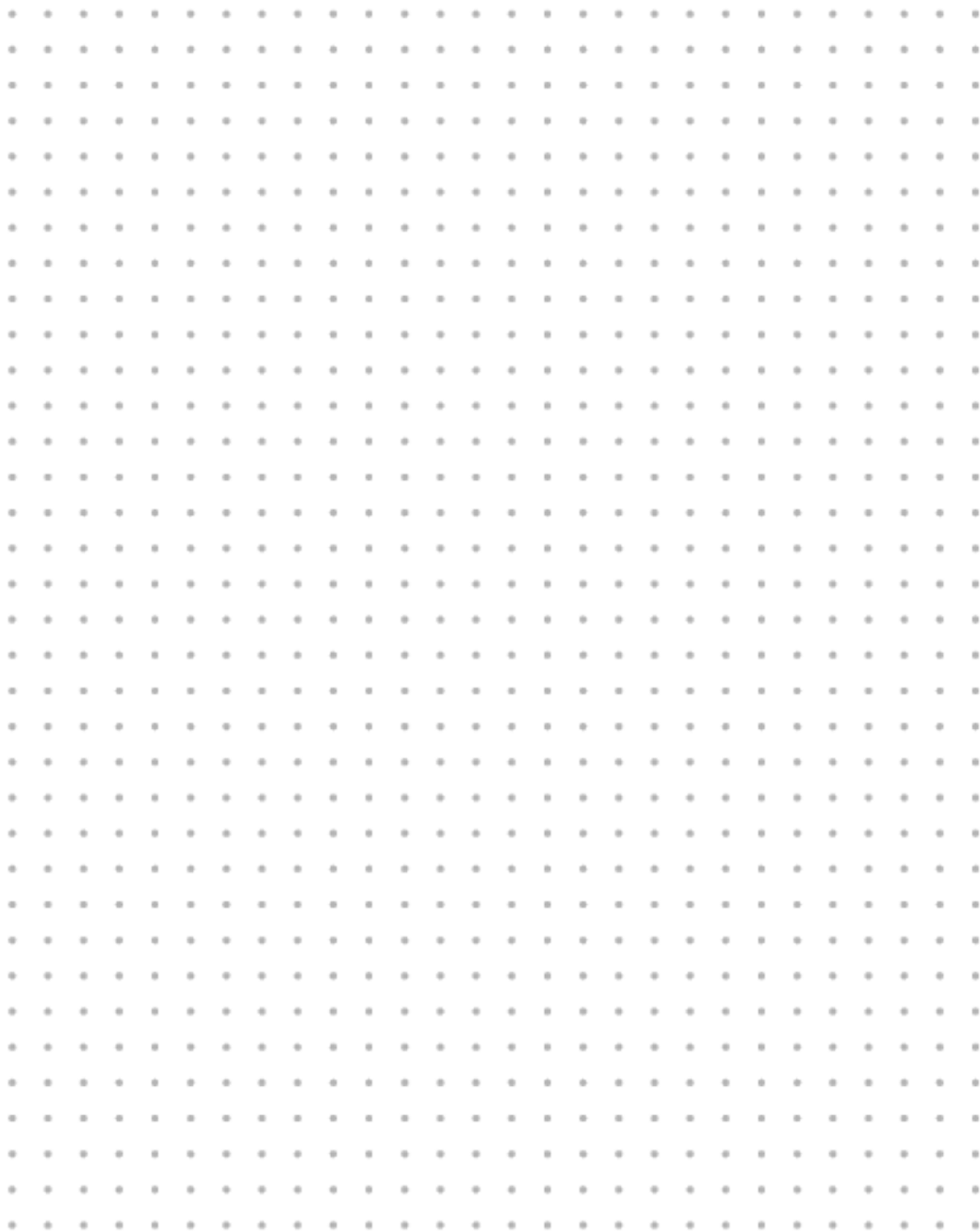






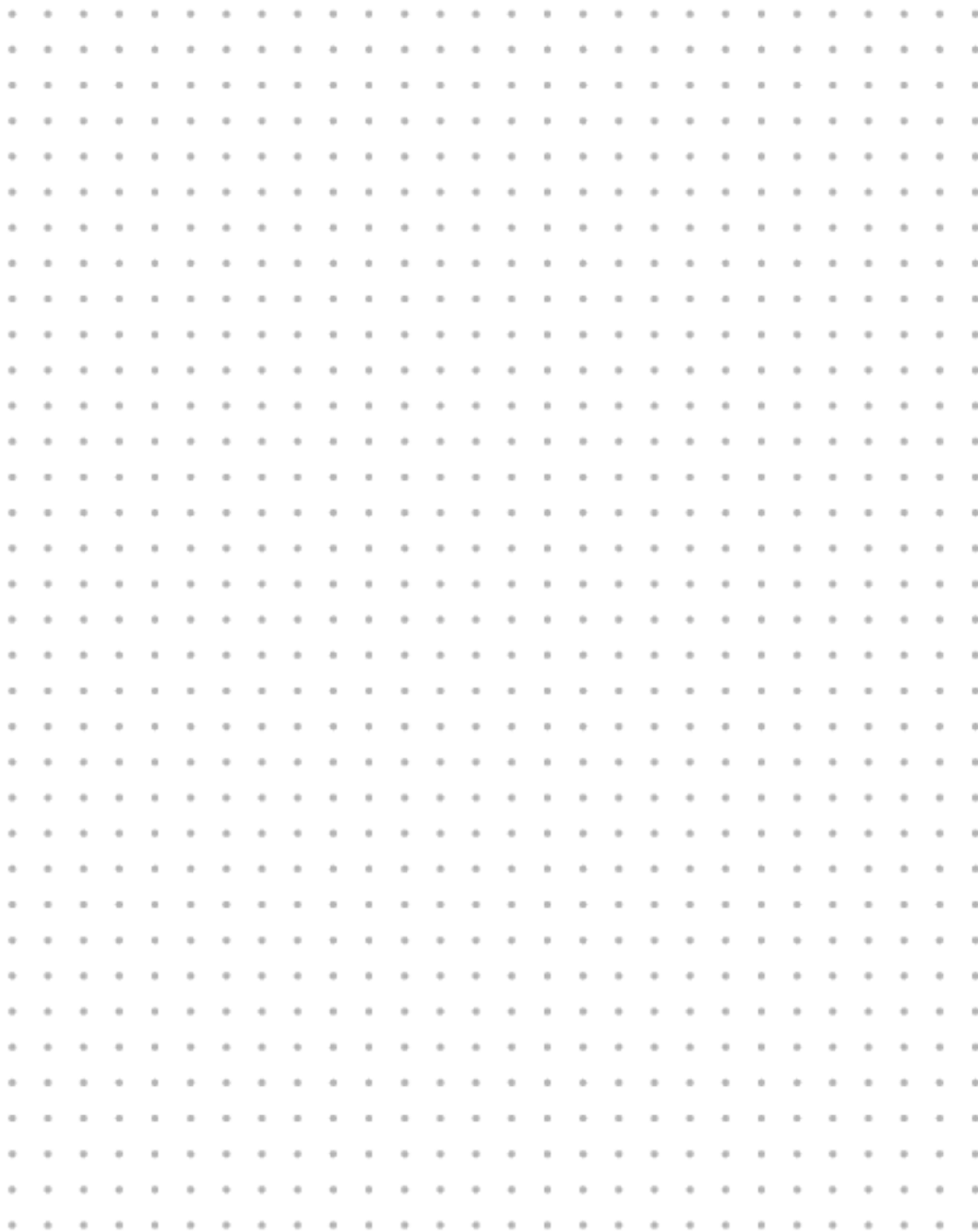


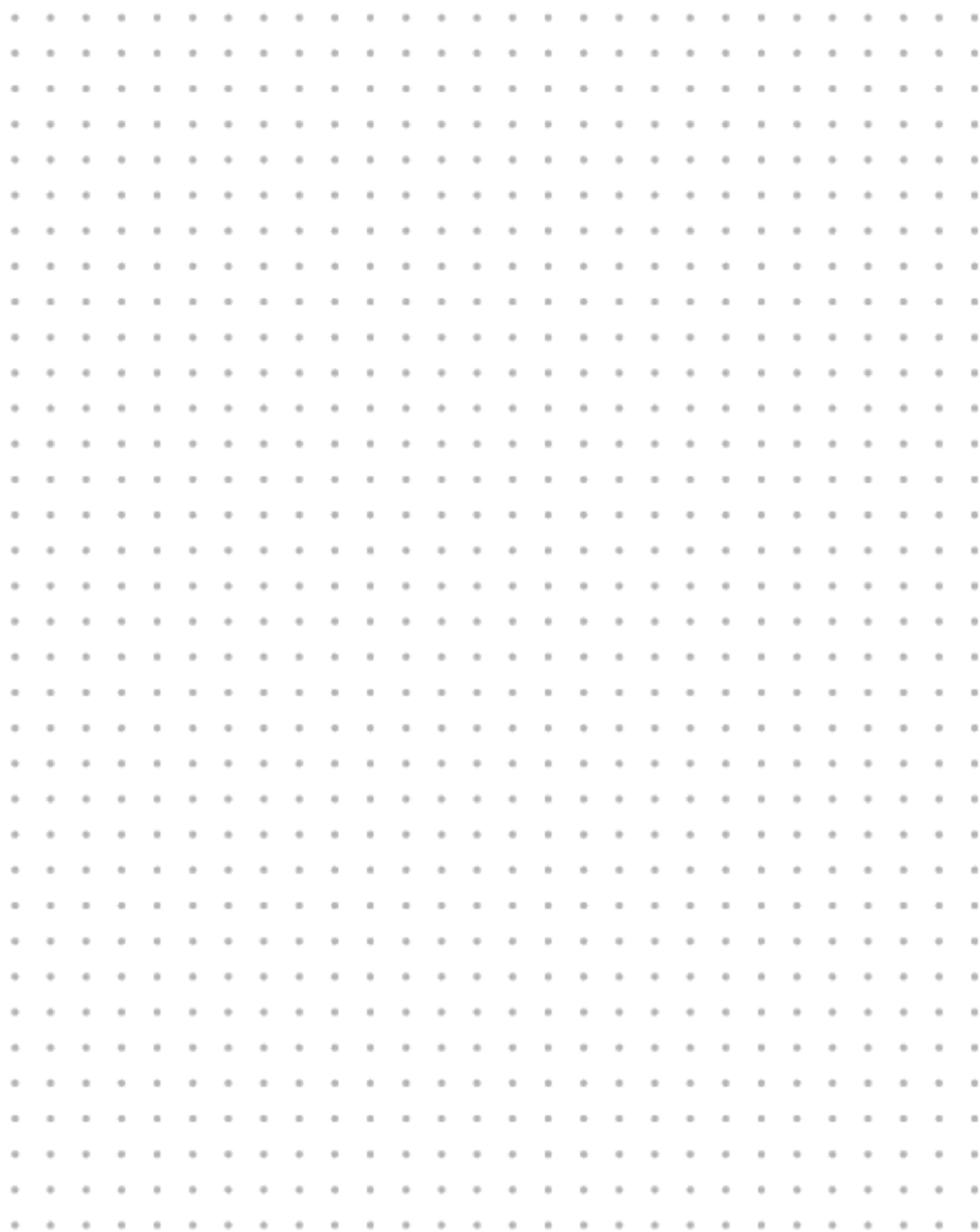




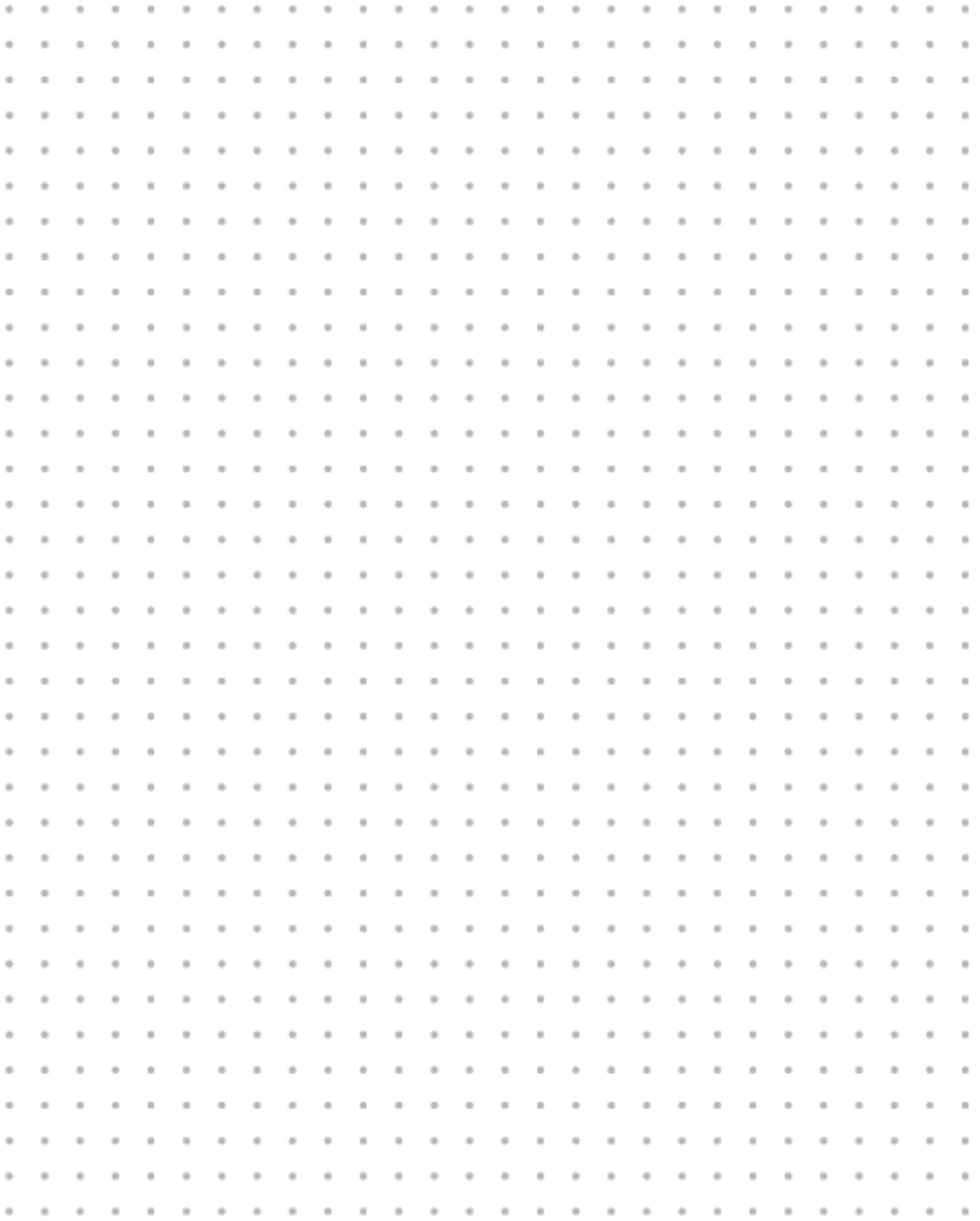




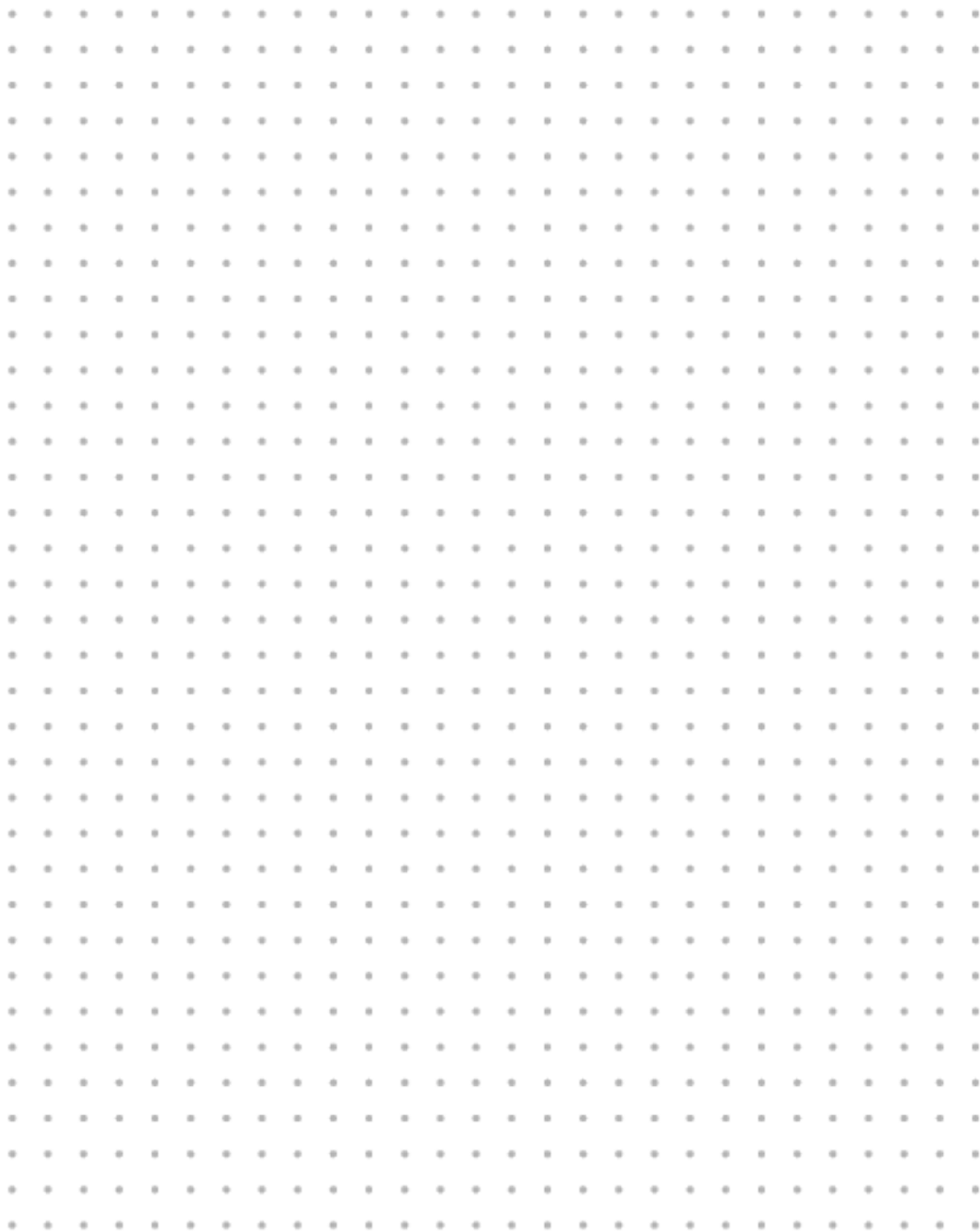




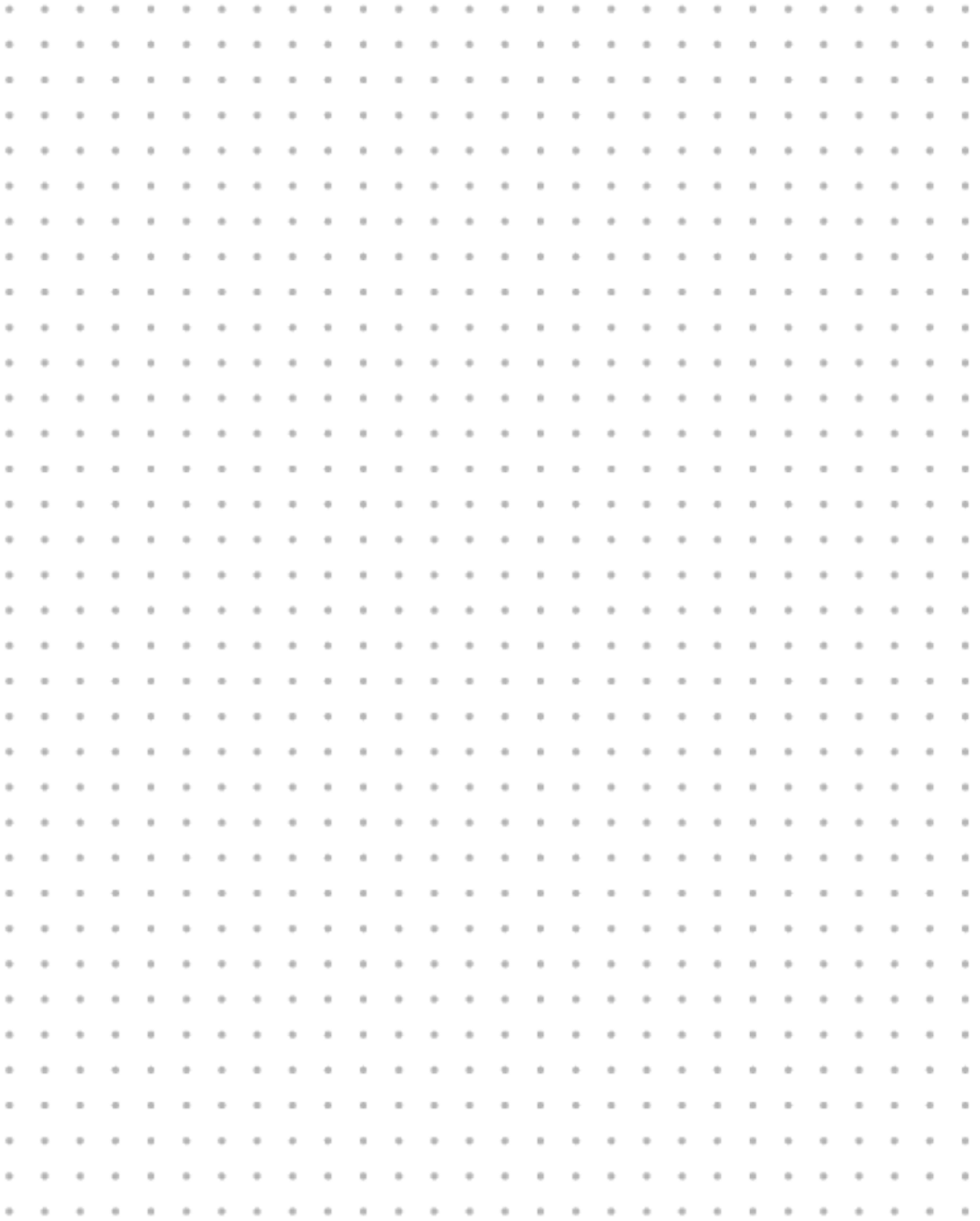


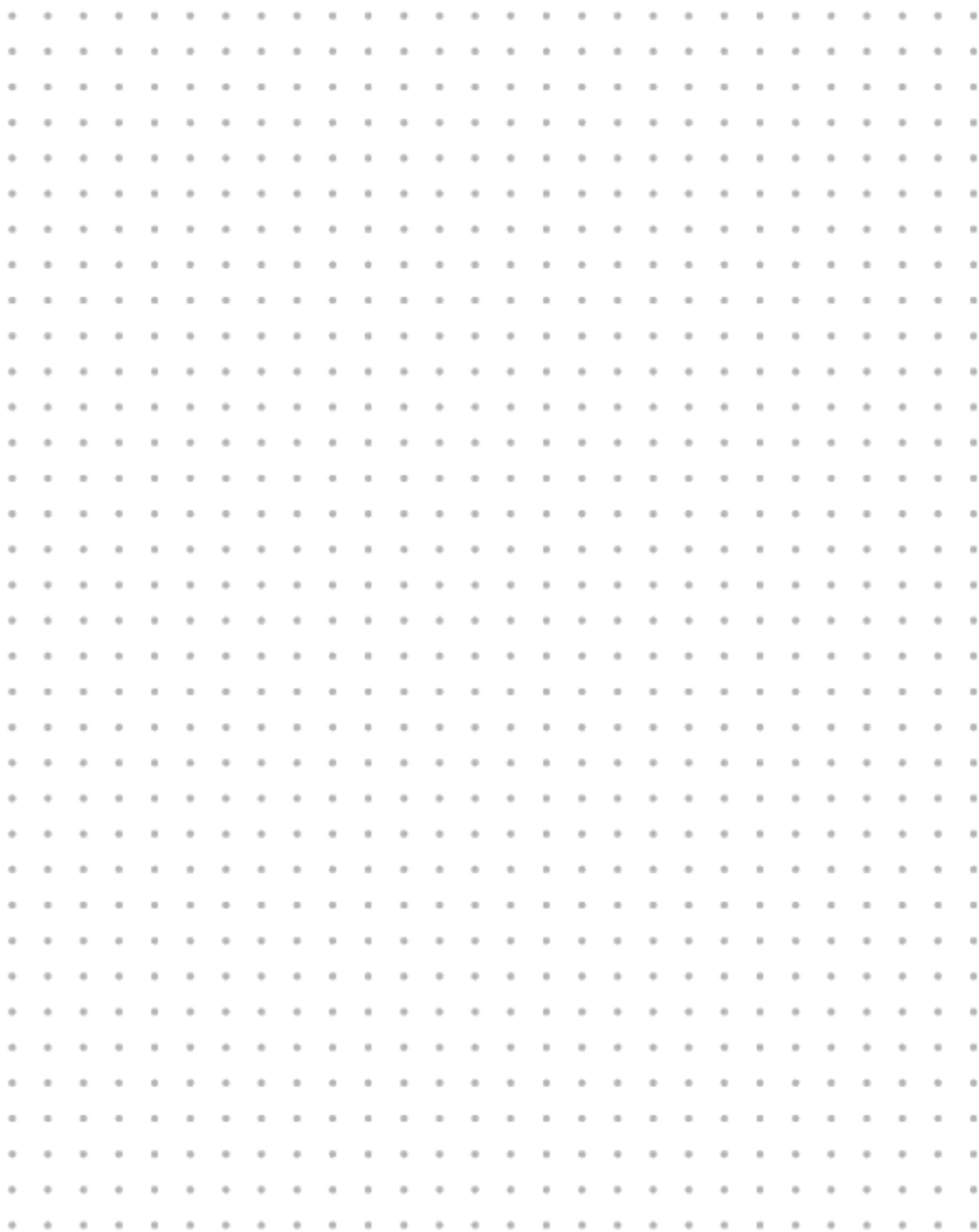




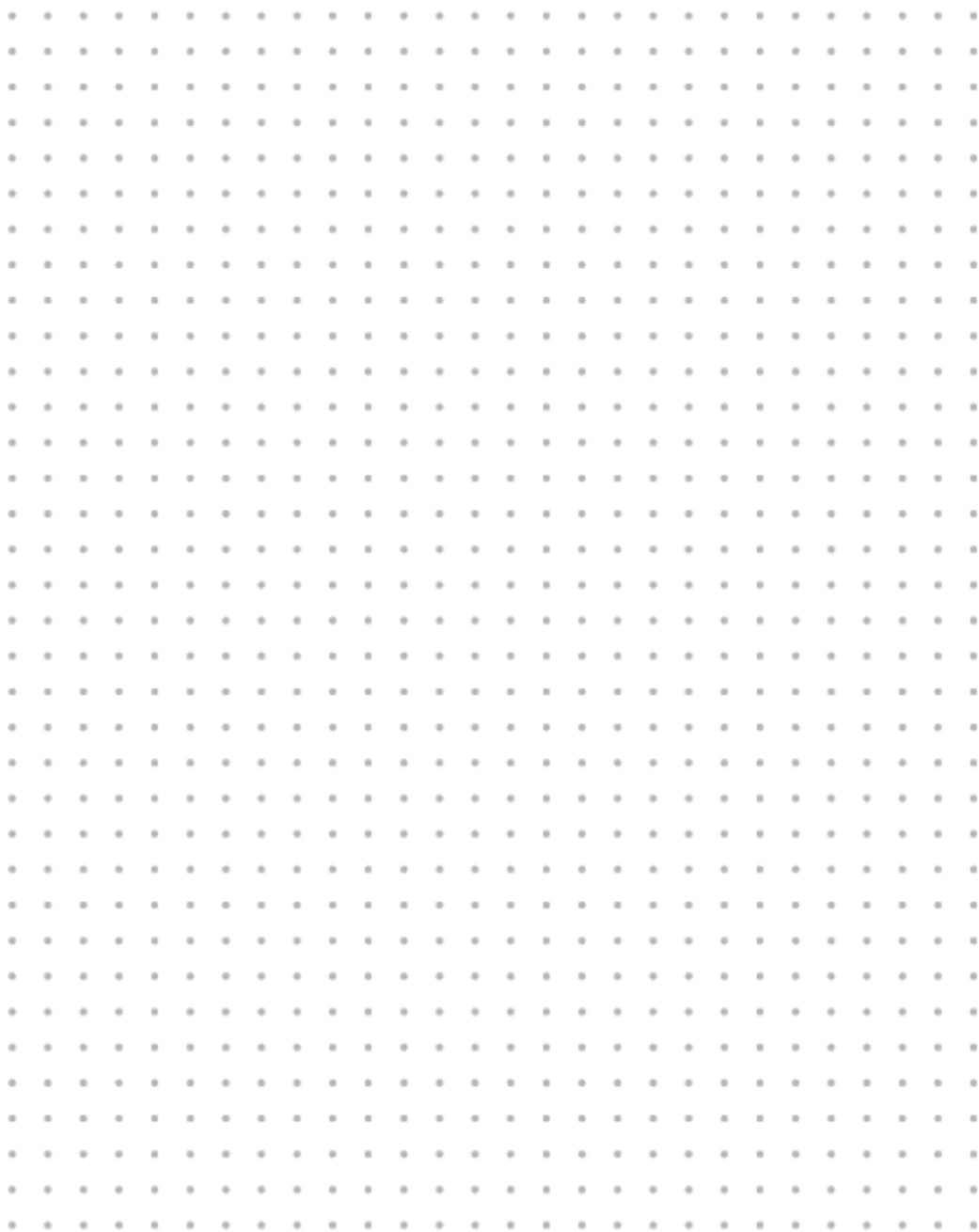


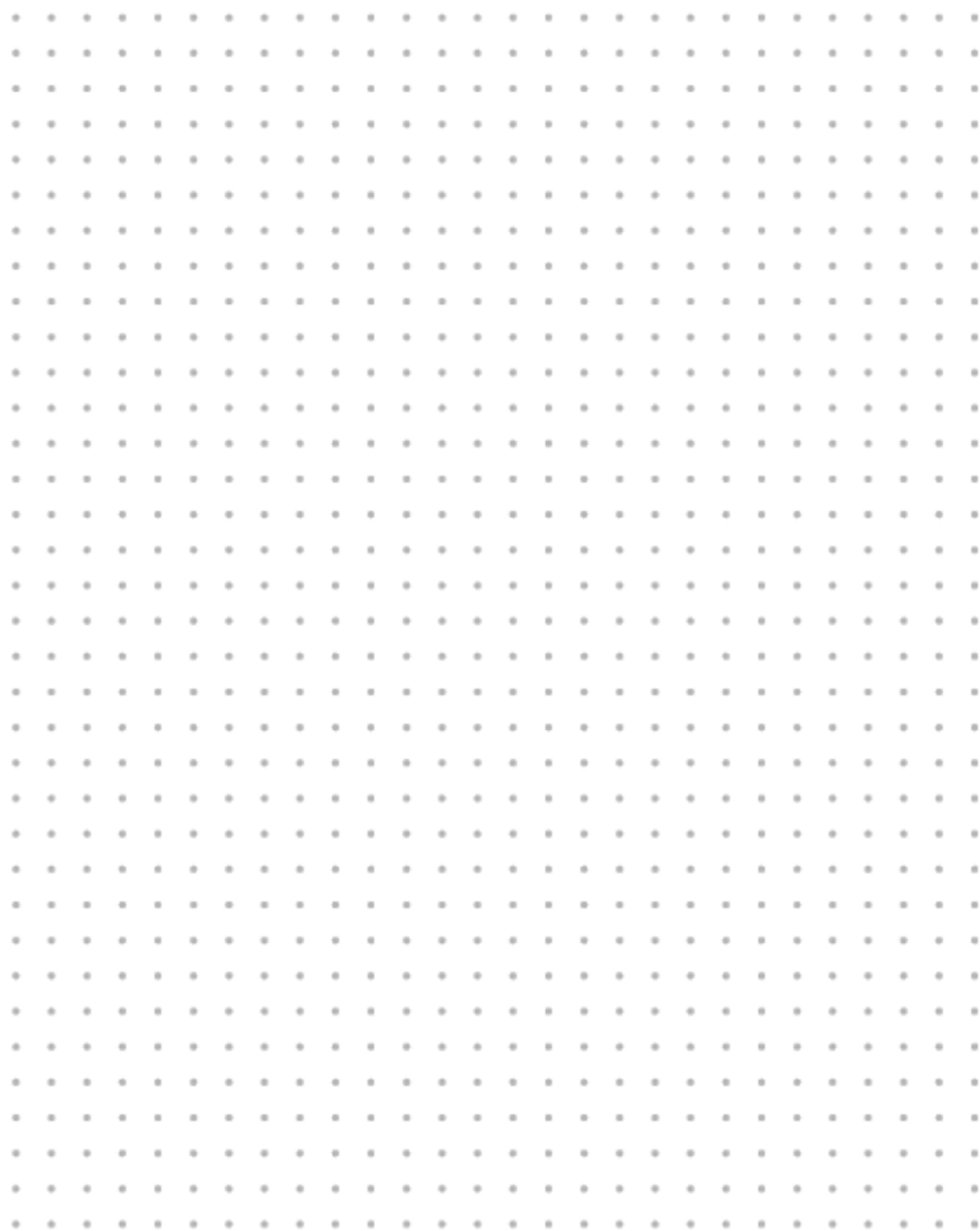


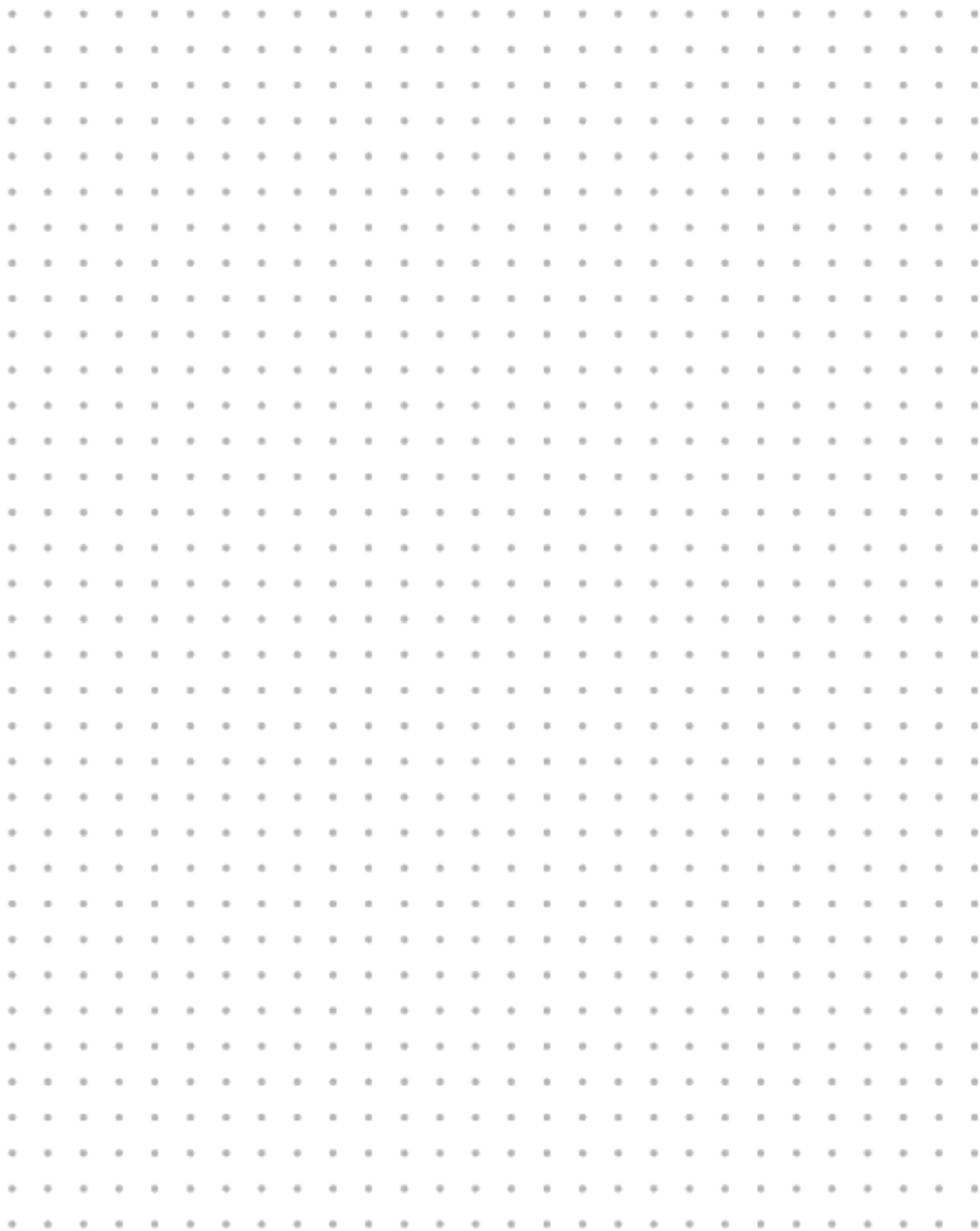


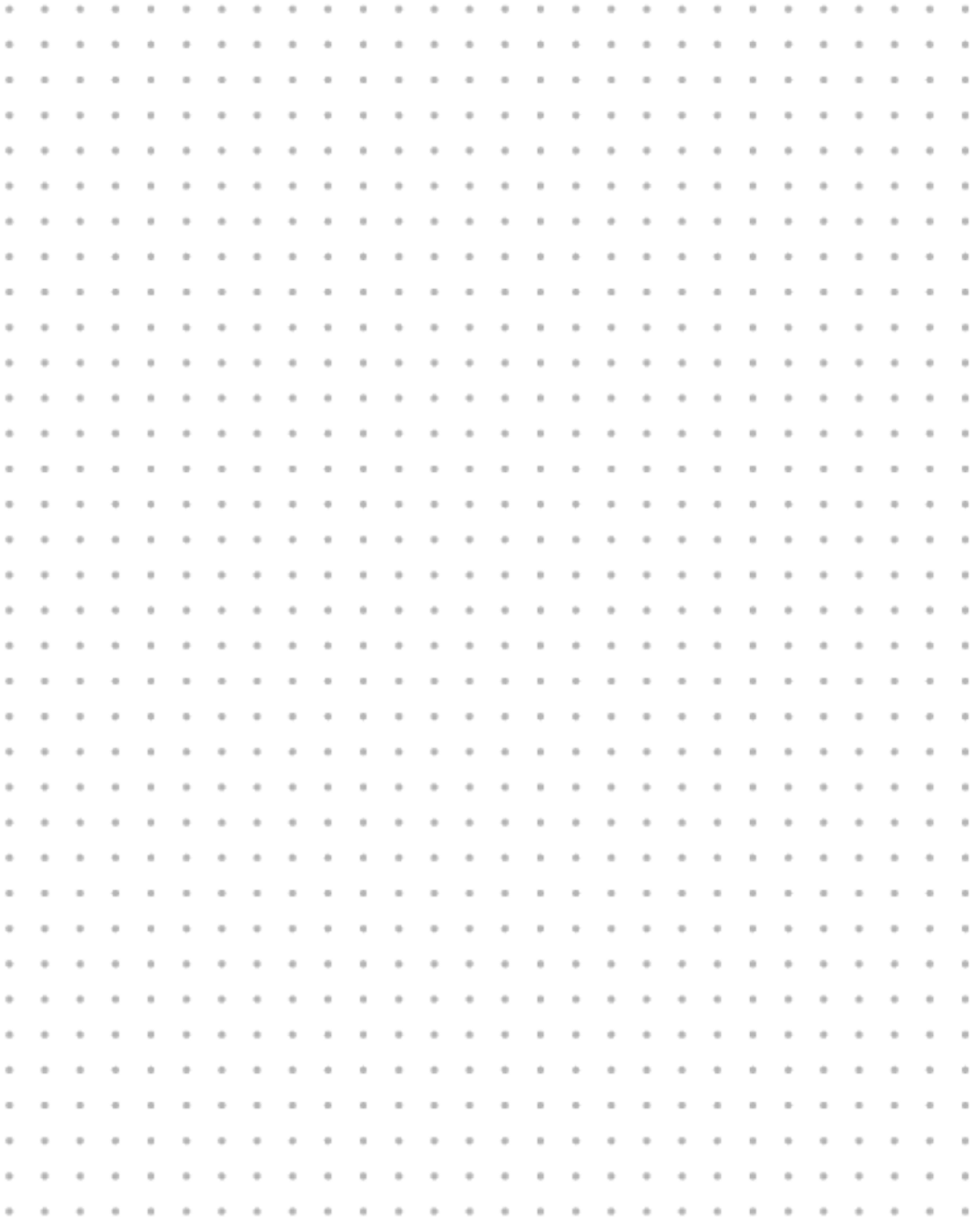


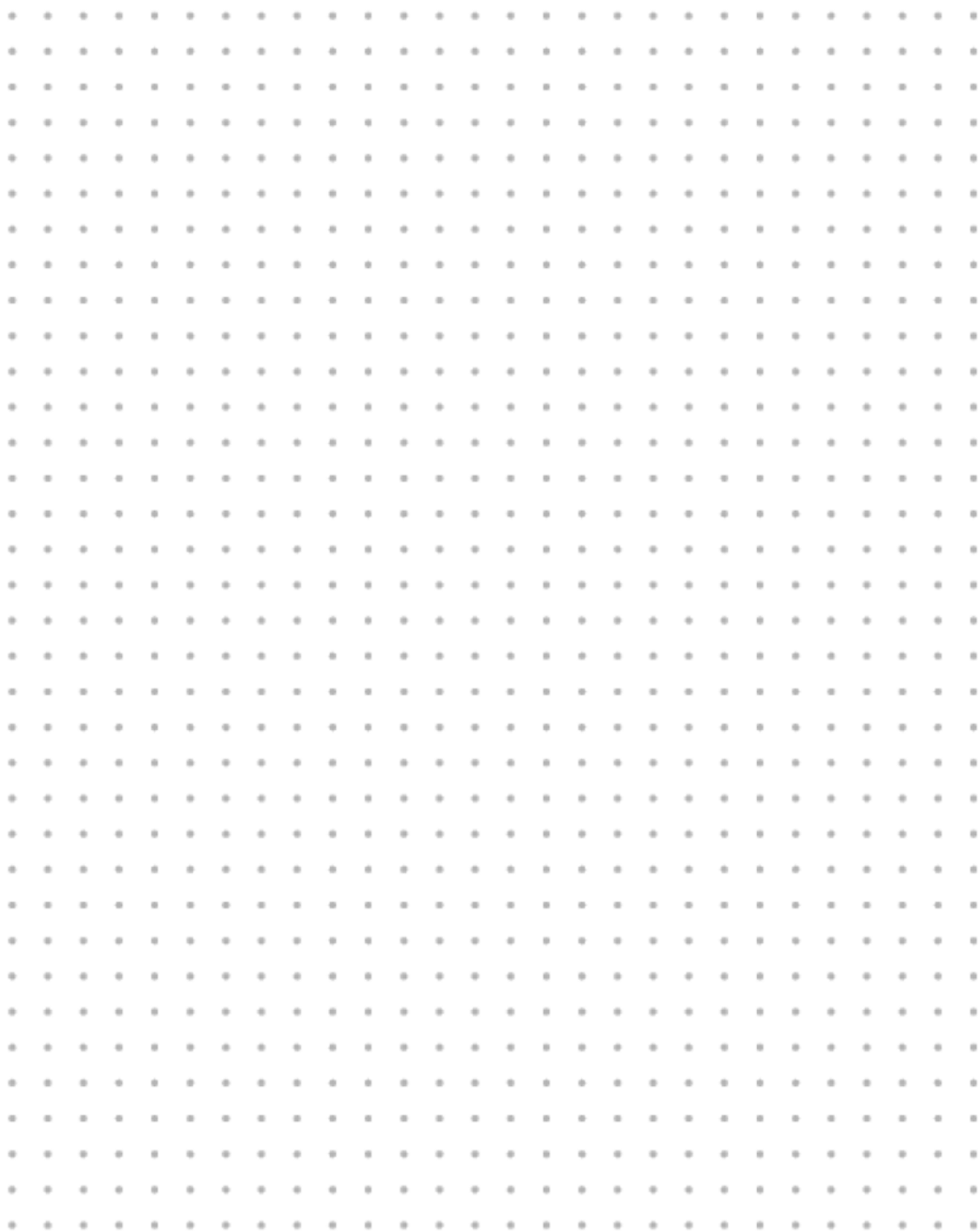


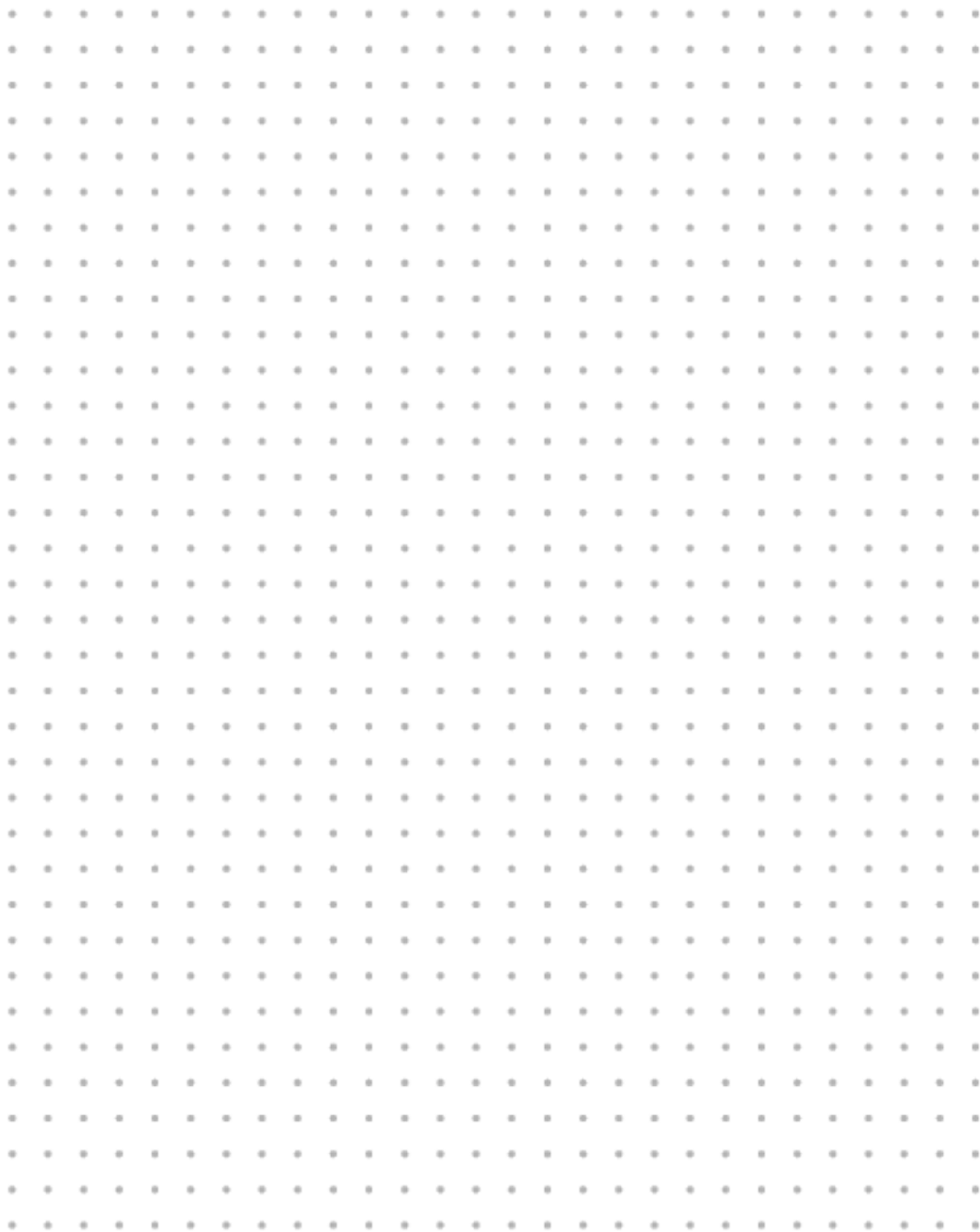




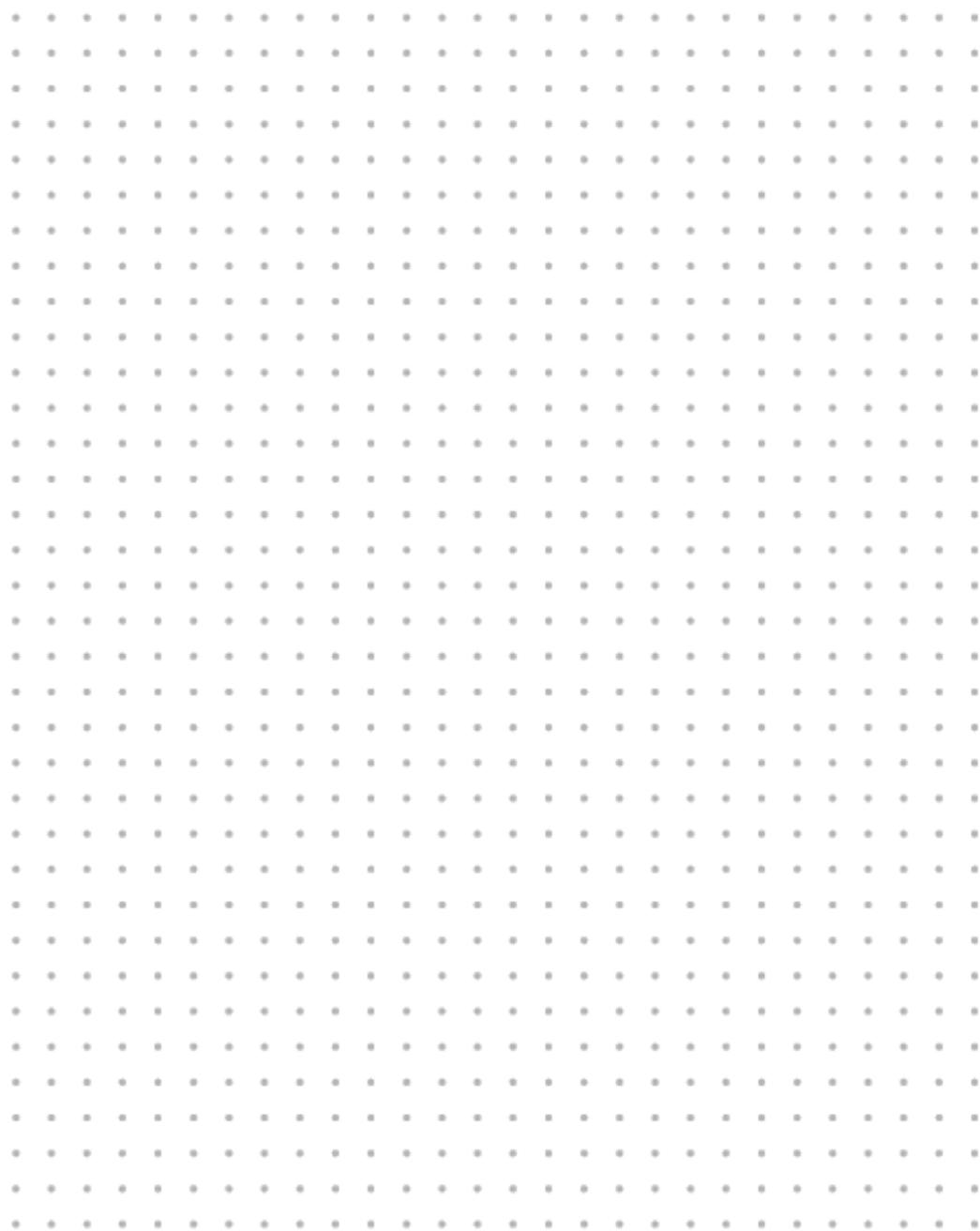


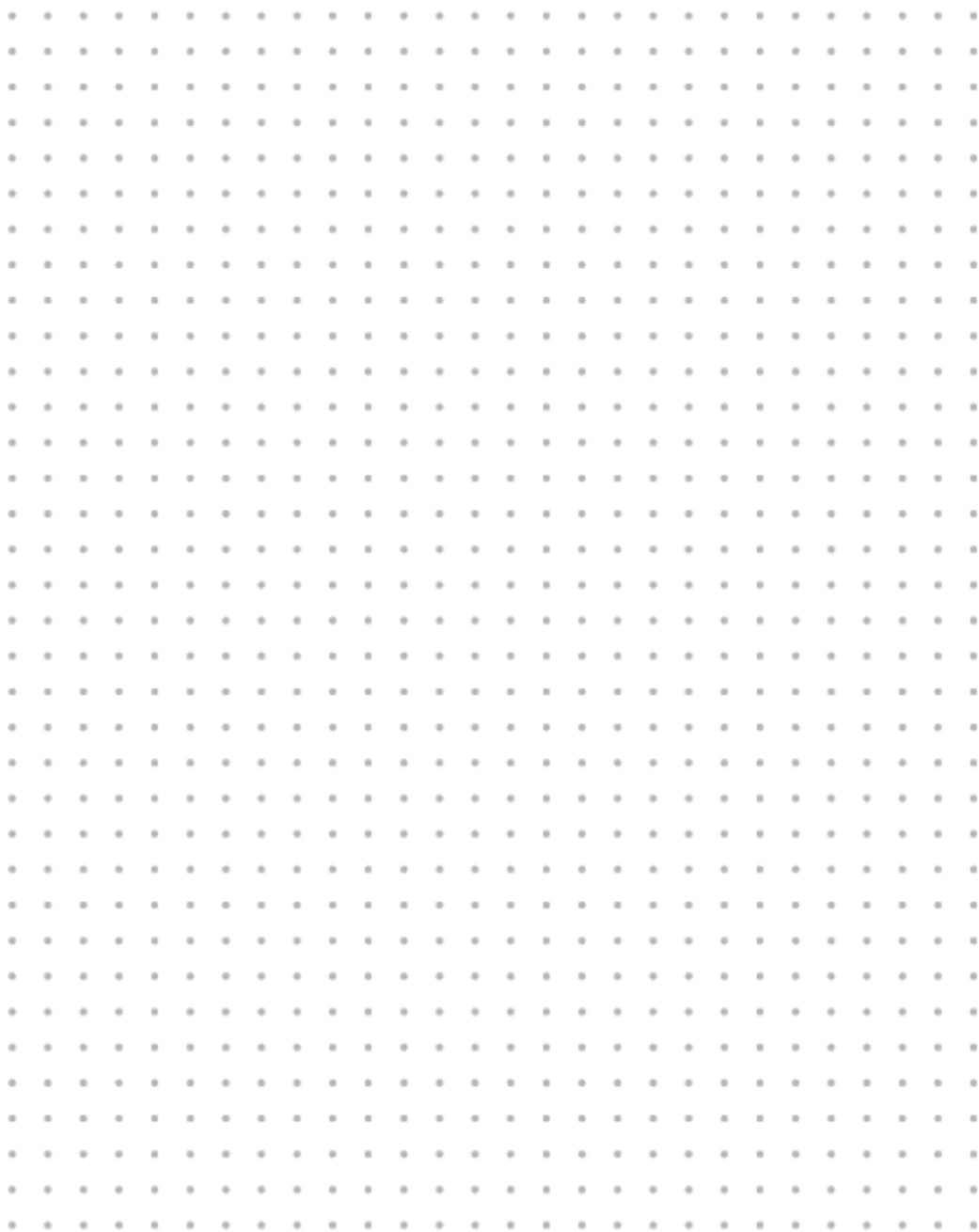




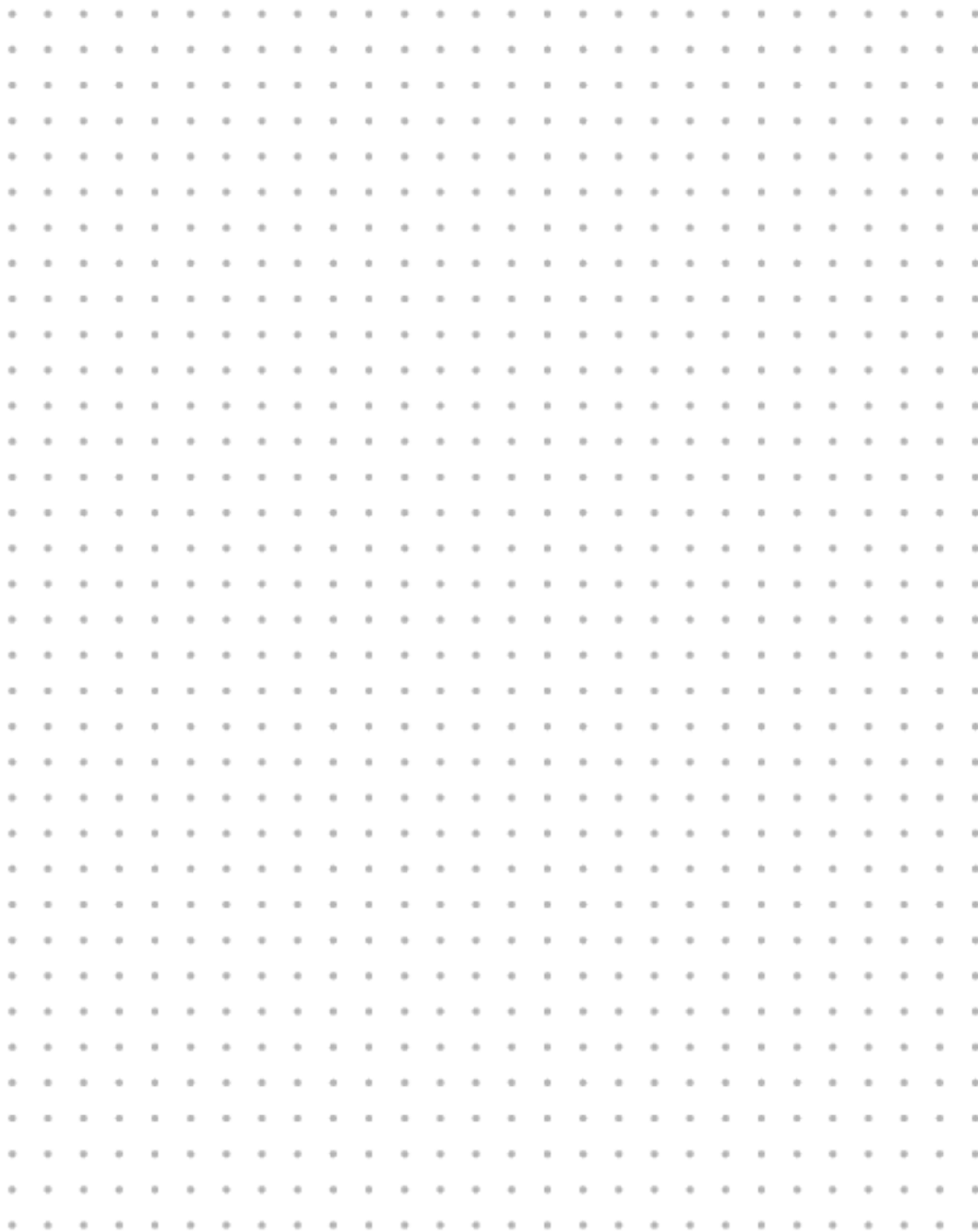


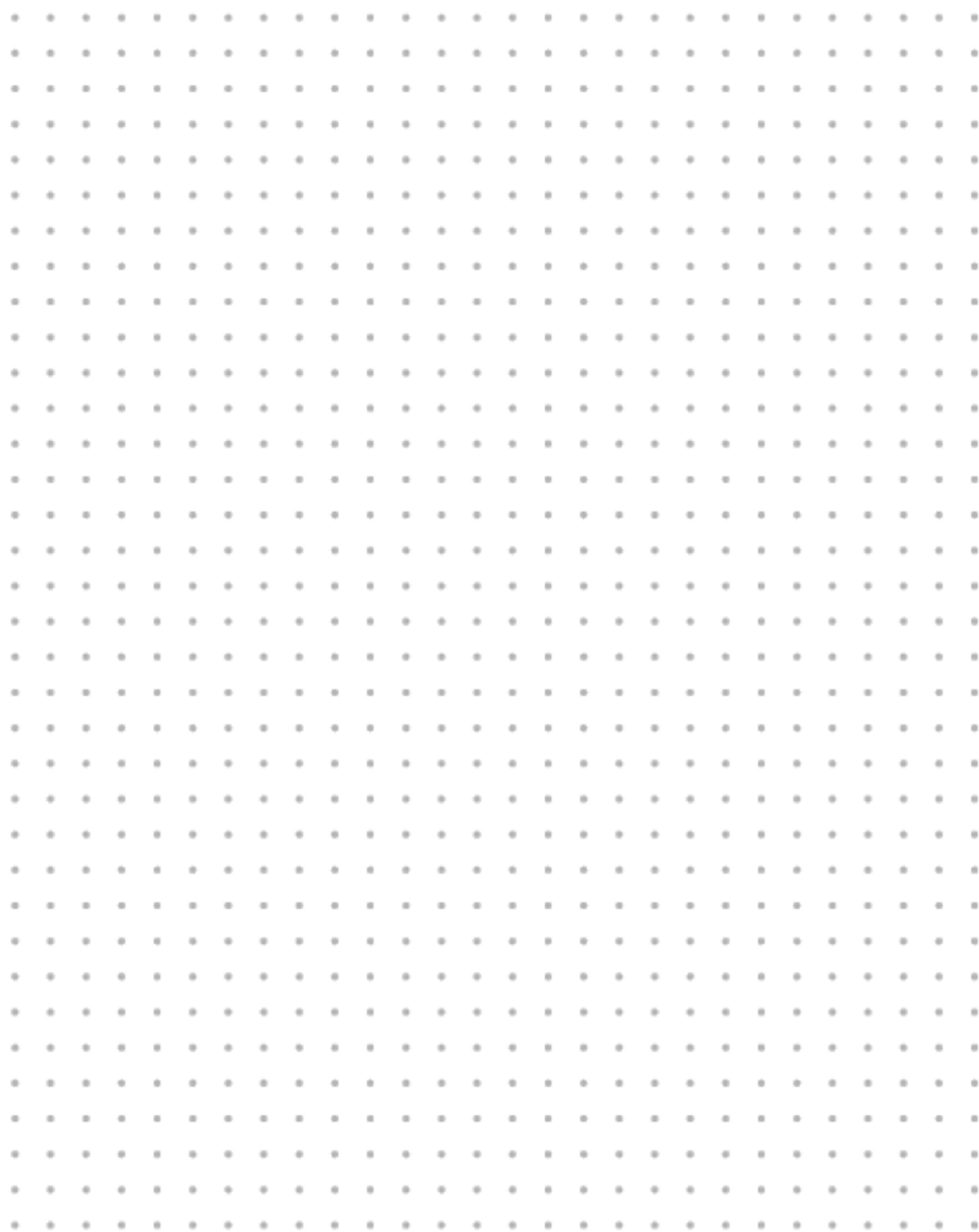


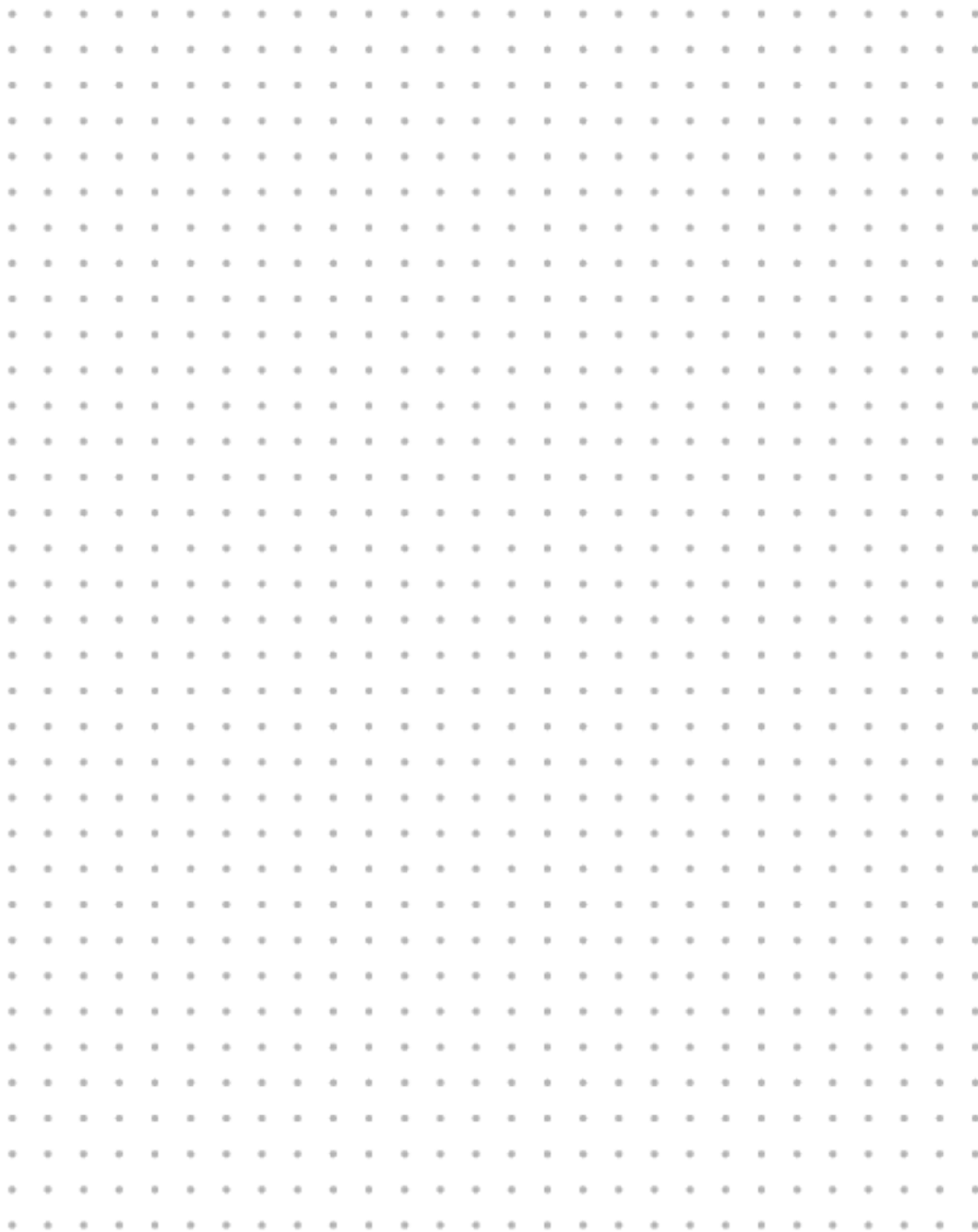


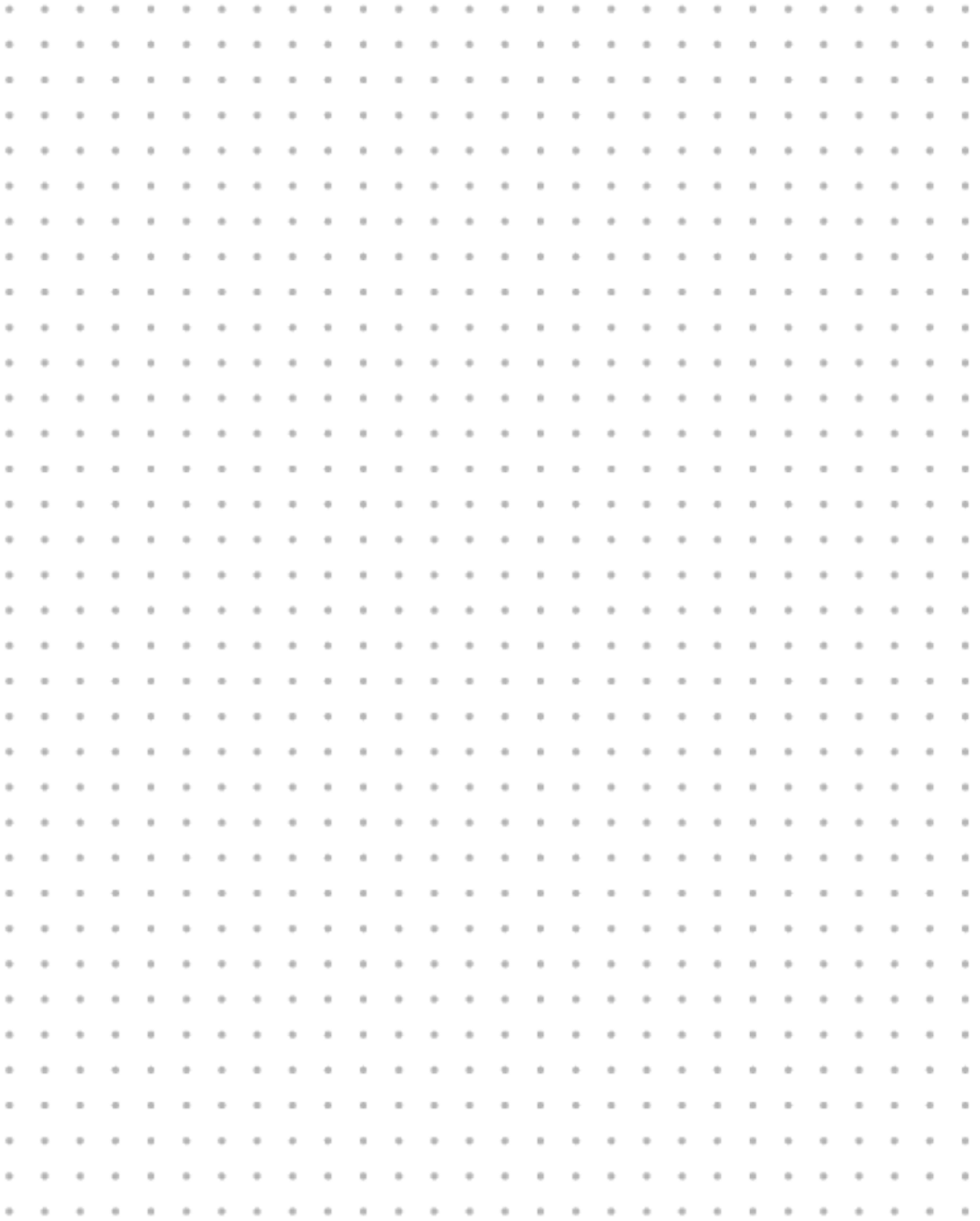


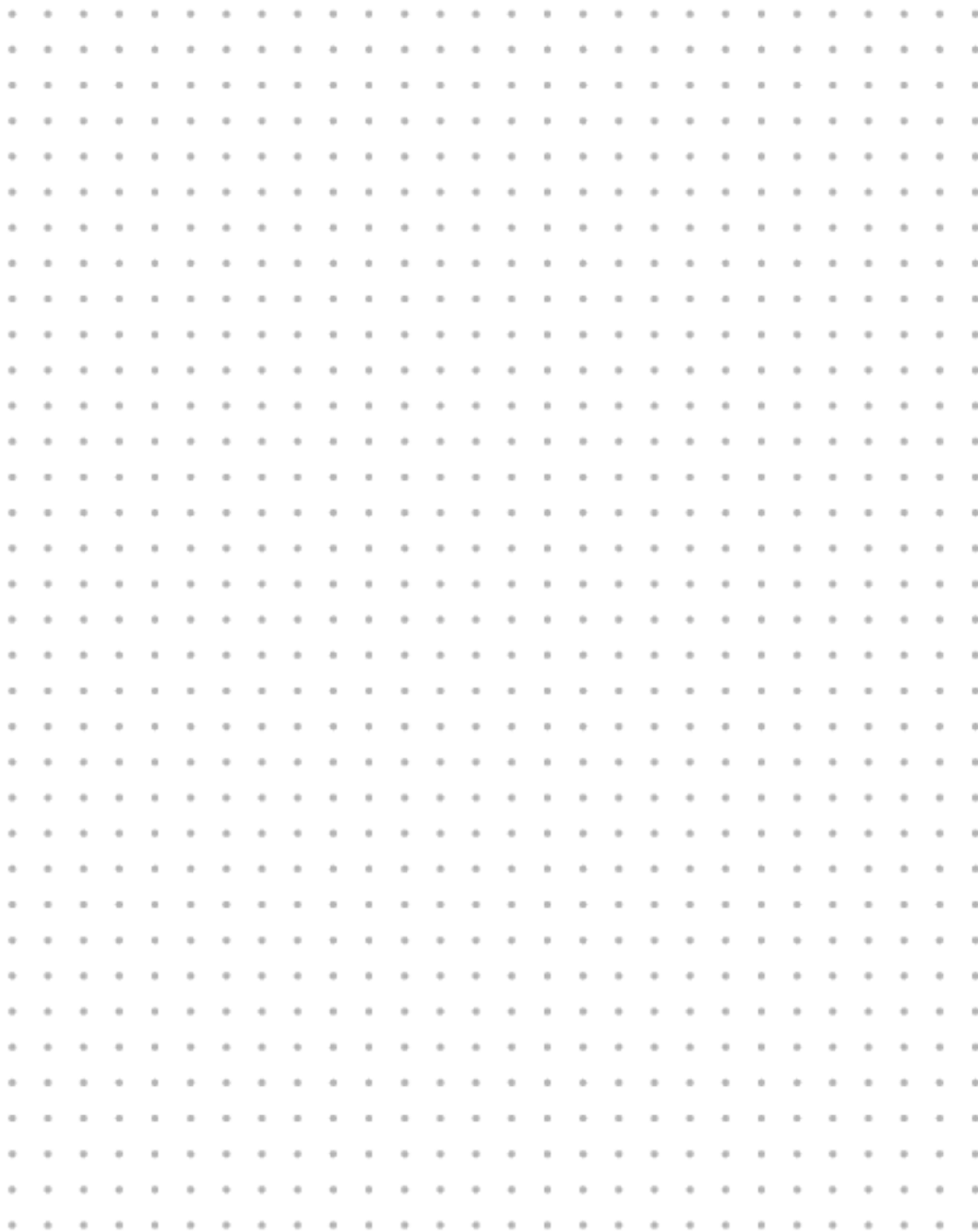


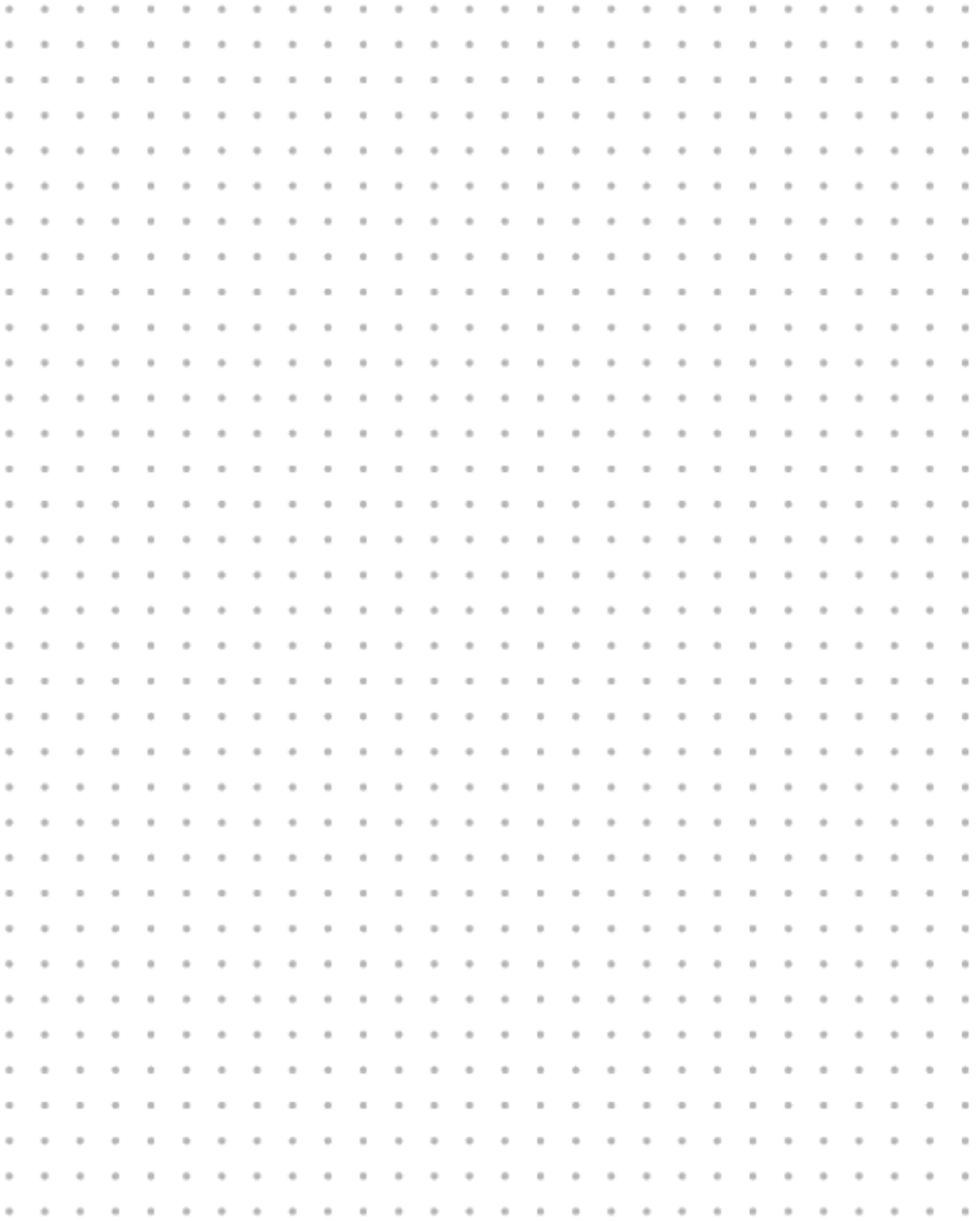


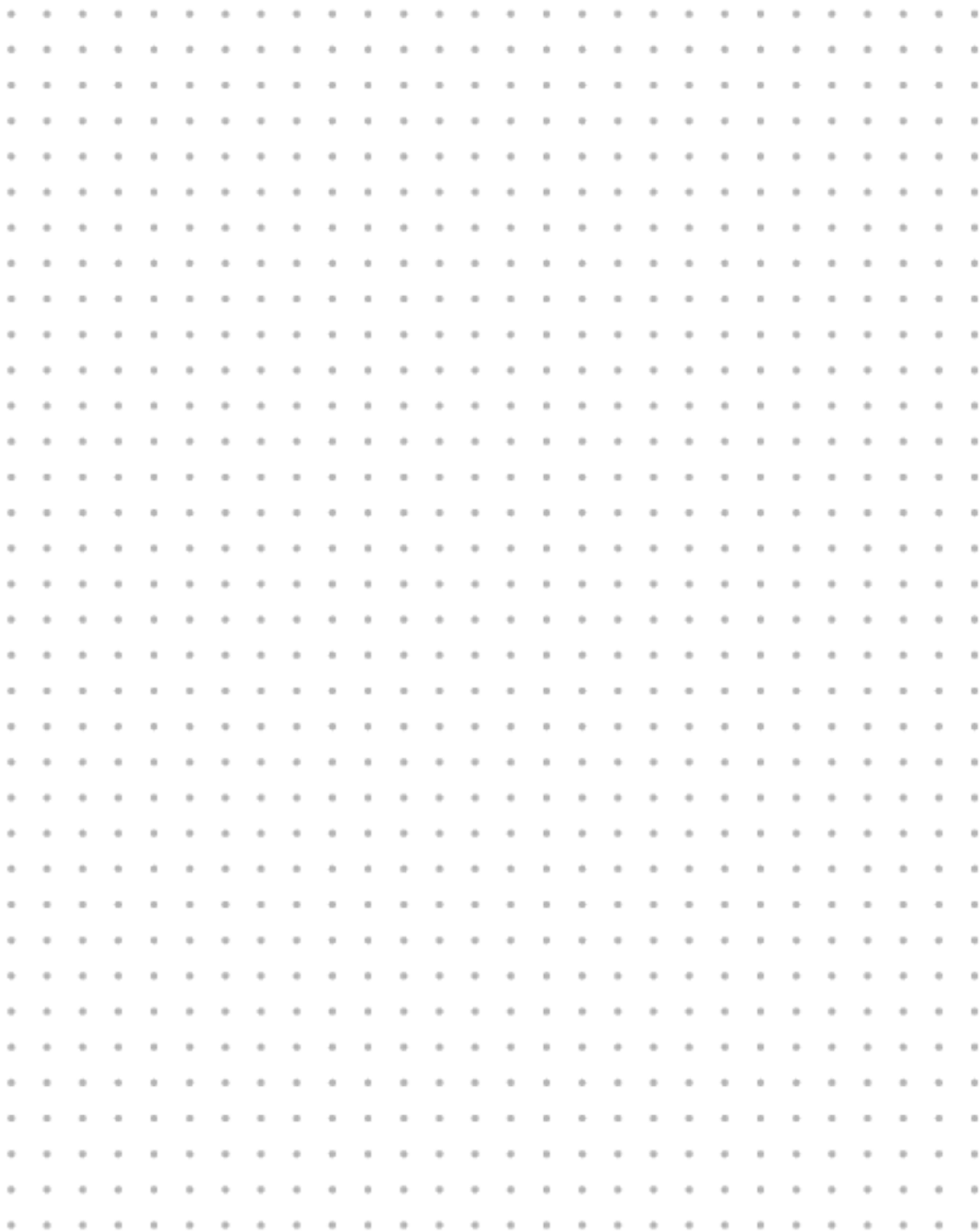


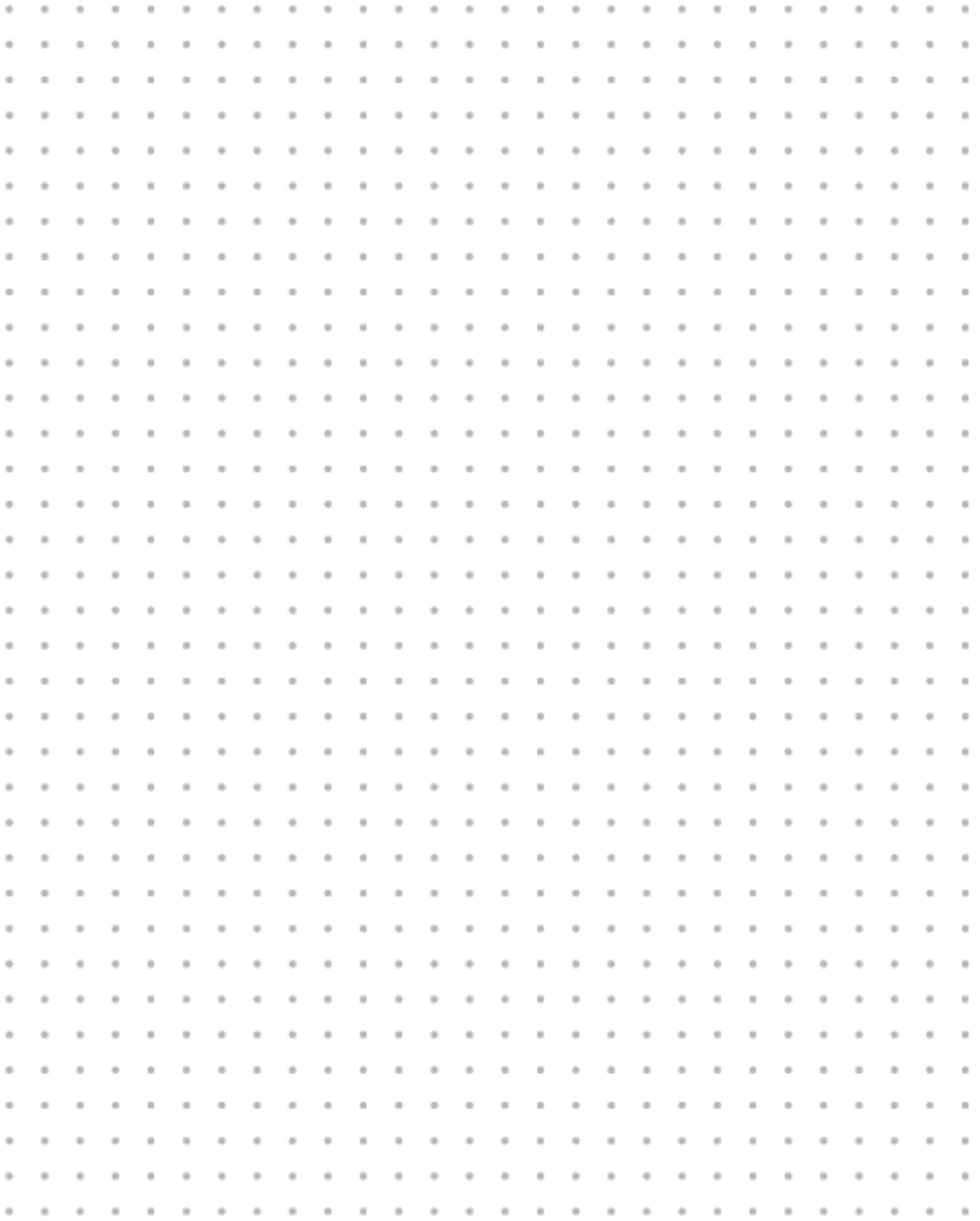


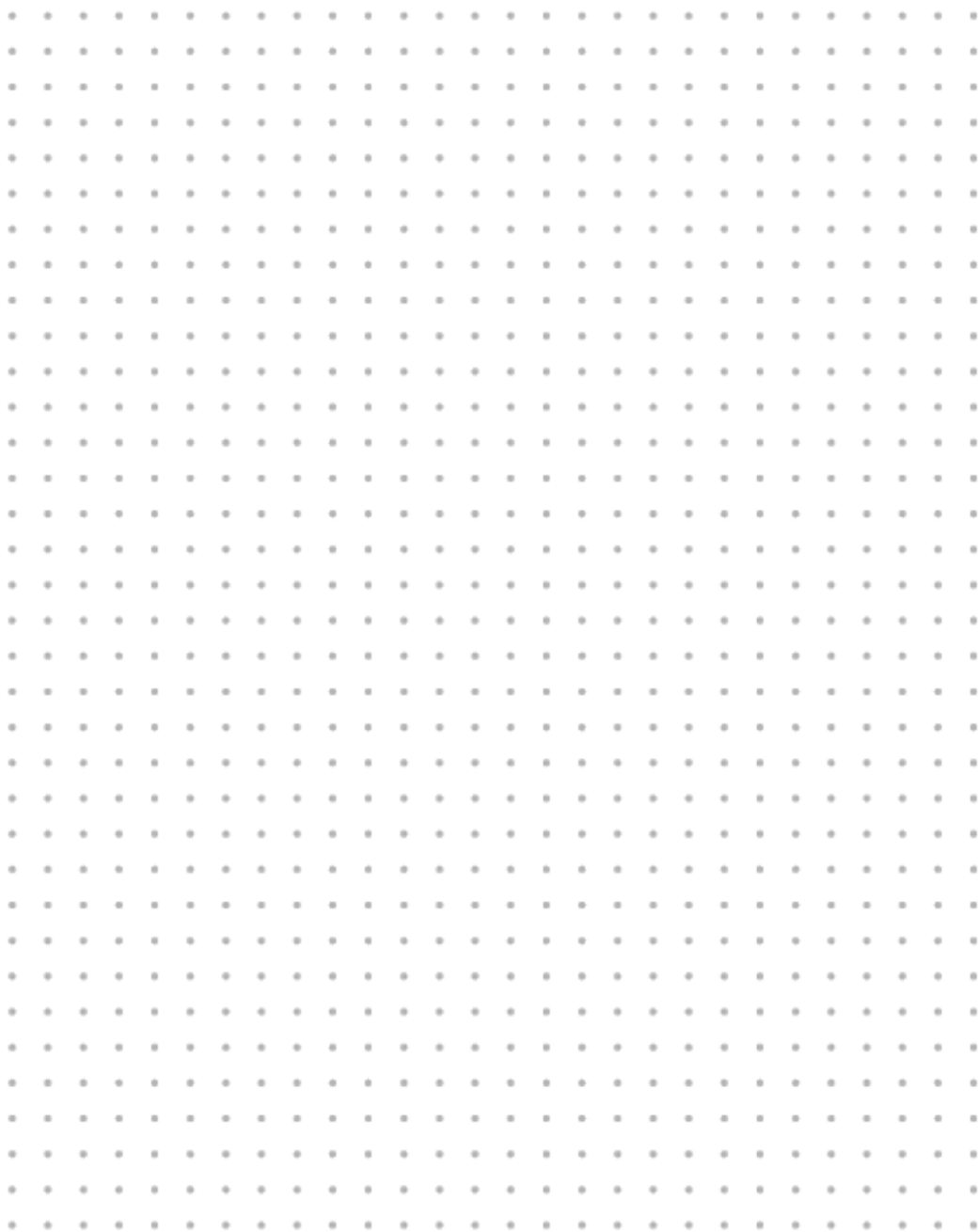


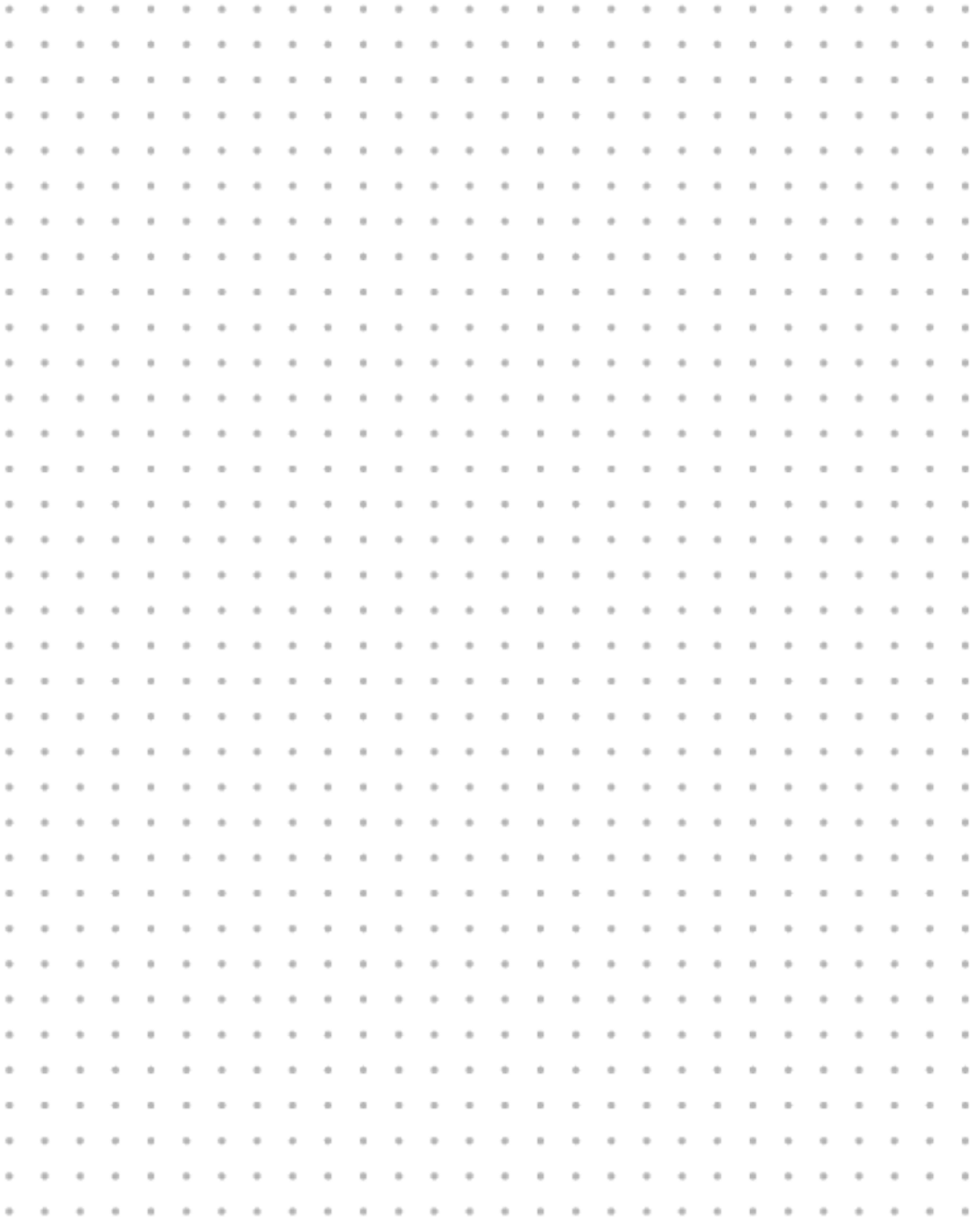


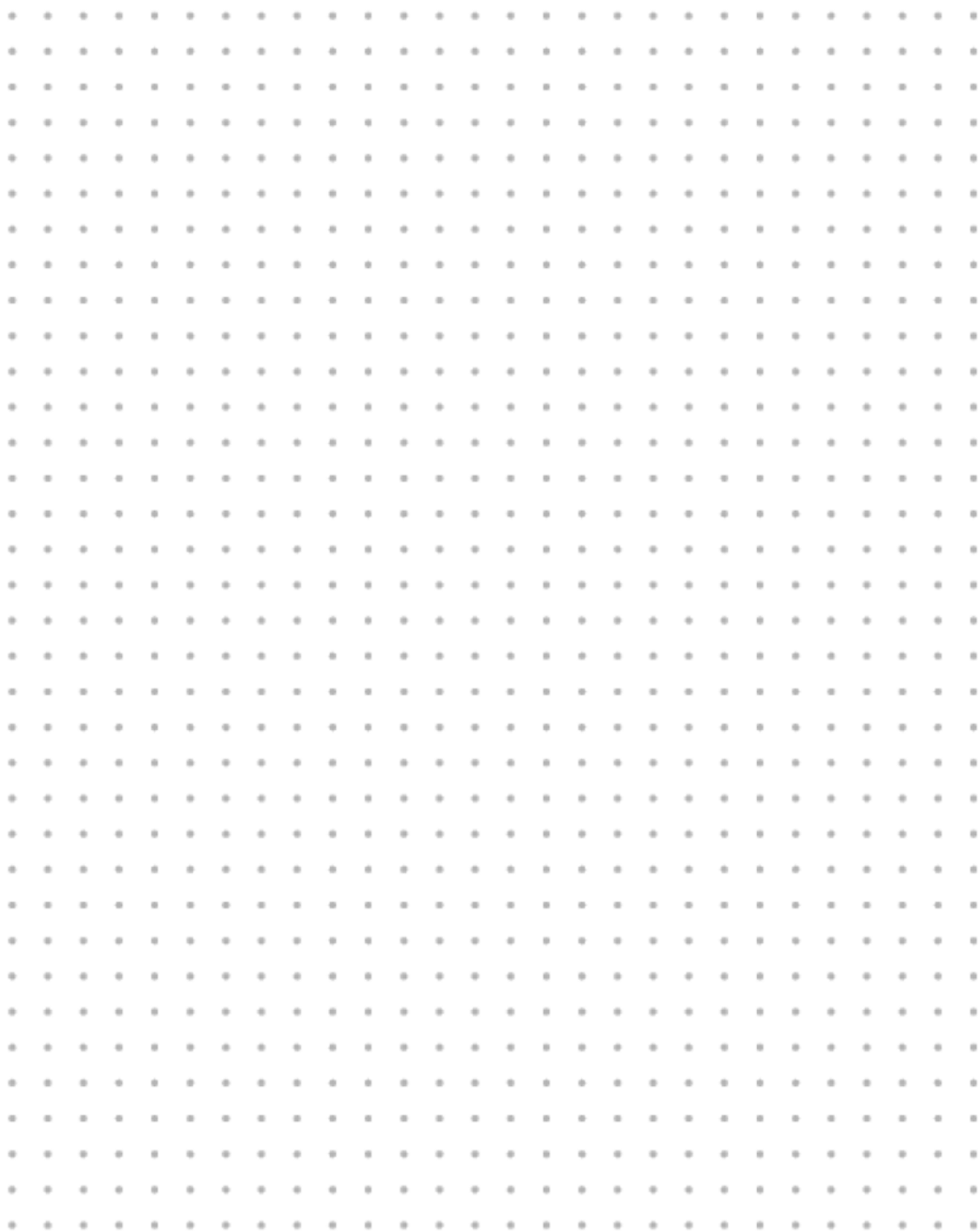


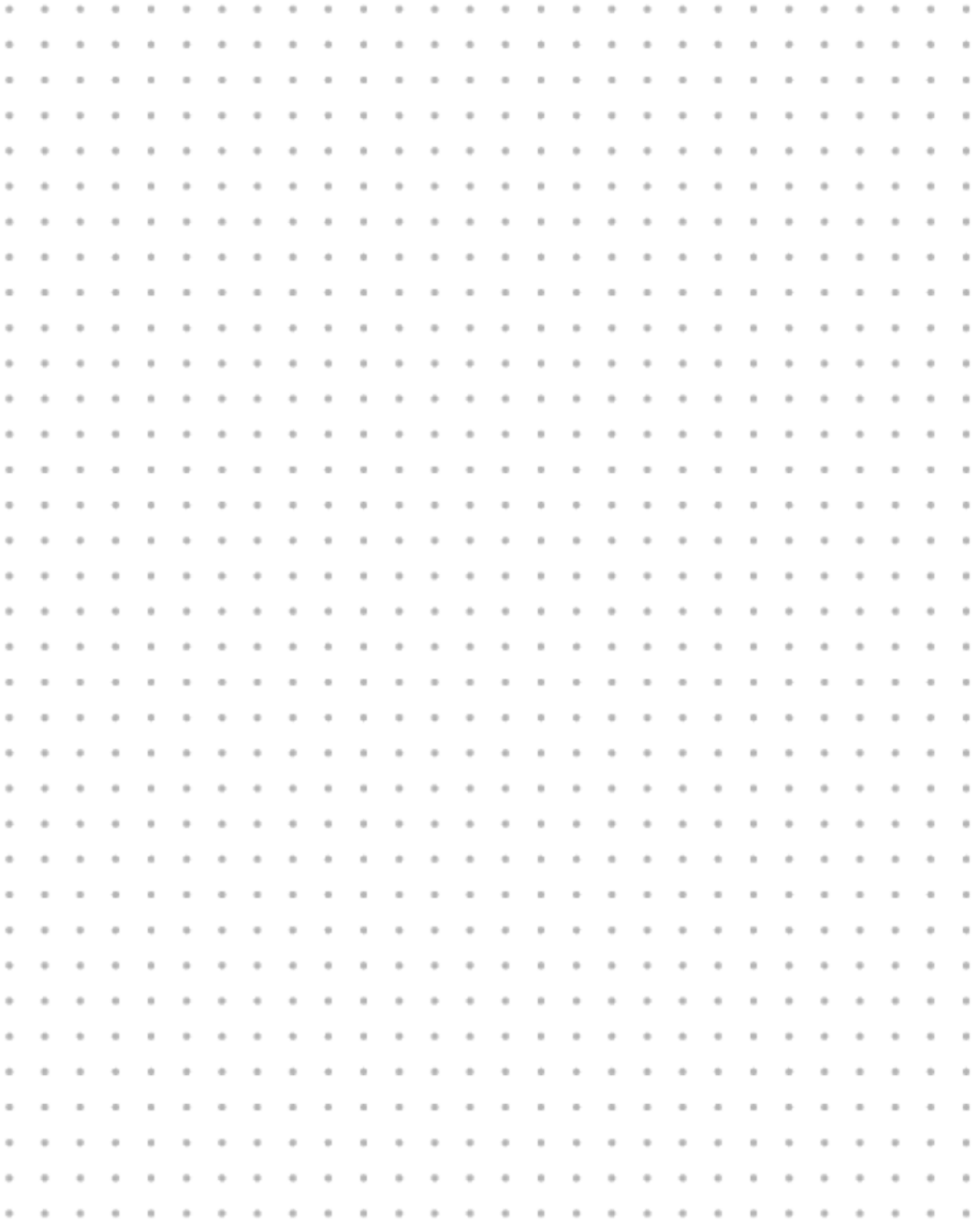


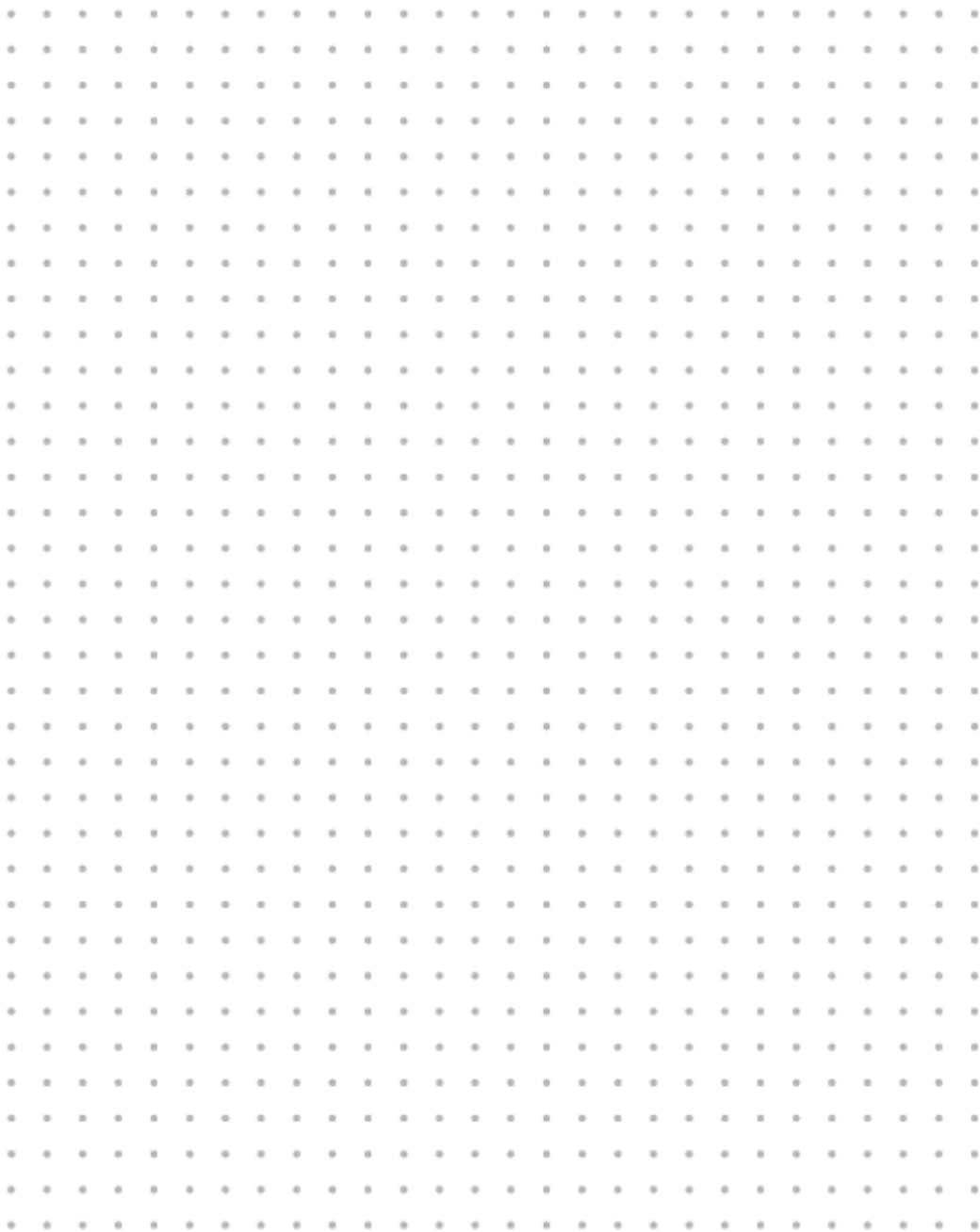




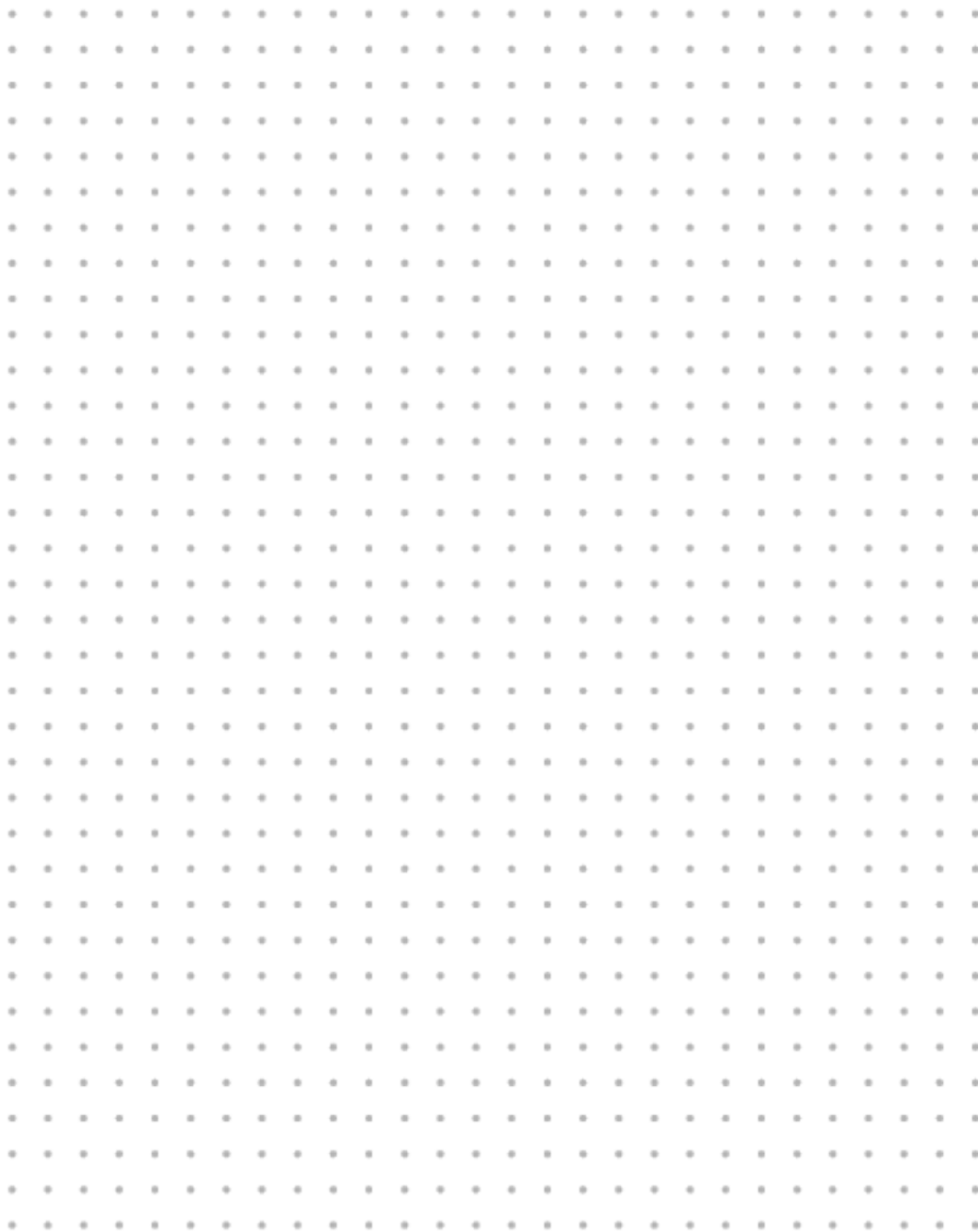


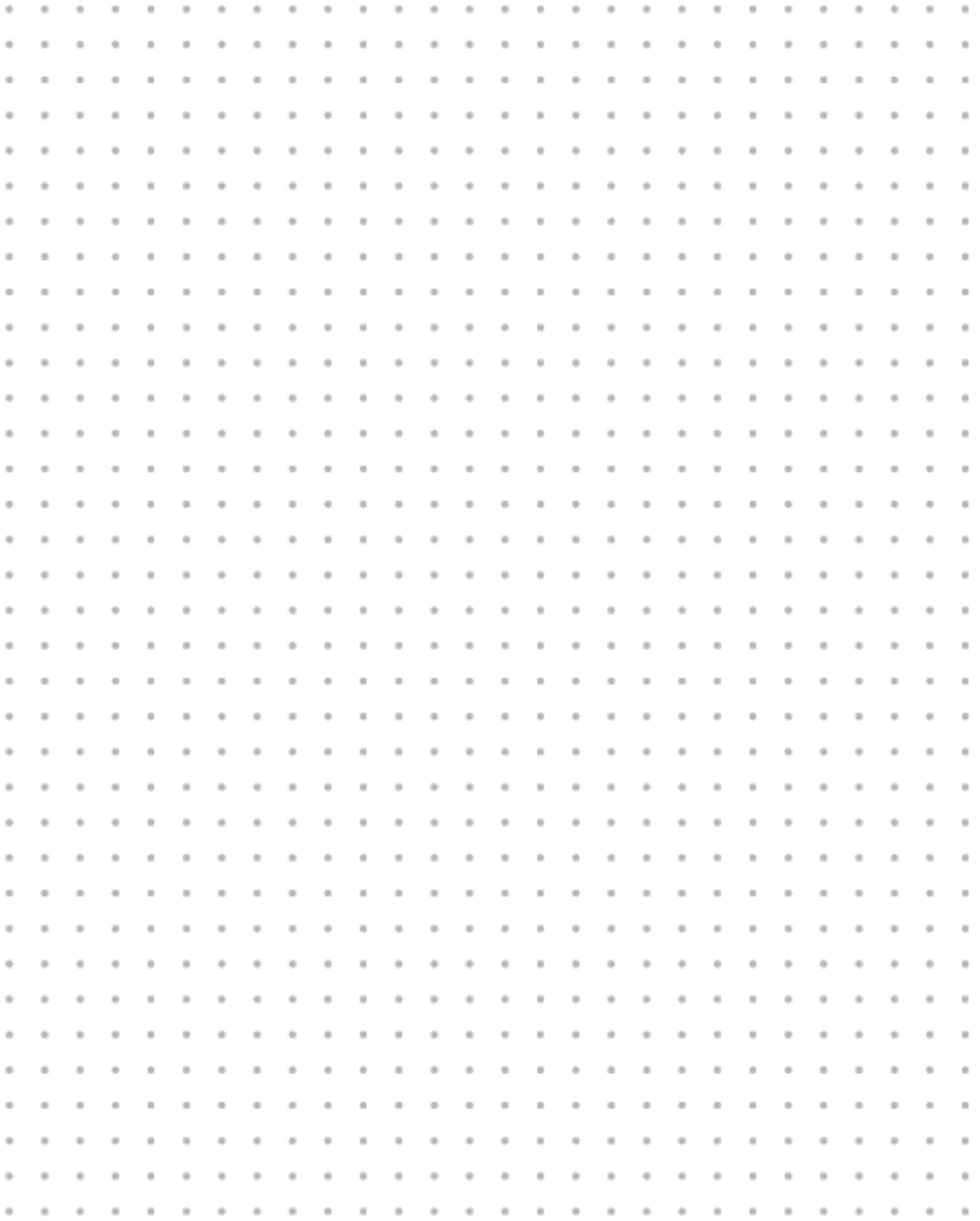


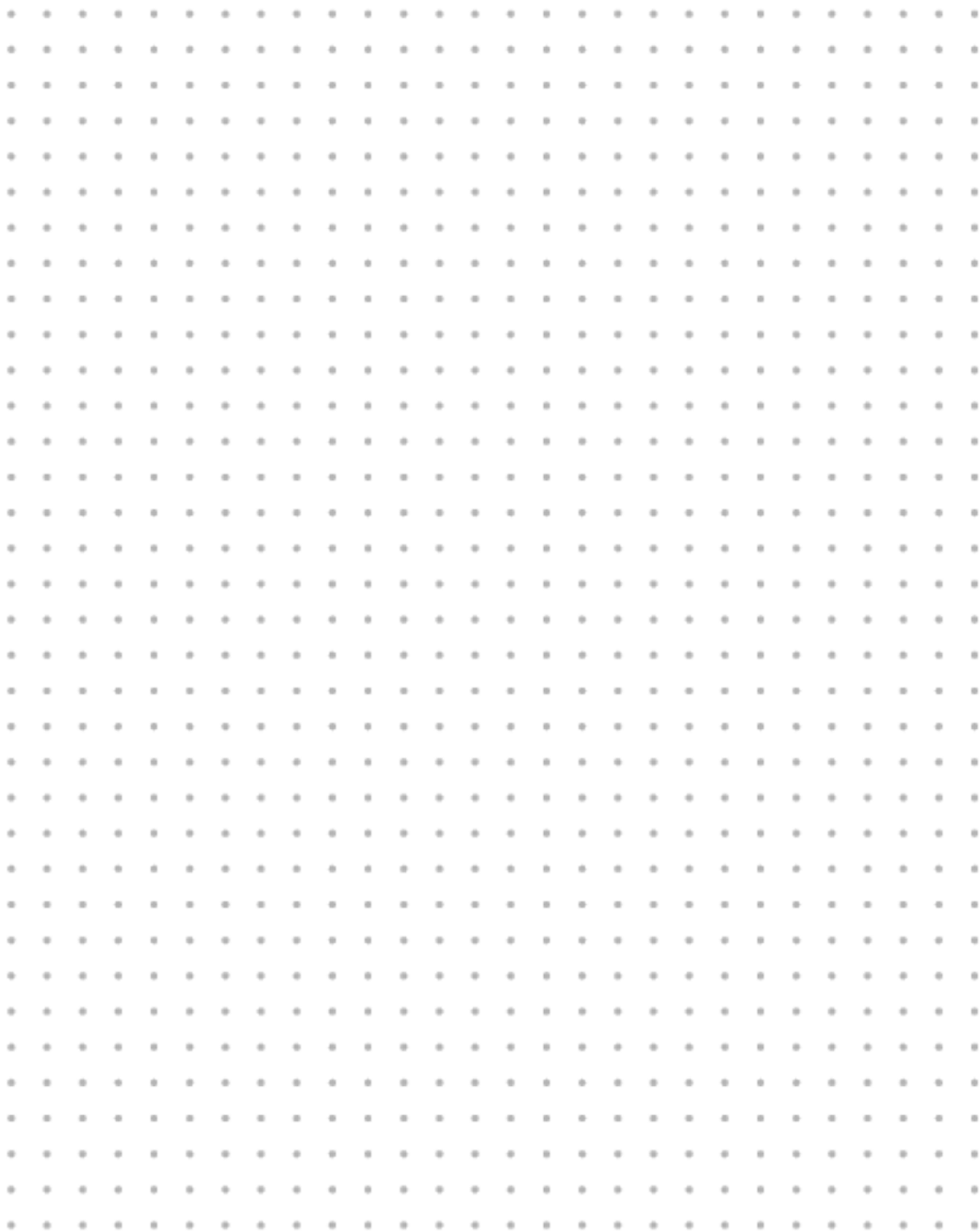


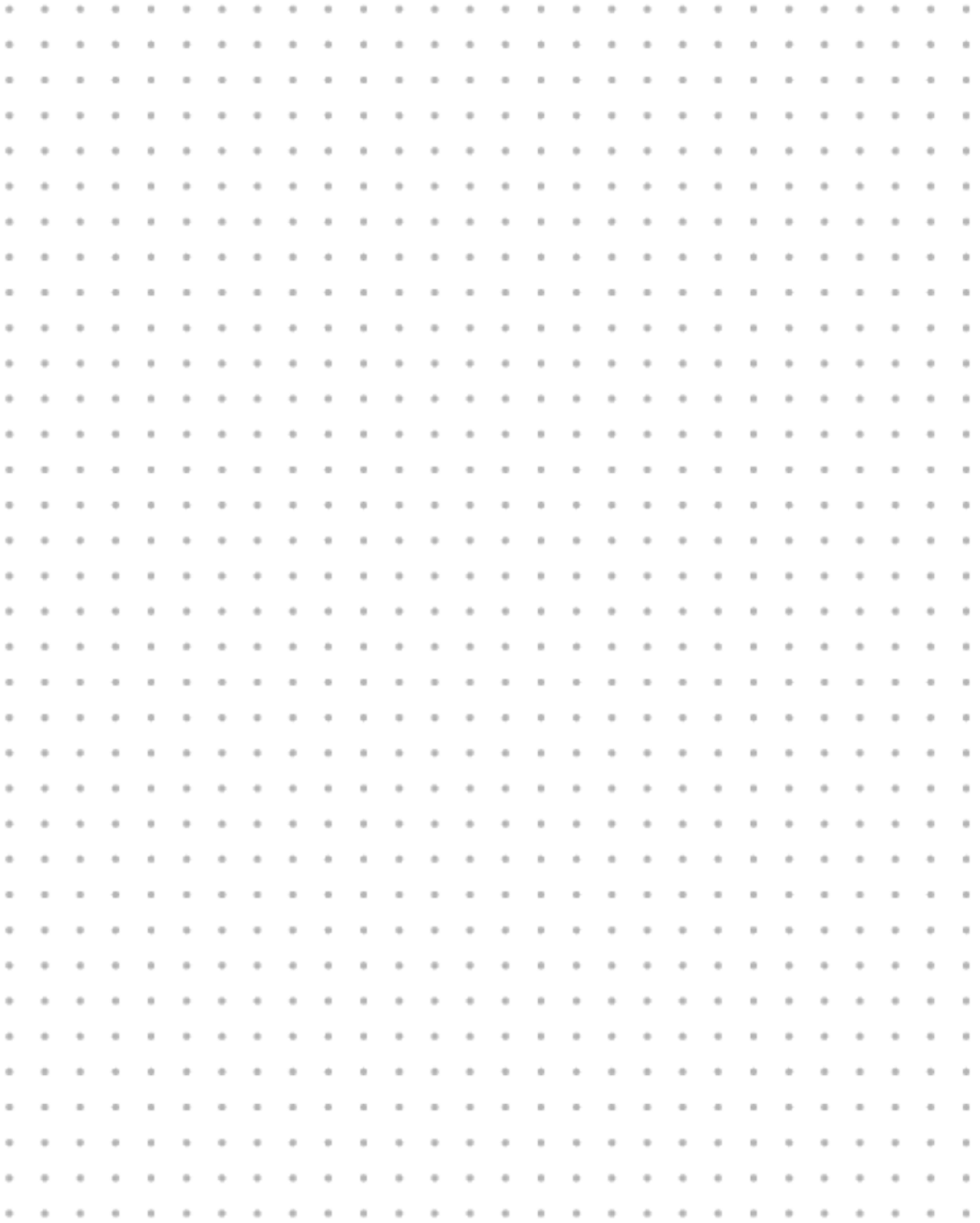


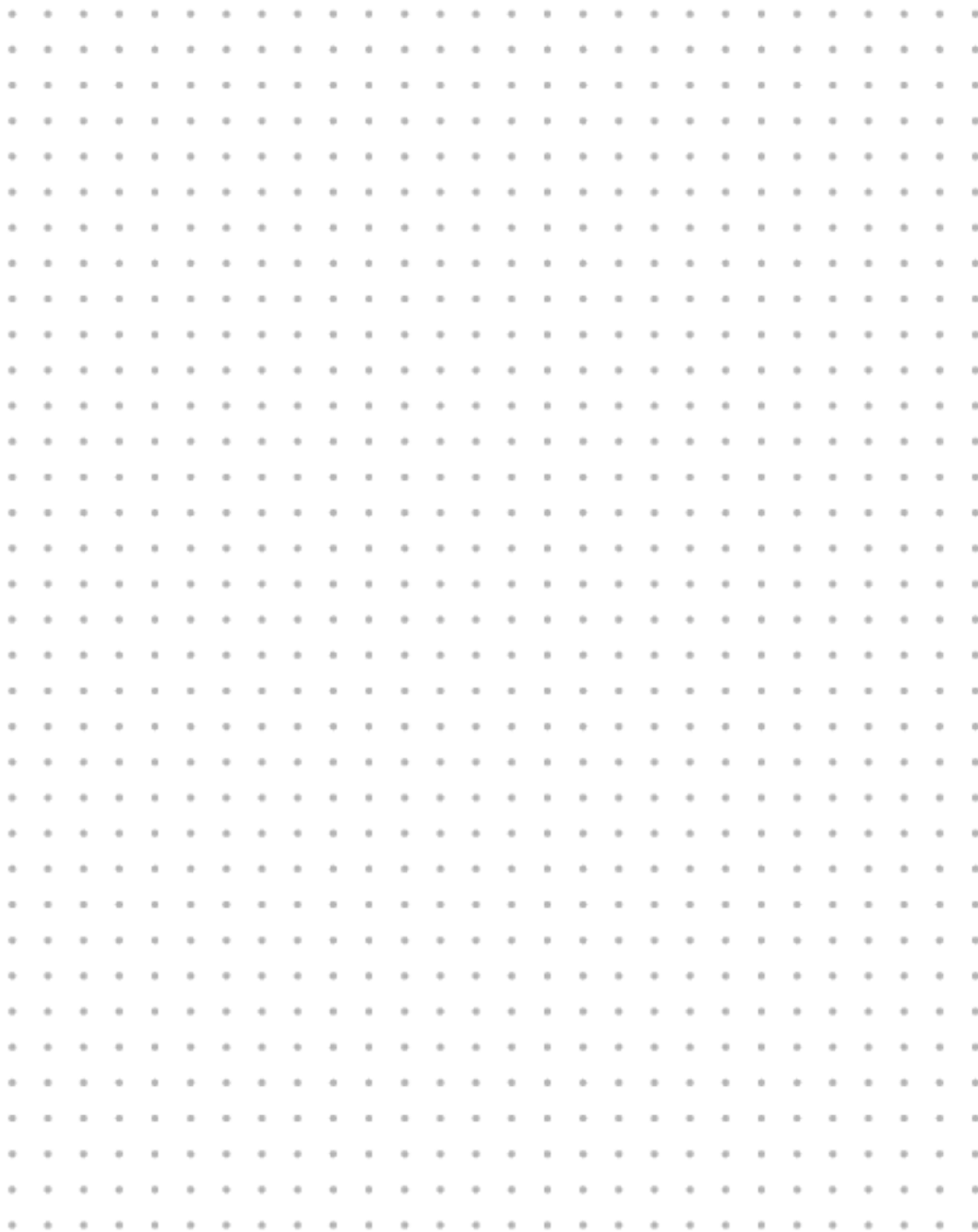


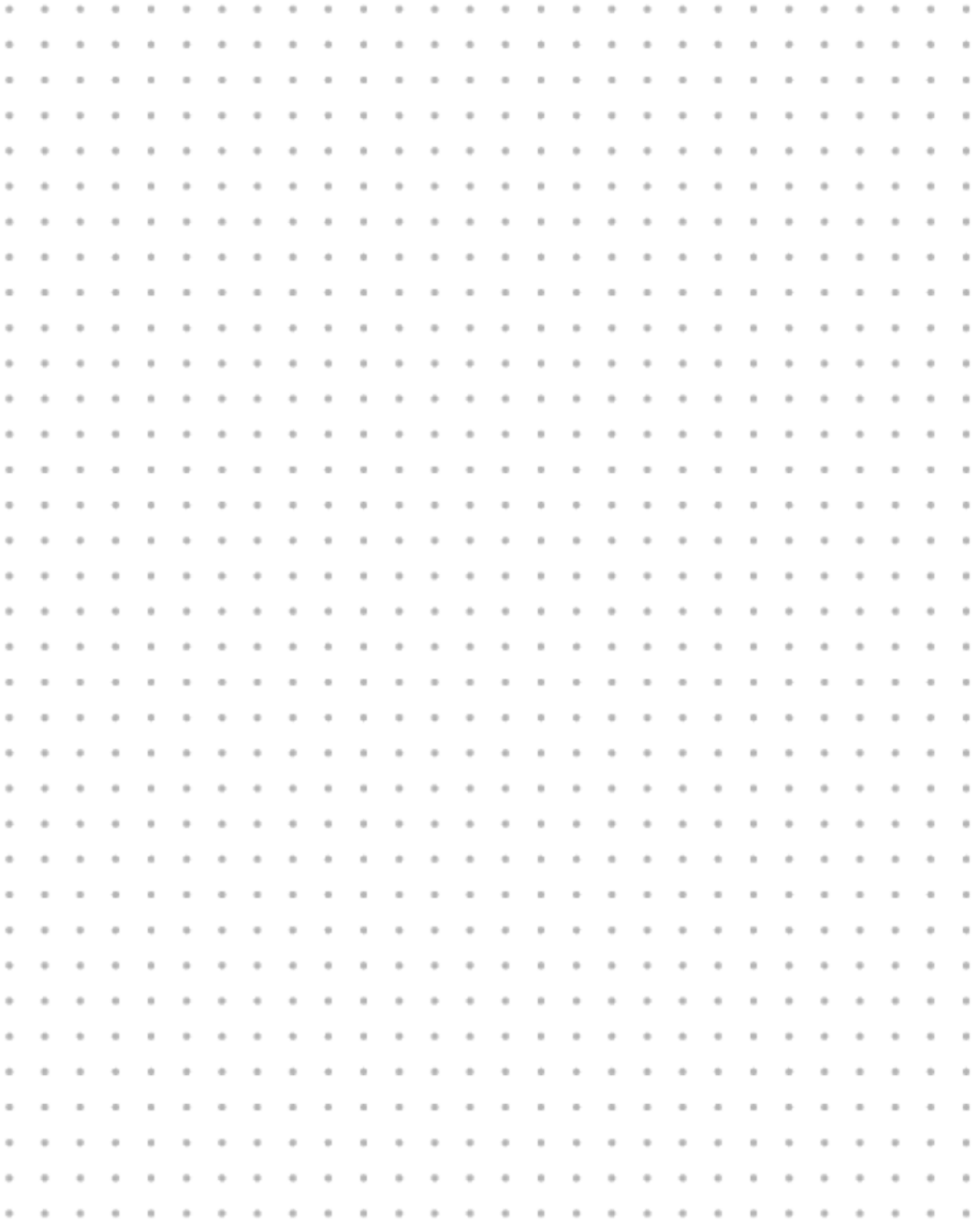


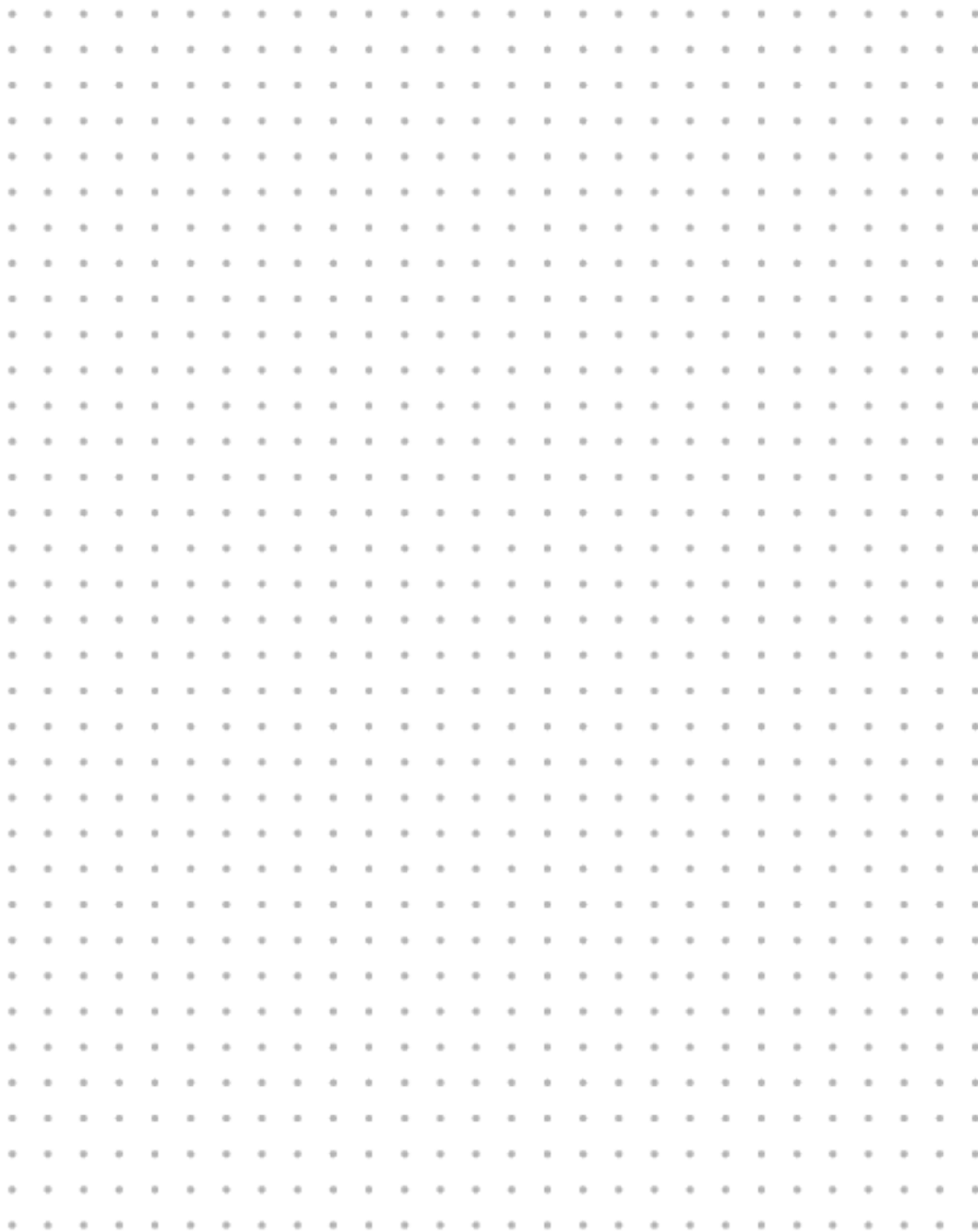


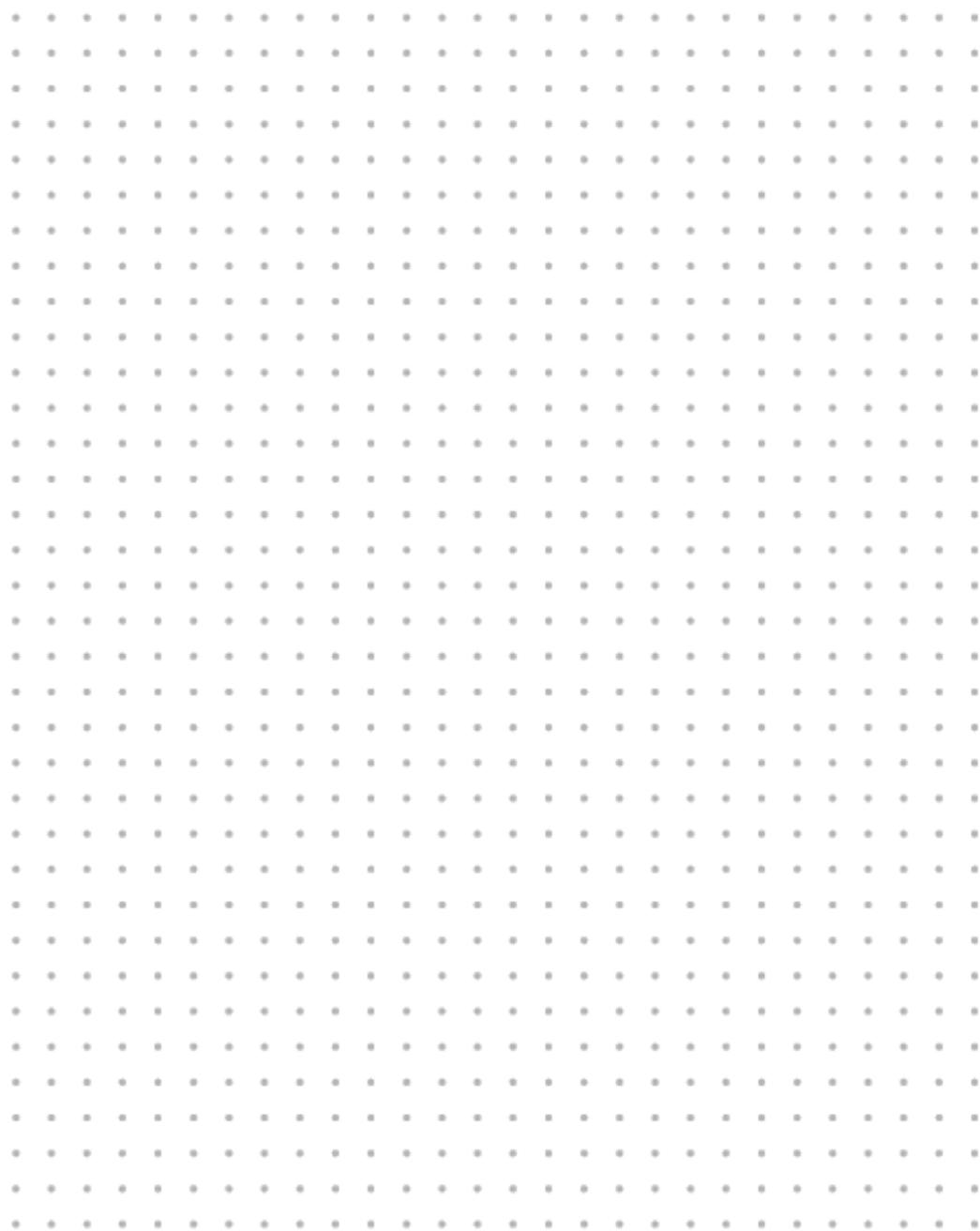


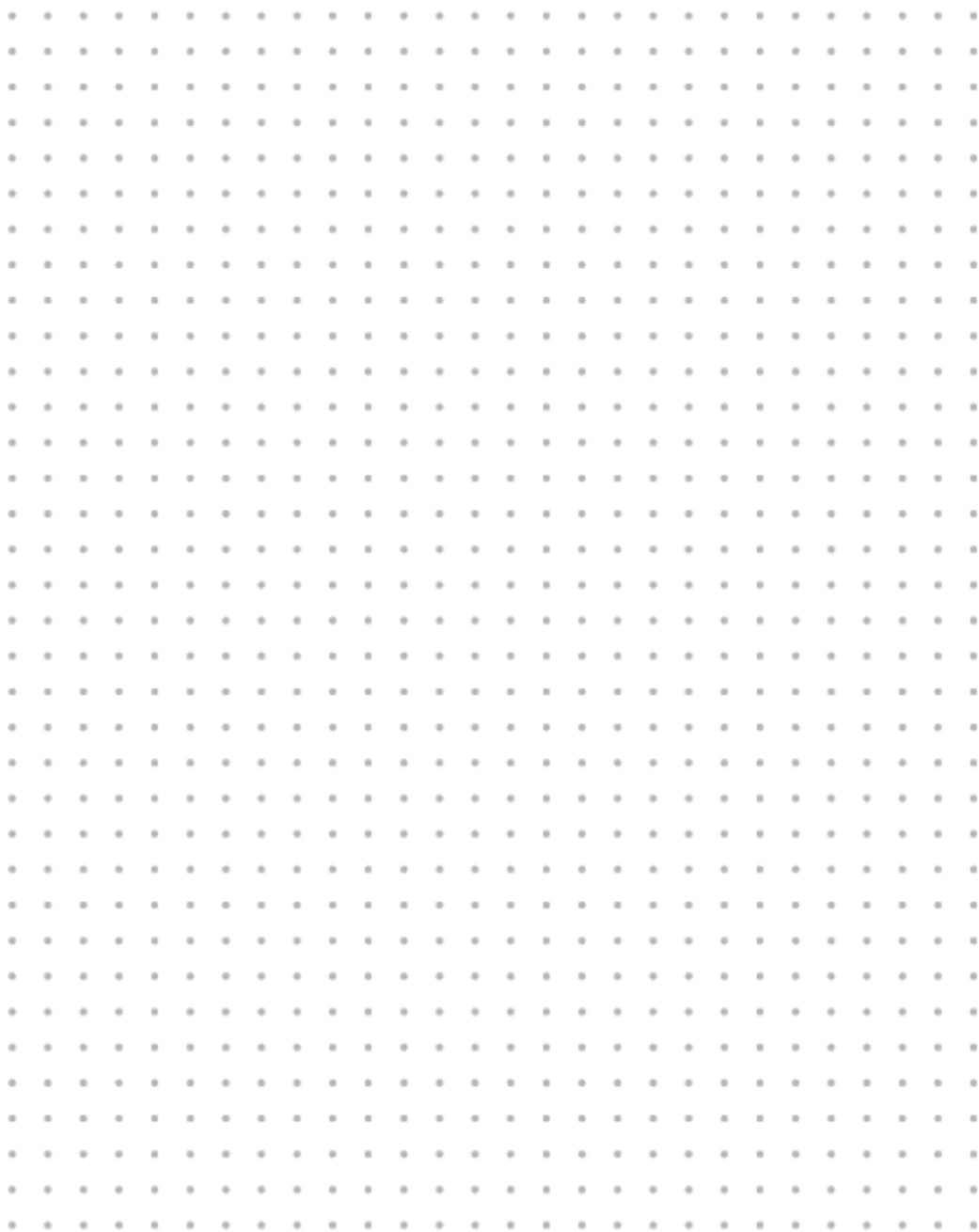


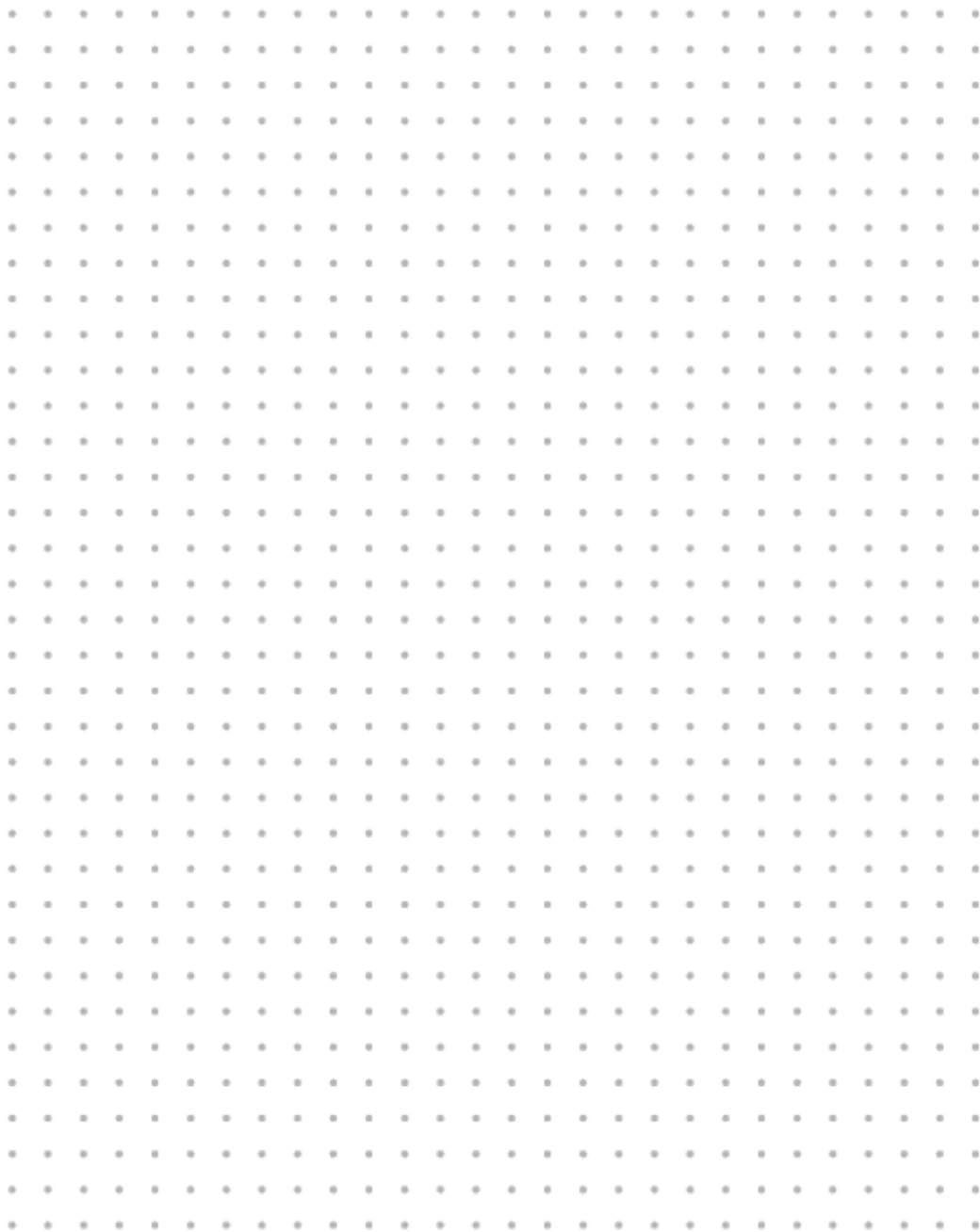


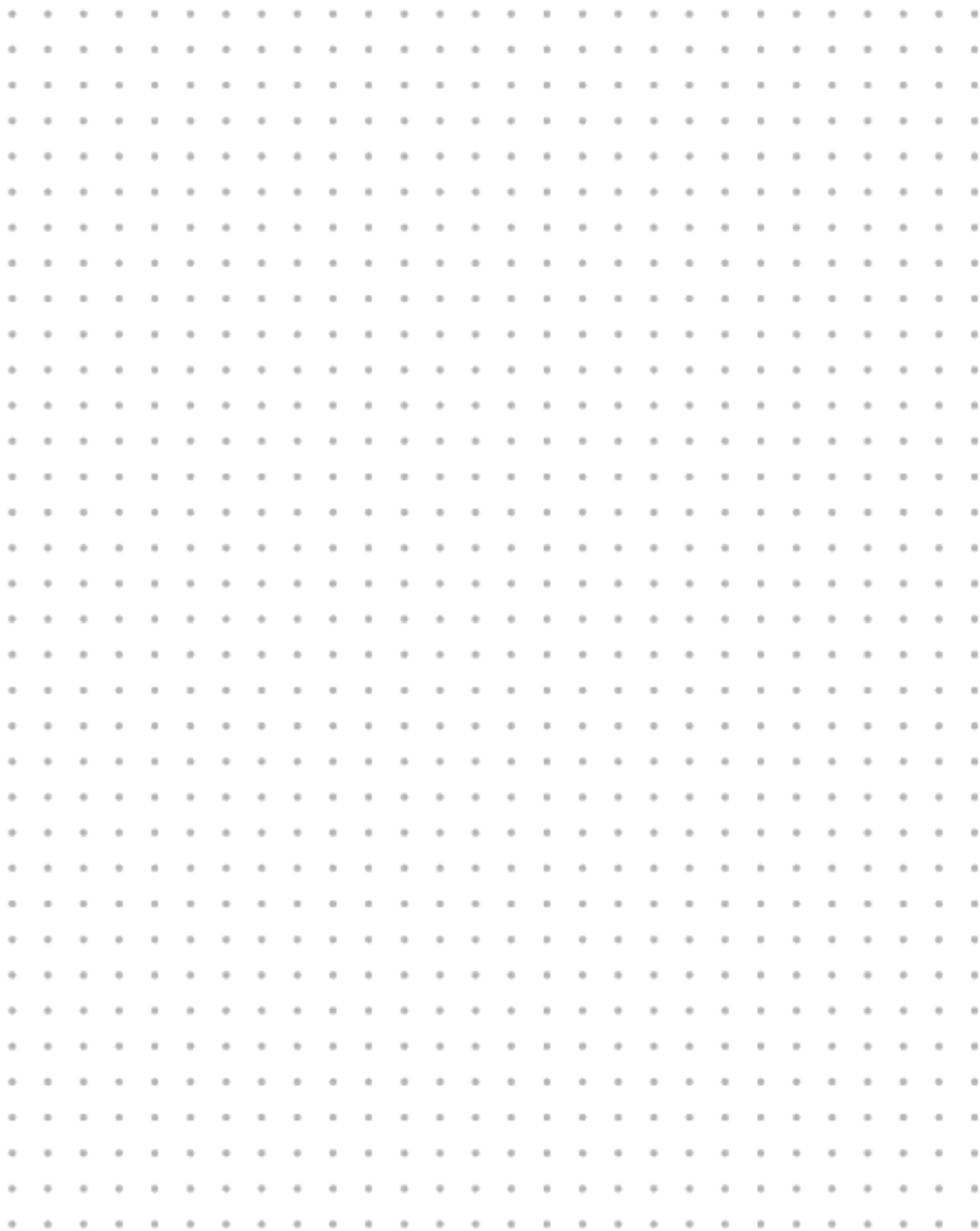


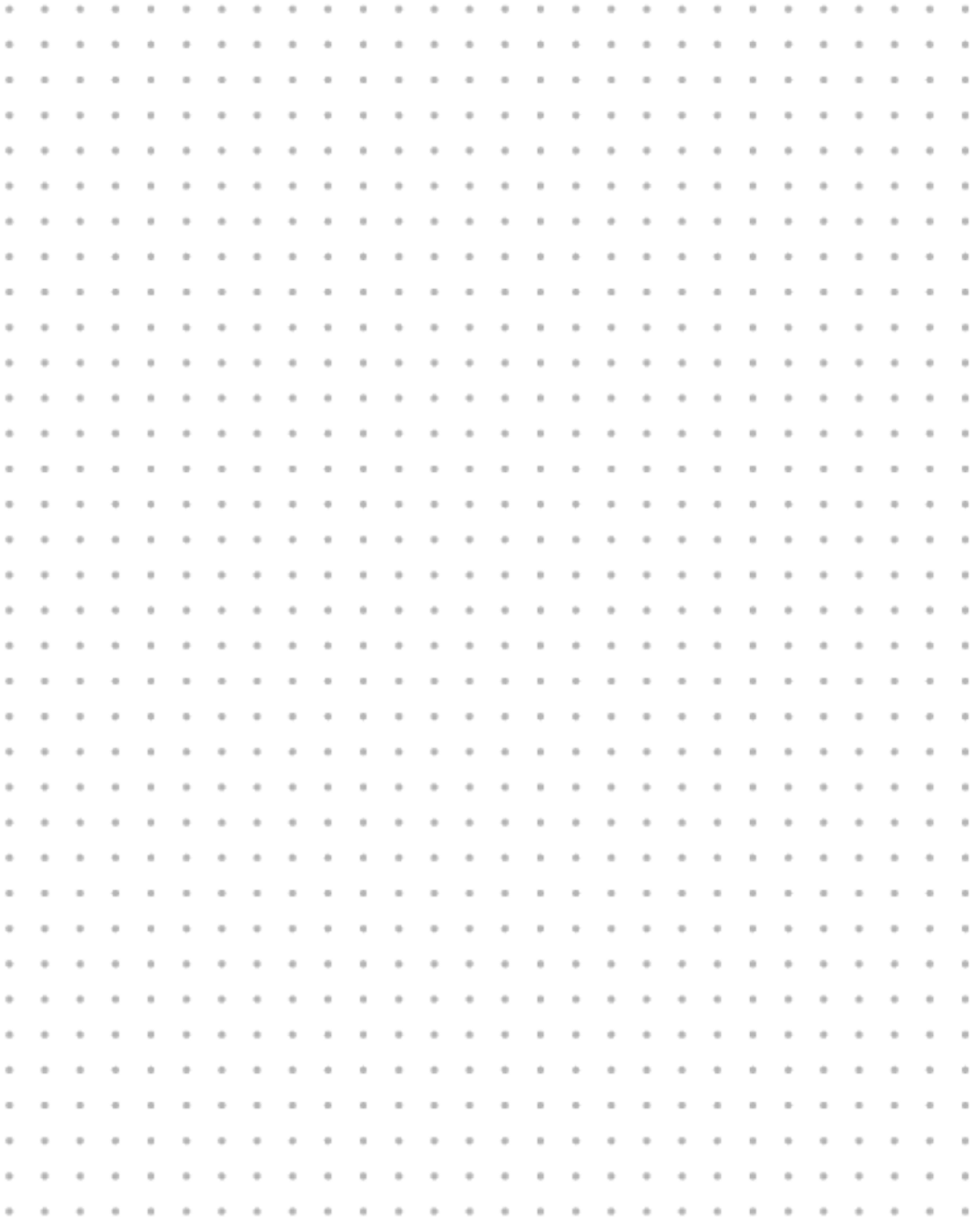




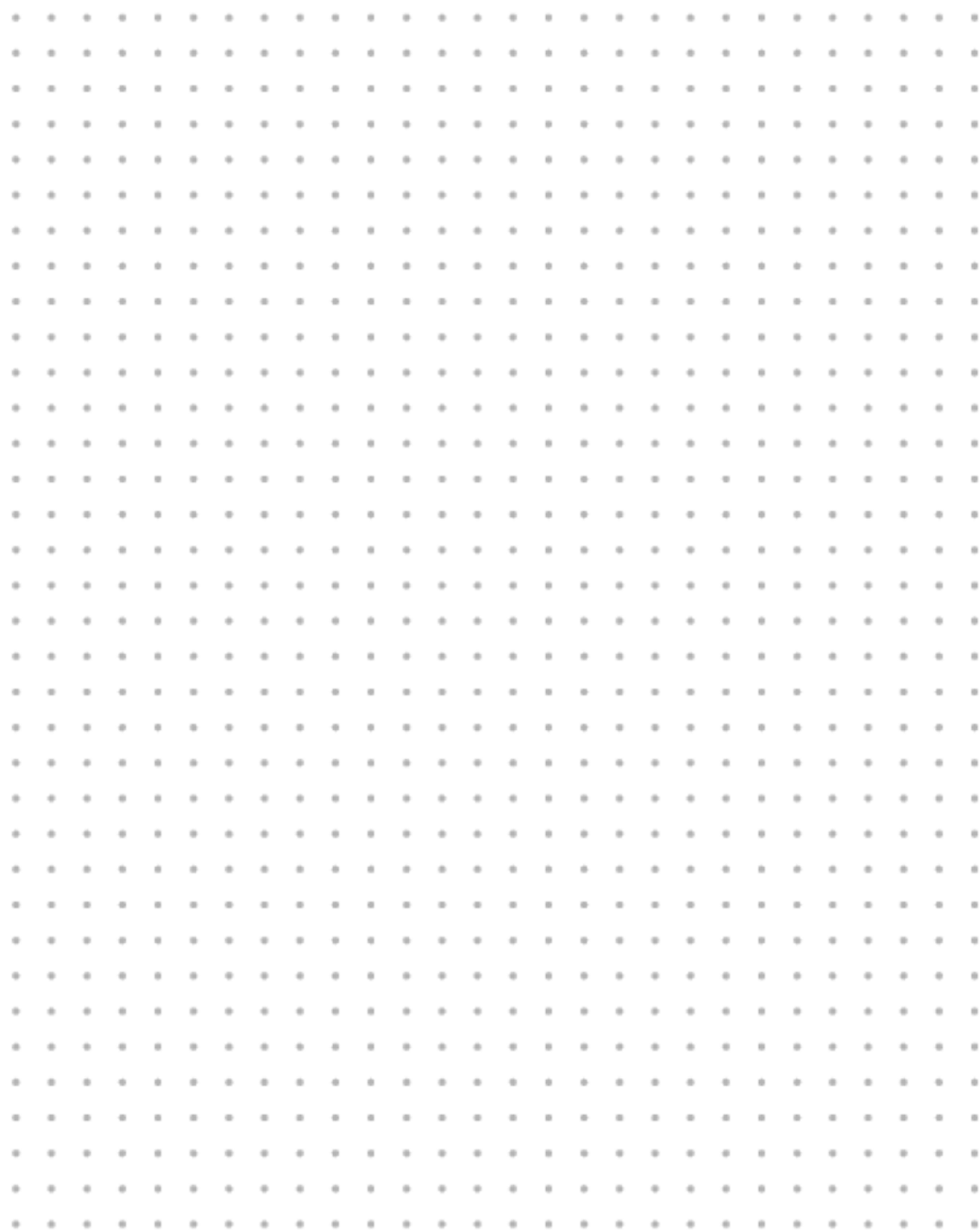


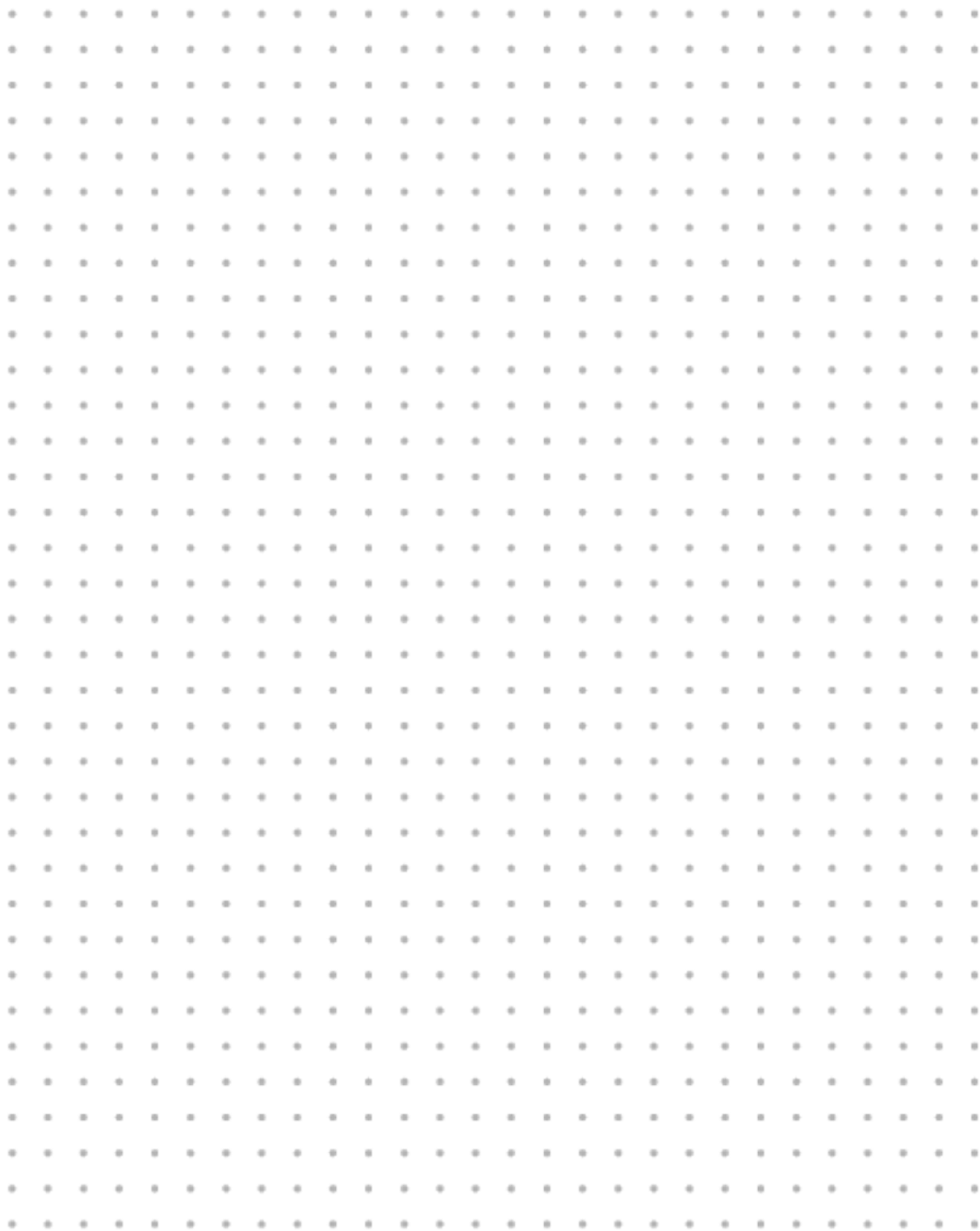




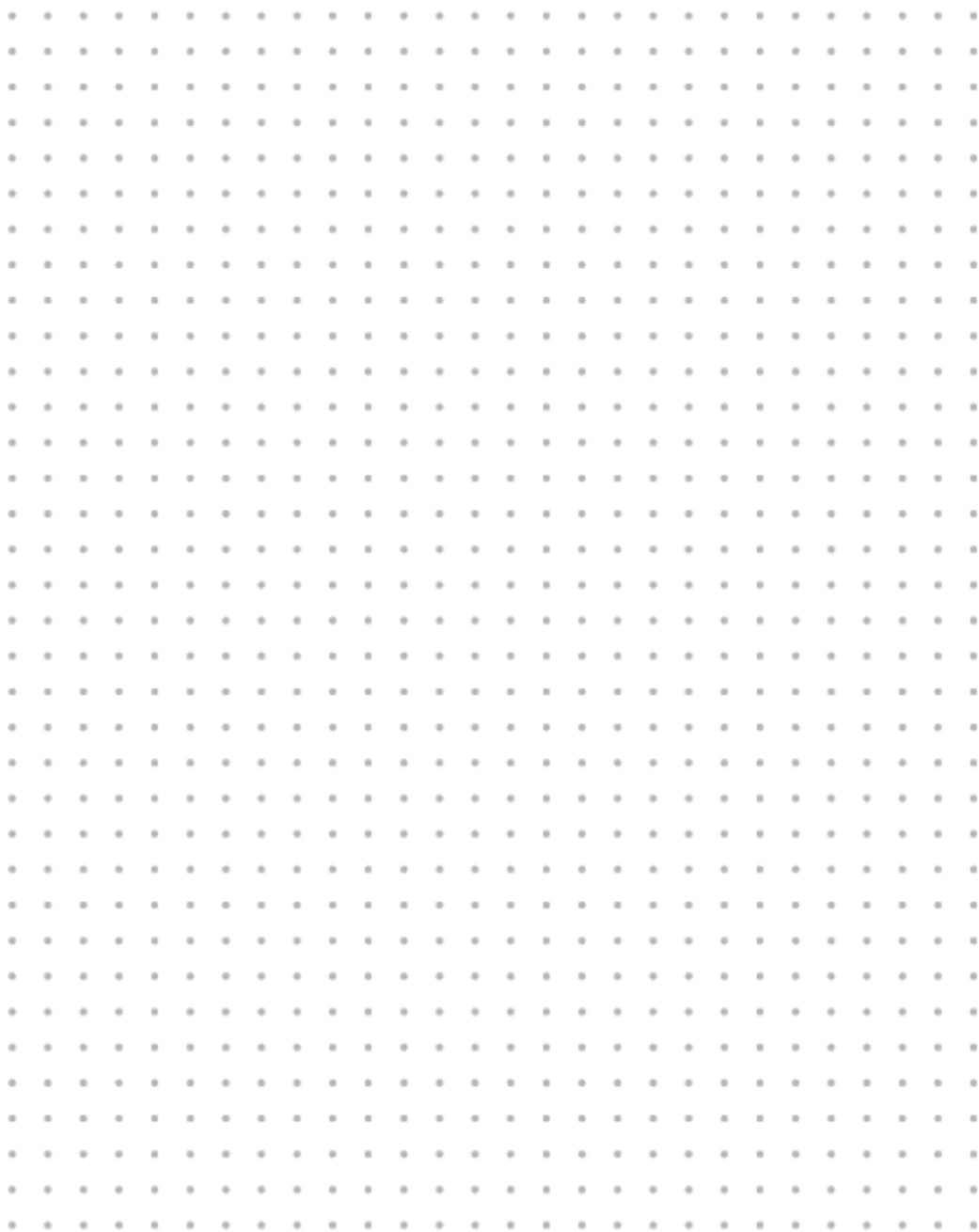


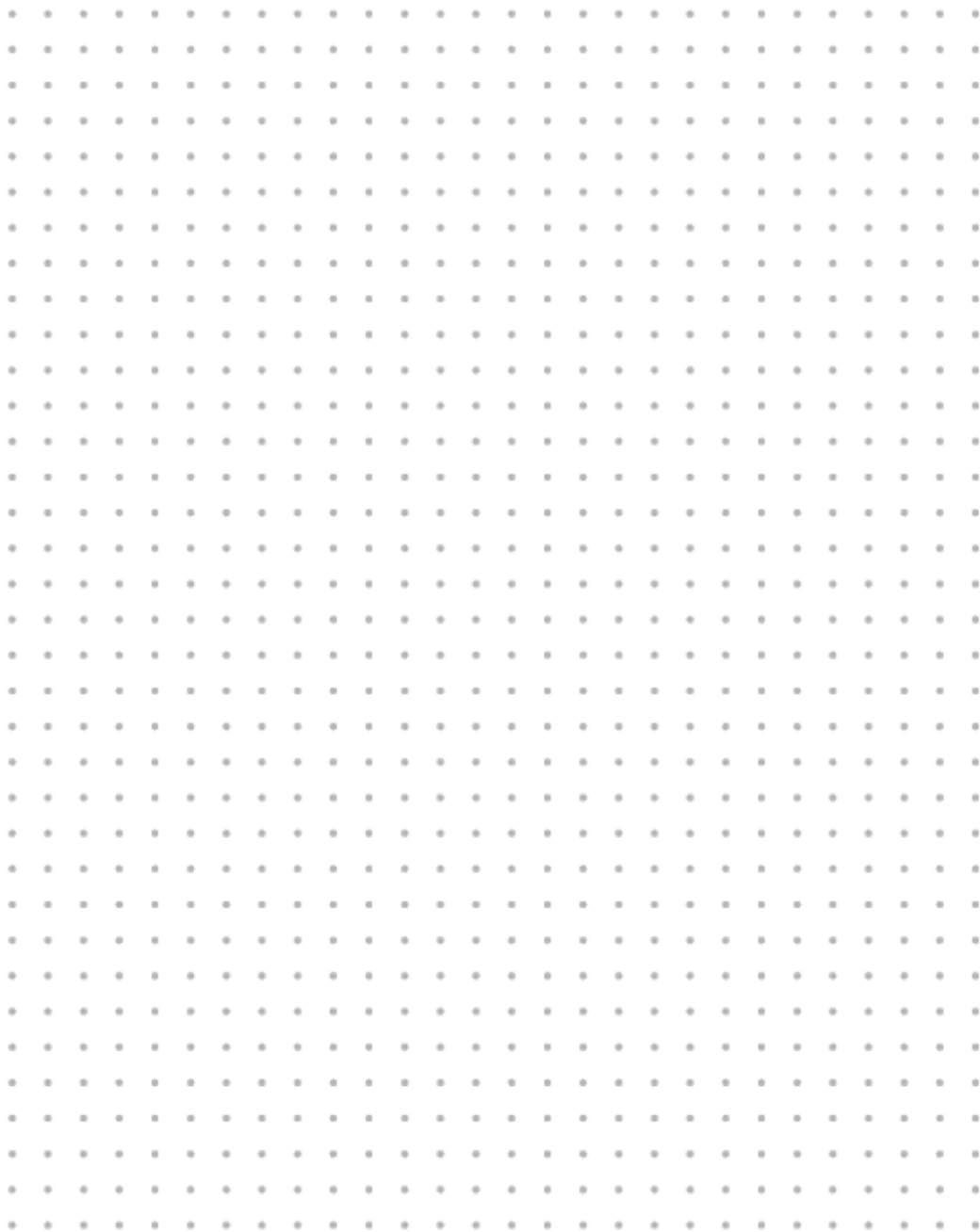


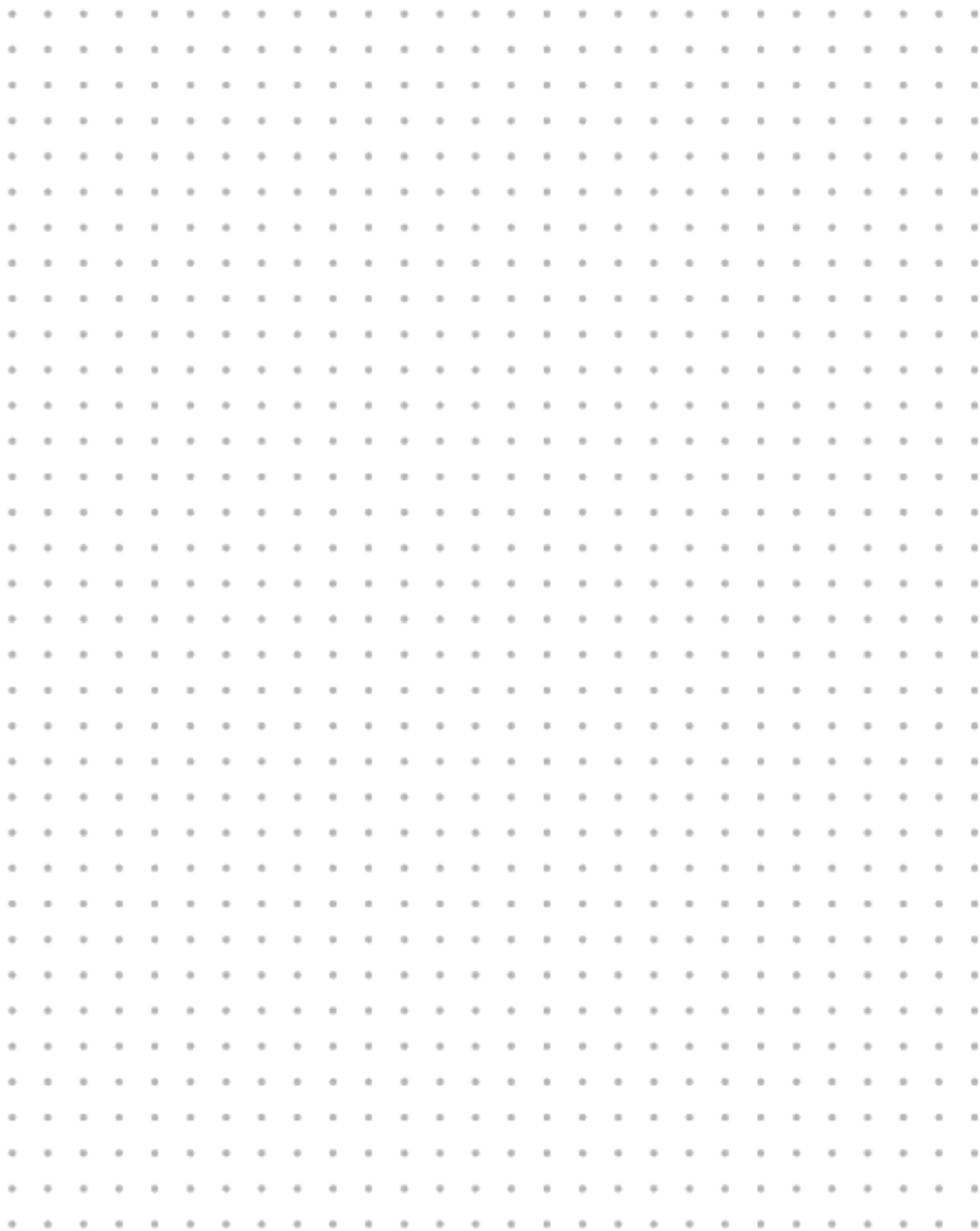


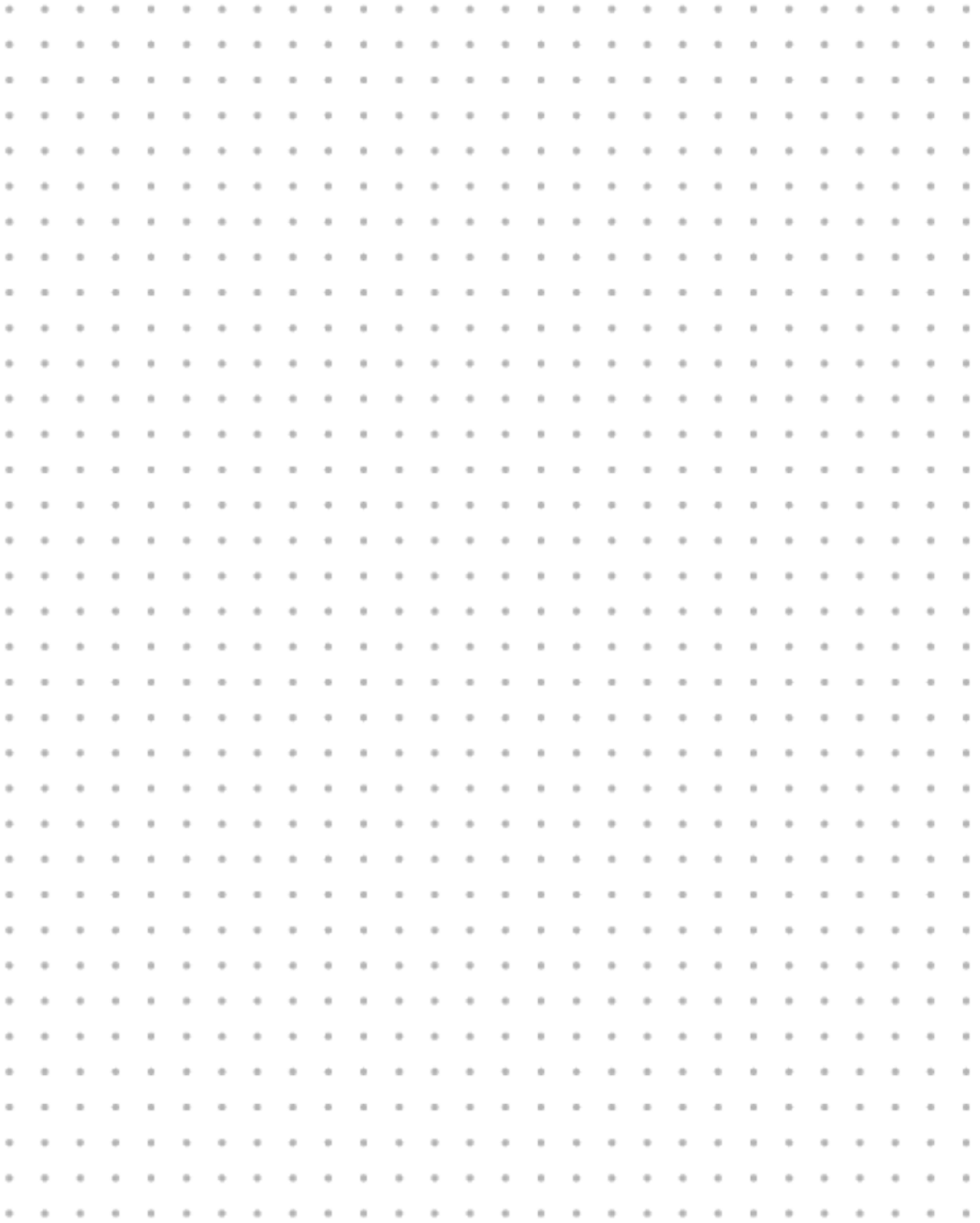


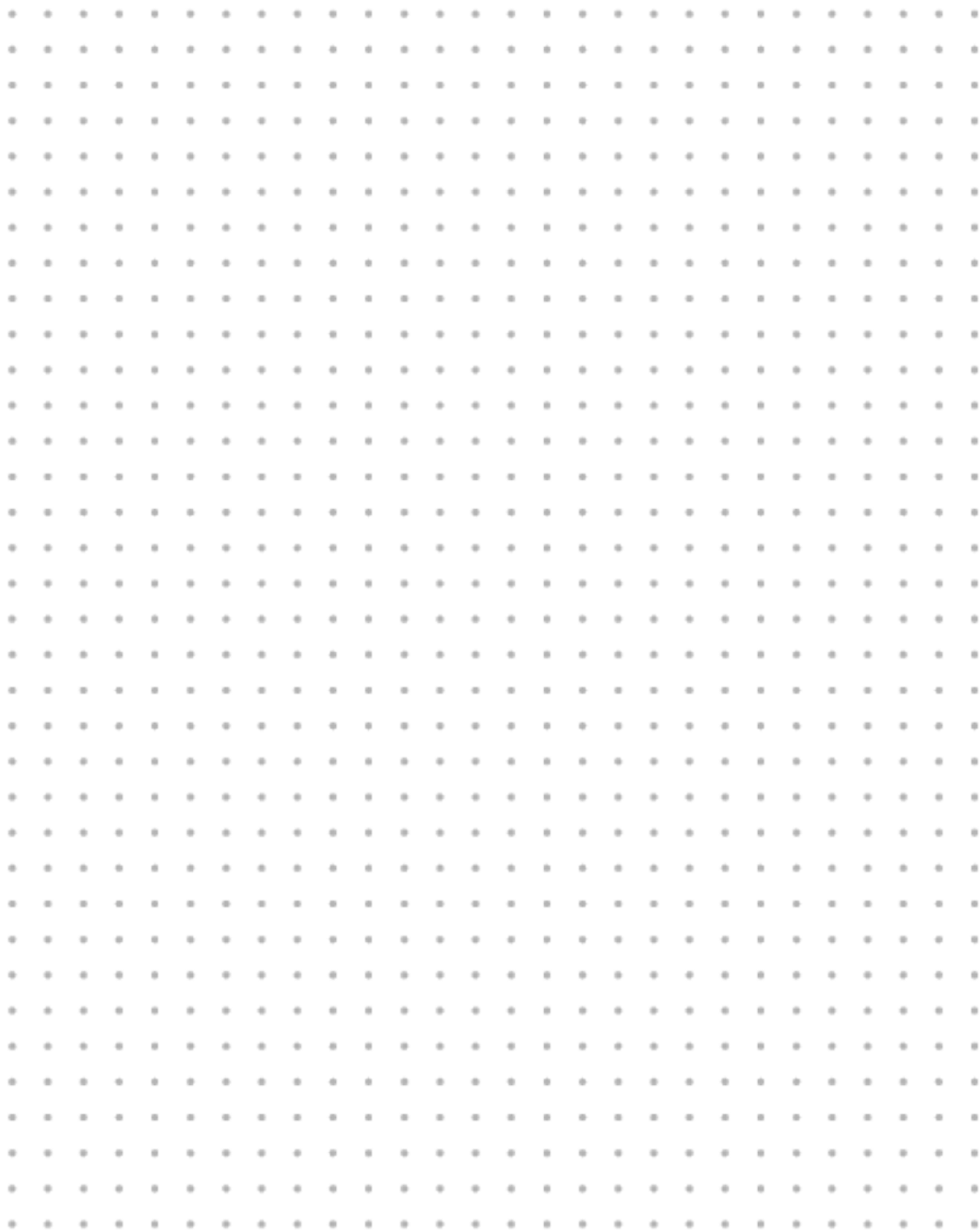


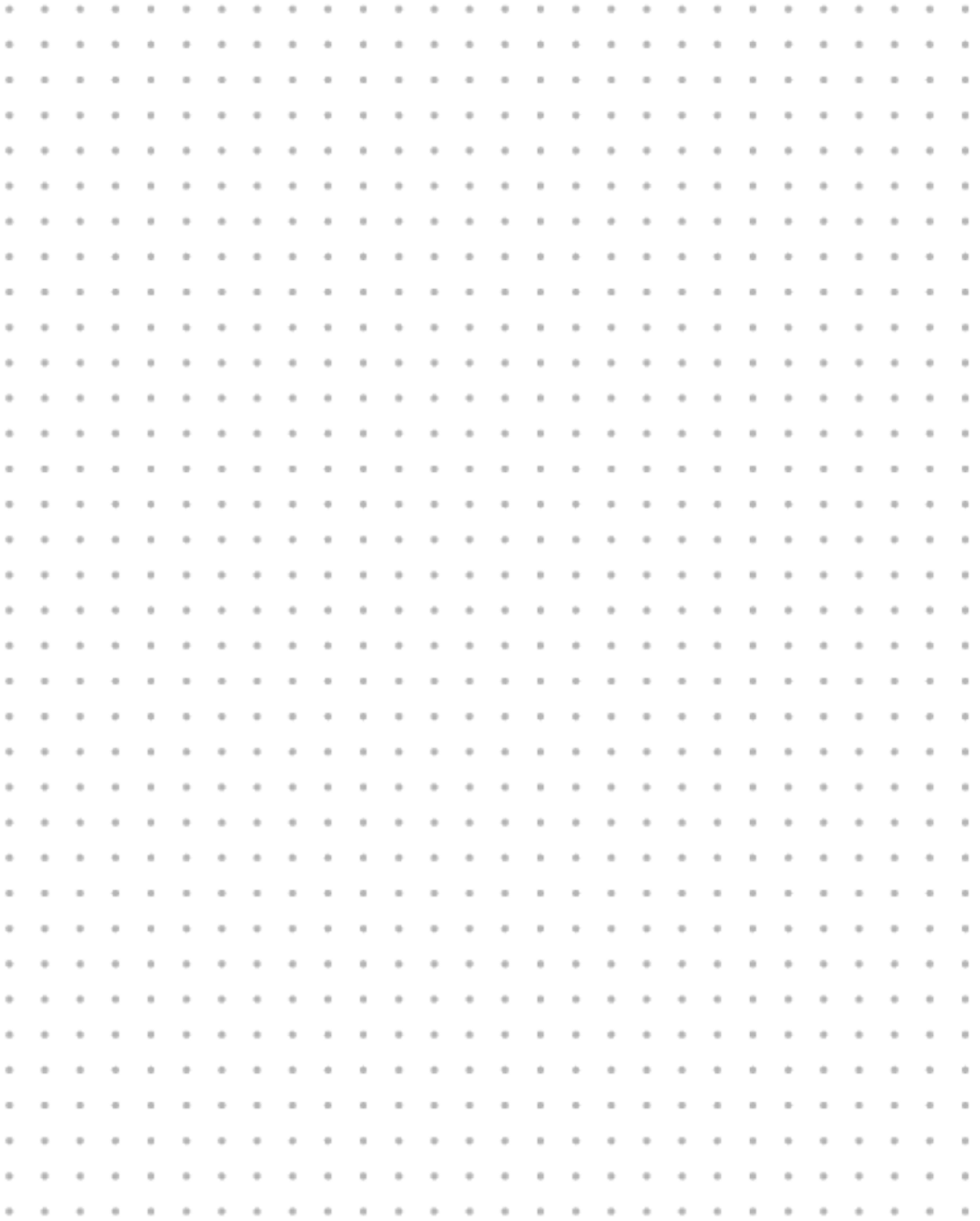


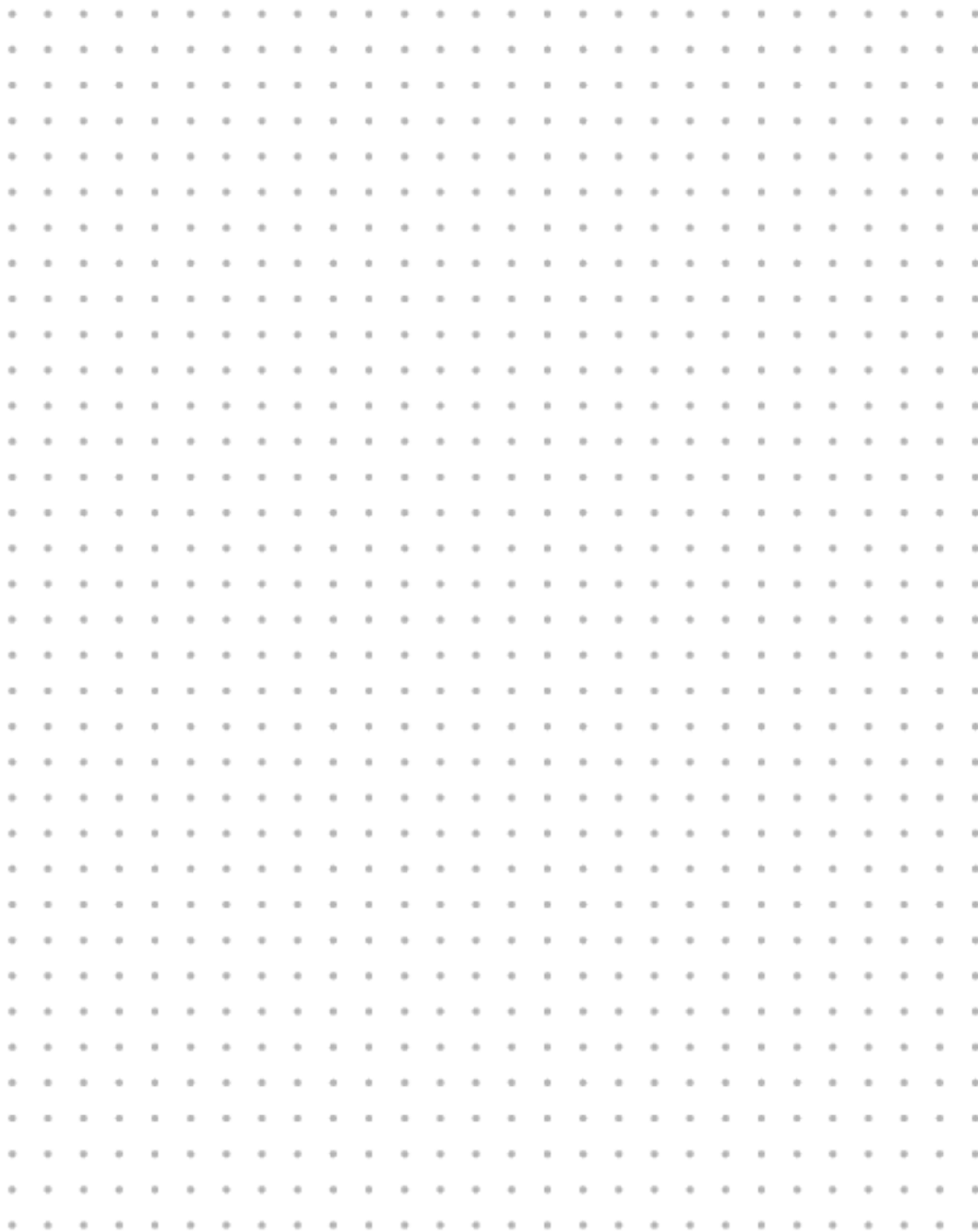




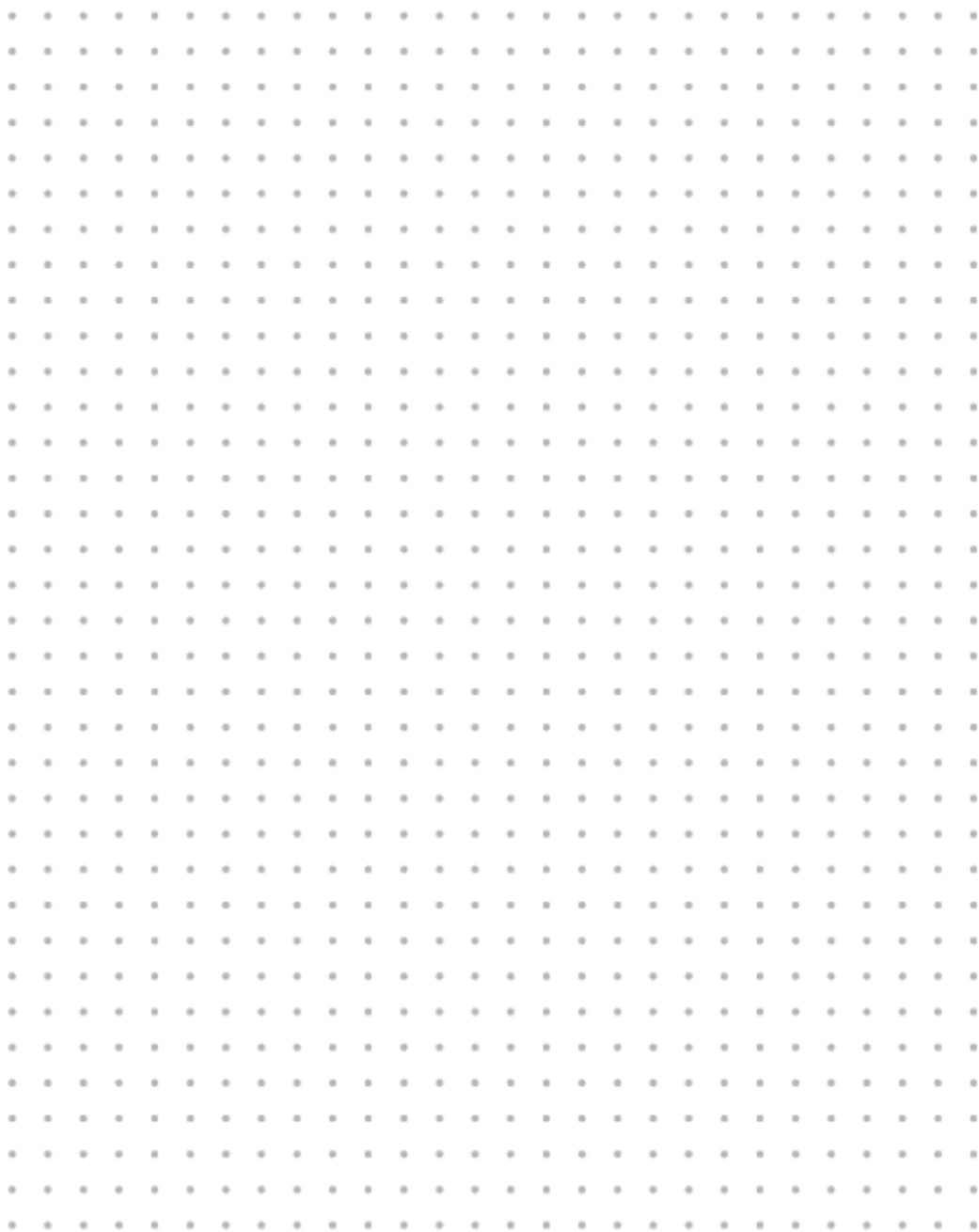


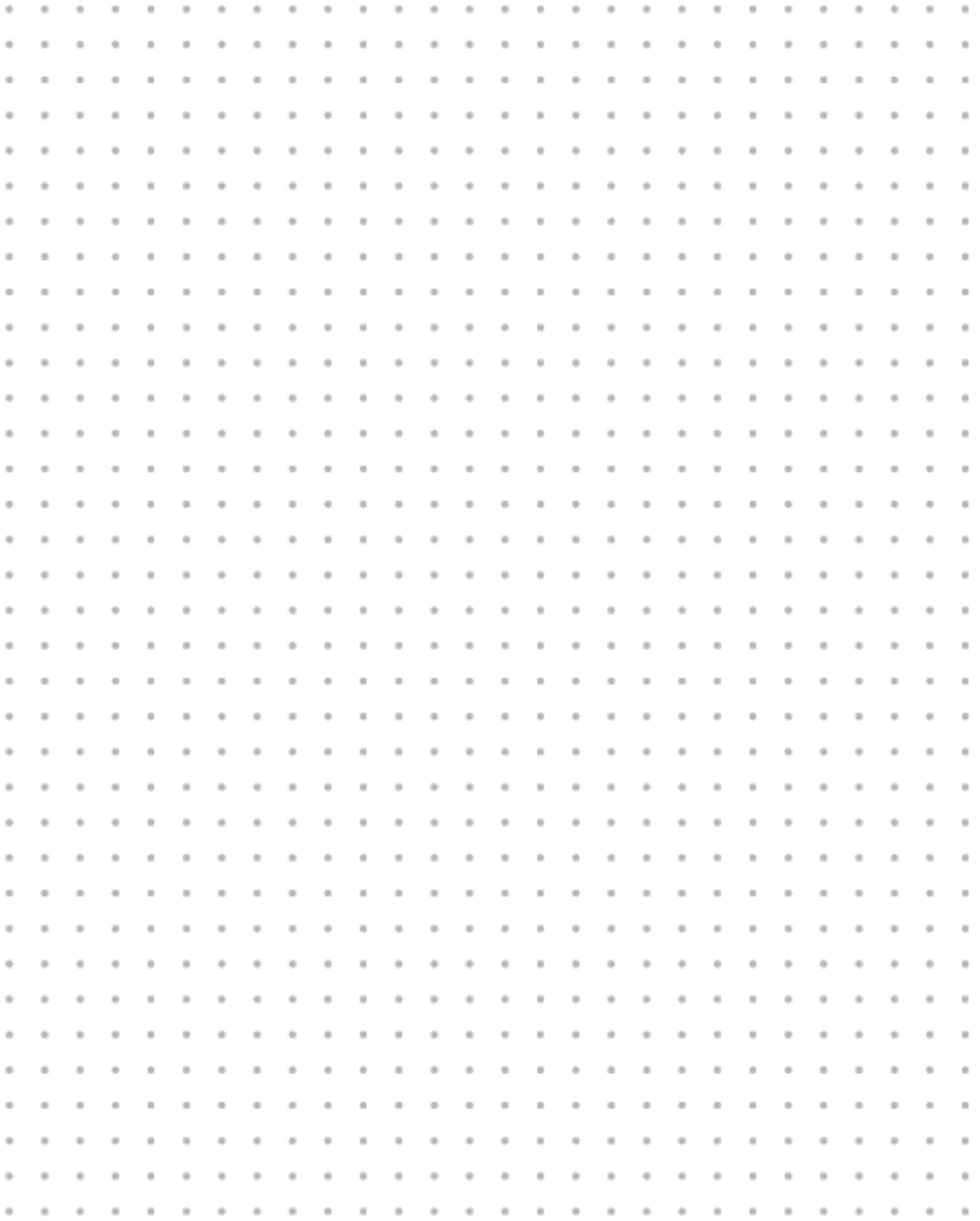


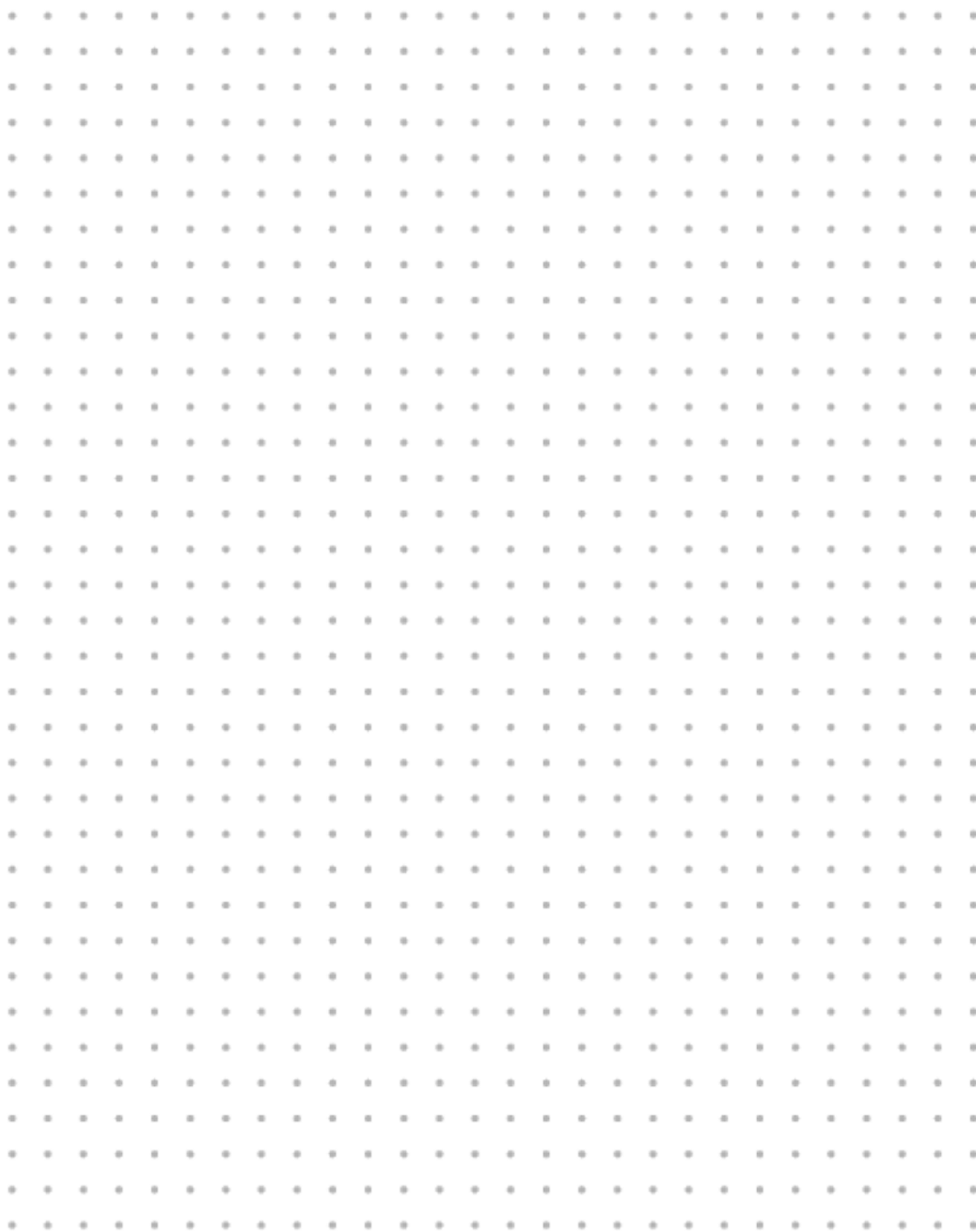


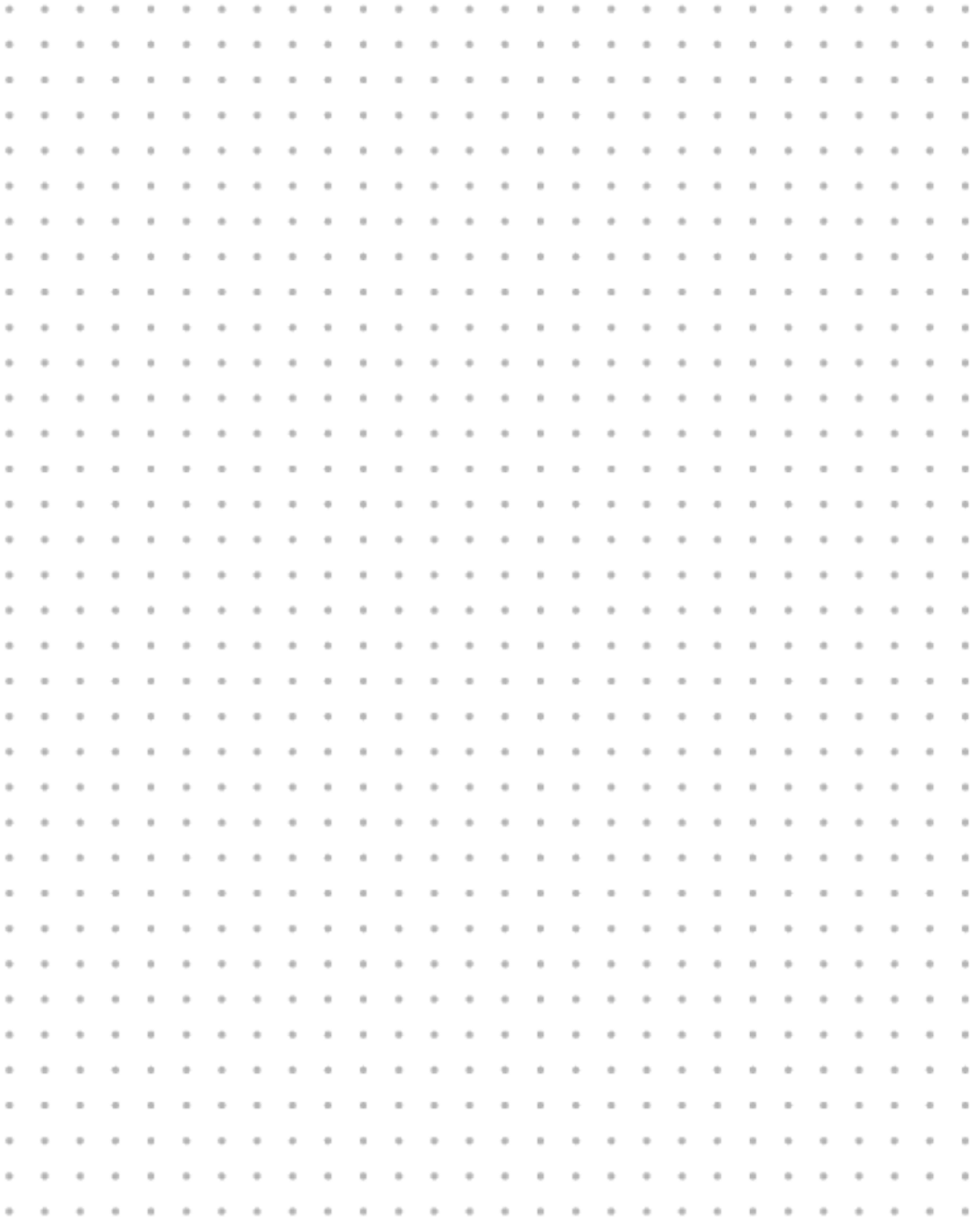




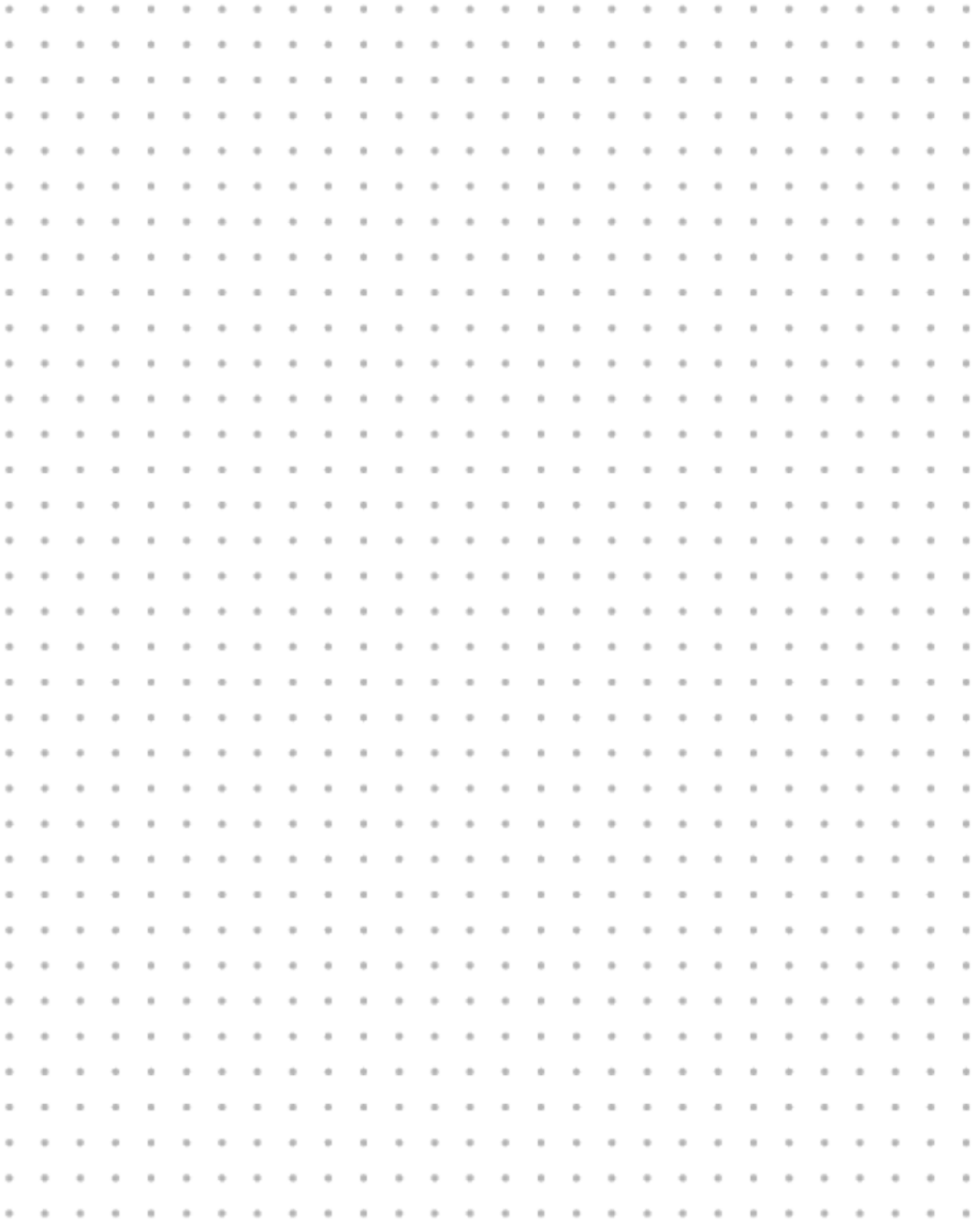




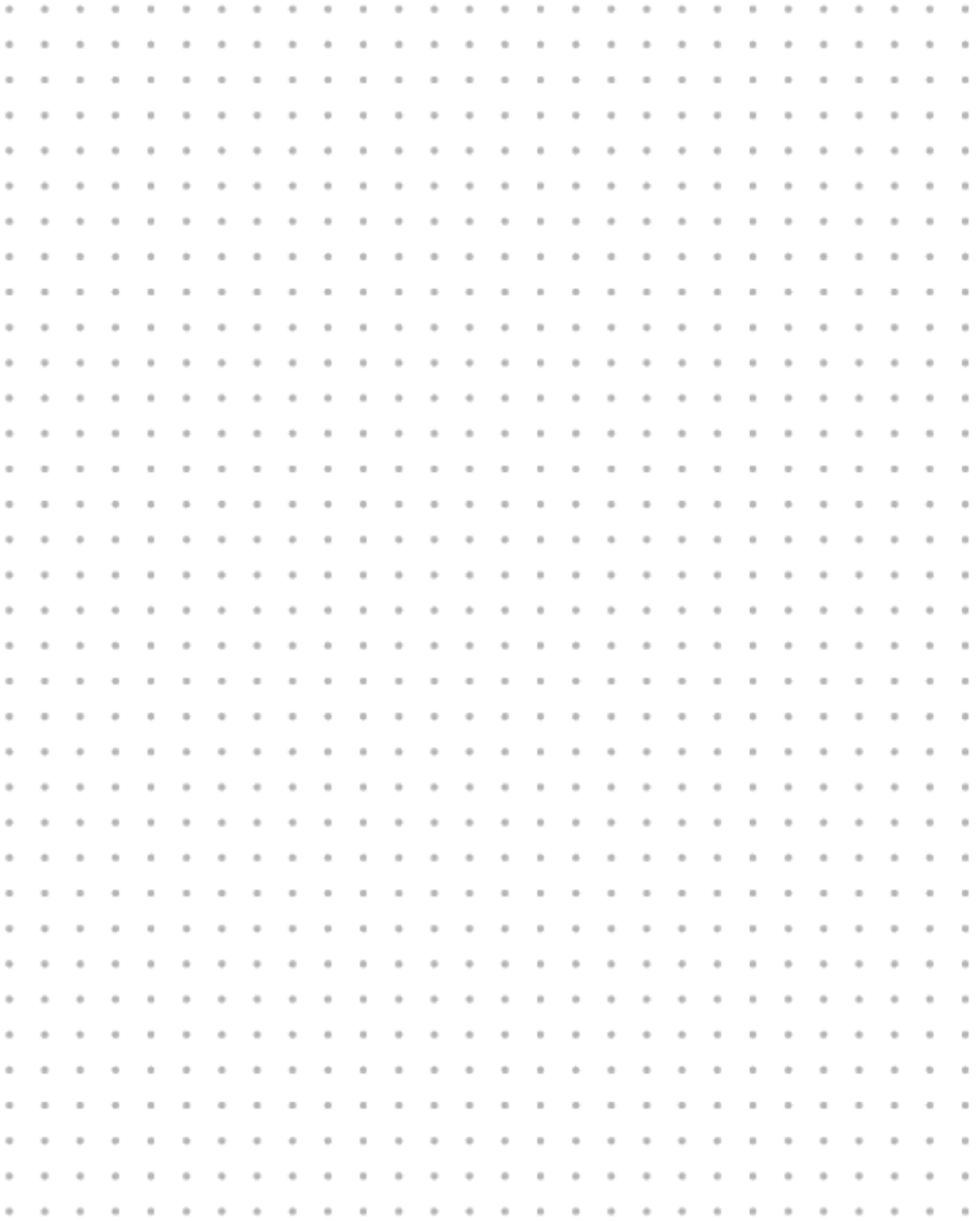




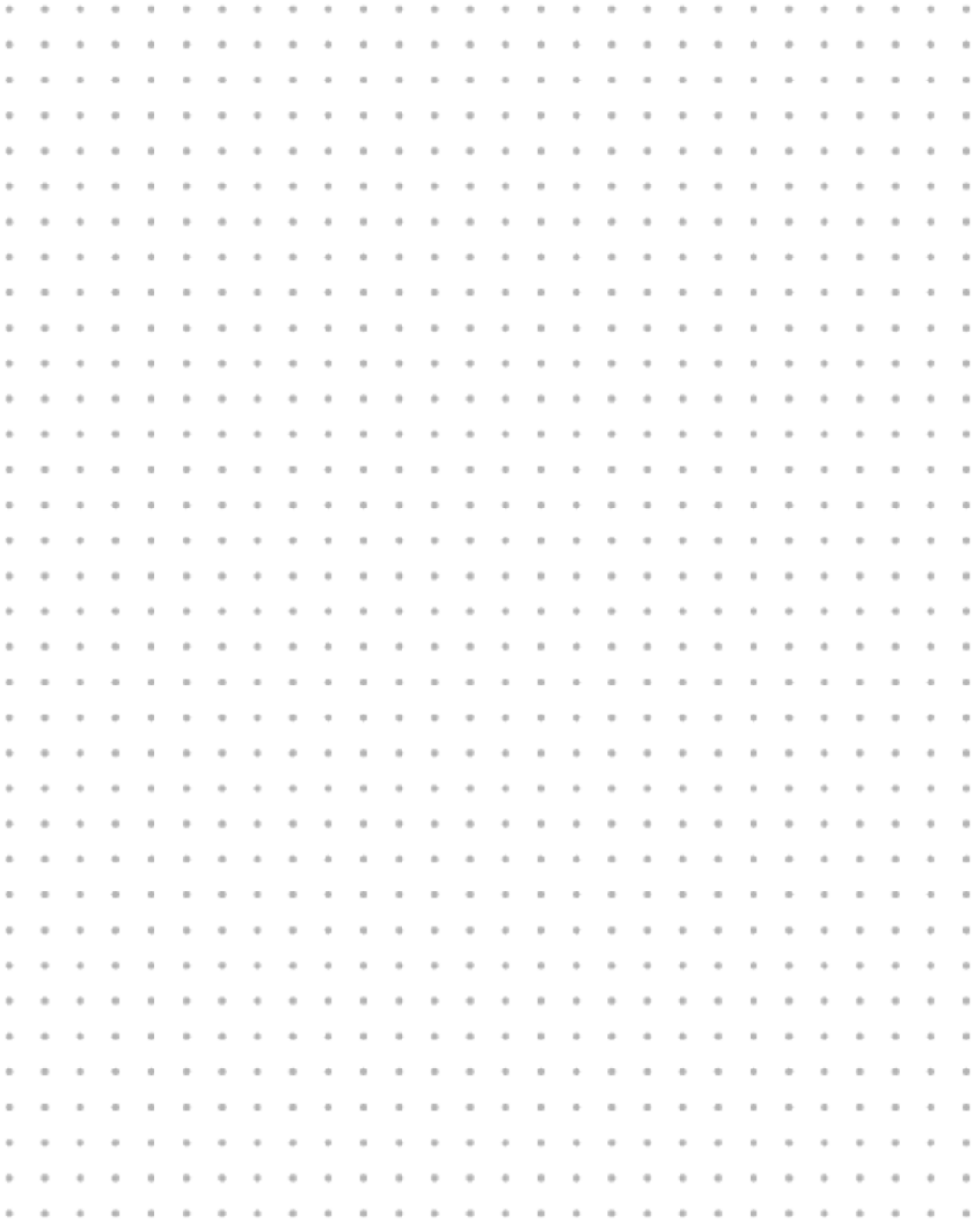


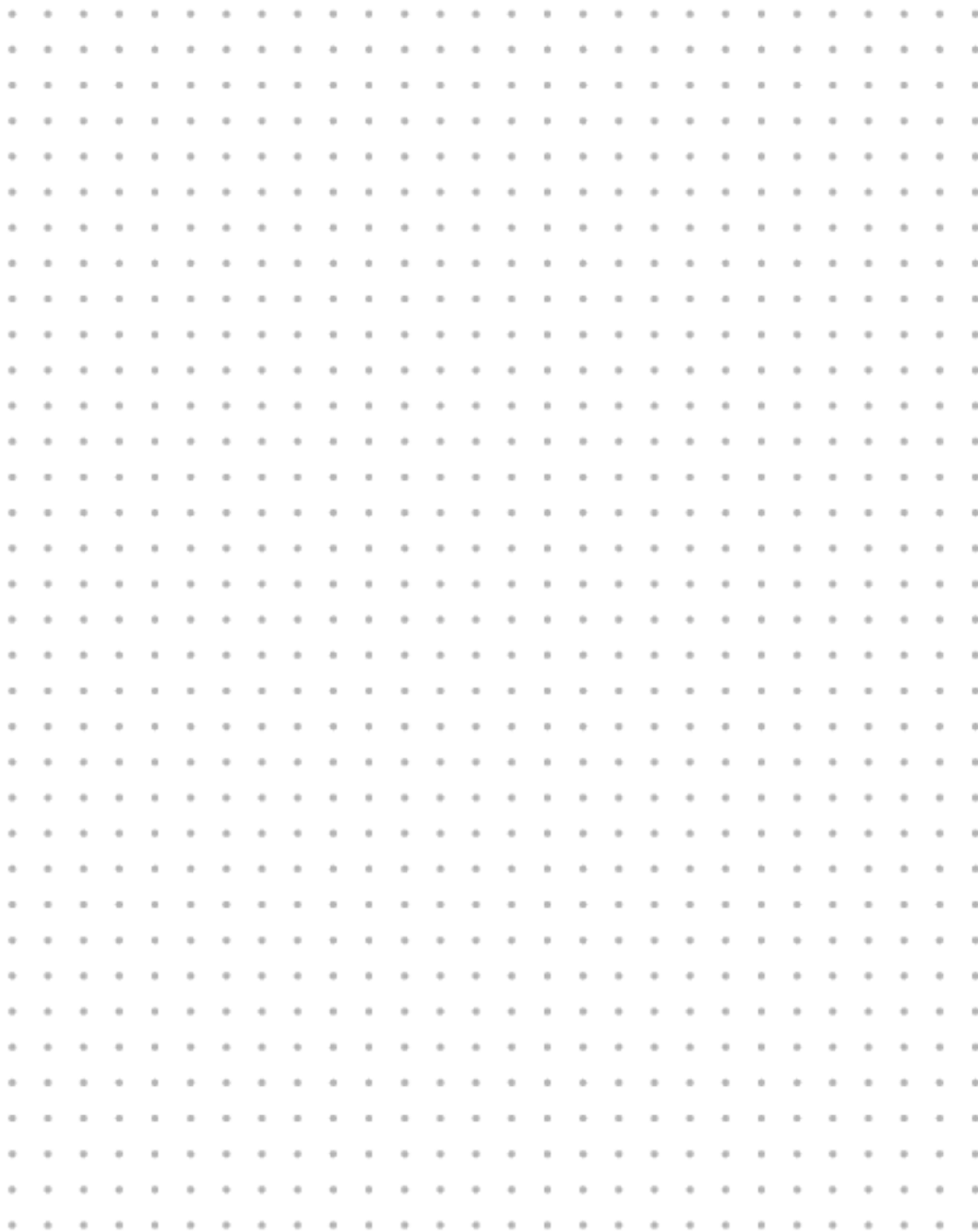


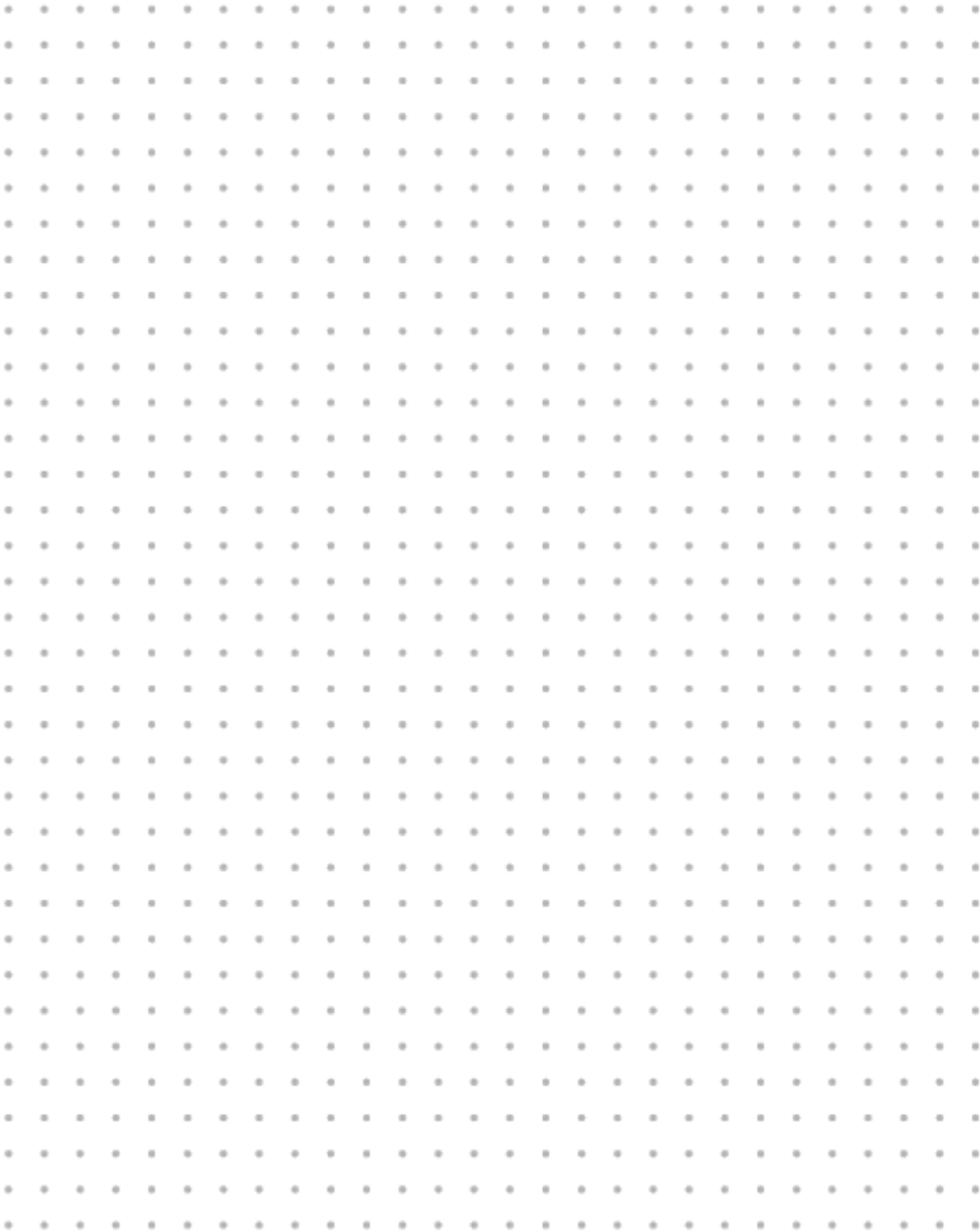




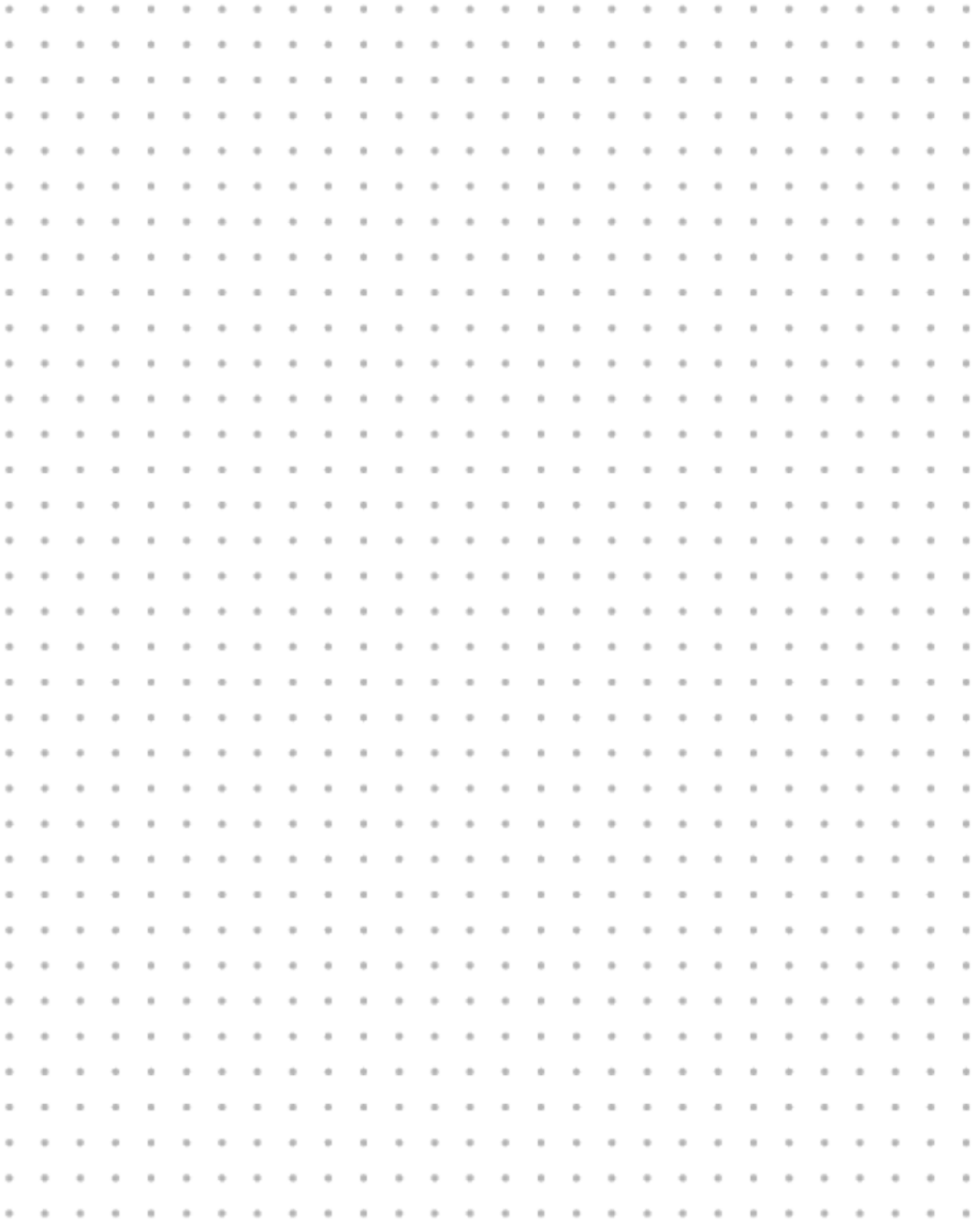

















LEADERSHIP SLOT : (NAME)

A large grid of 20 columns and 30 rows of small dots, intended for writing a name in the leadership slot.

DATE :

	Gelernt . Learning . Apprentissage
	
	
	




DATE :

	Gelernt . Learning . Apprentissage
	
	
	

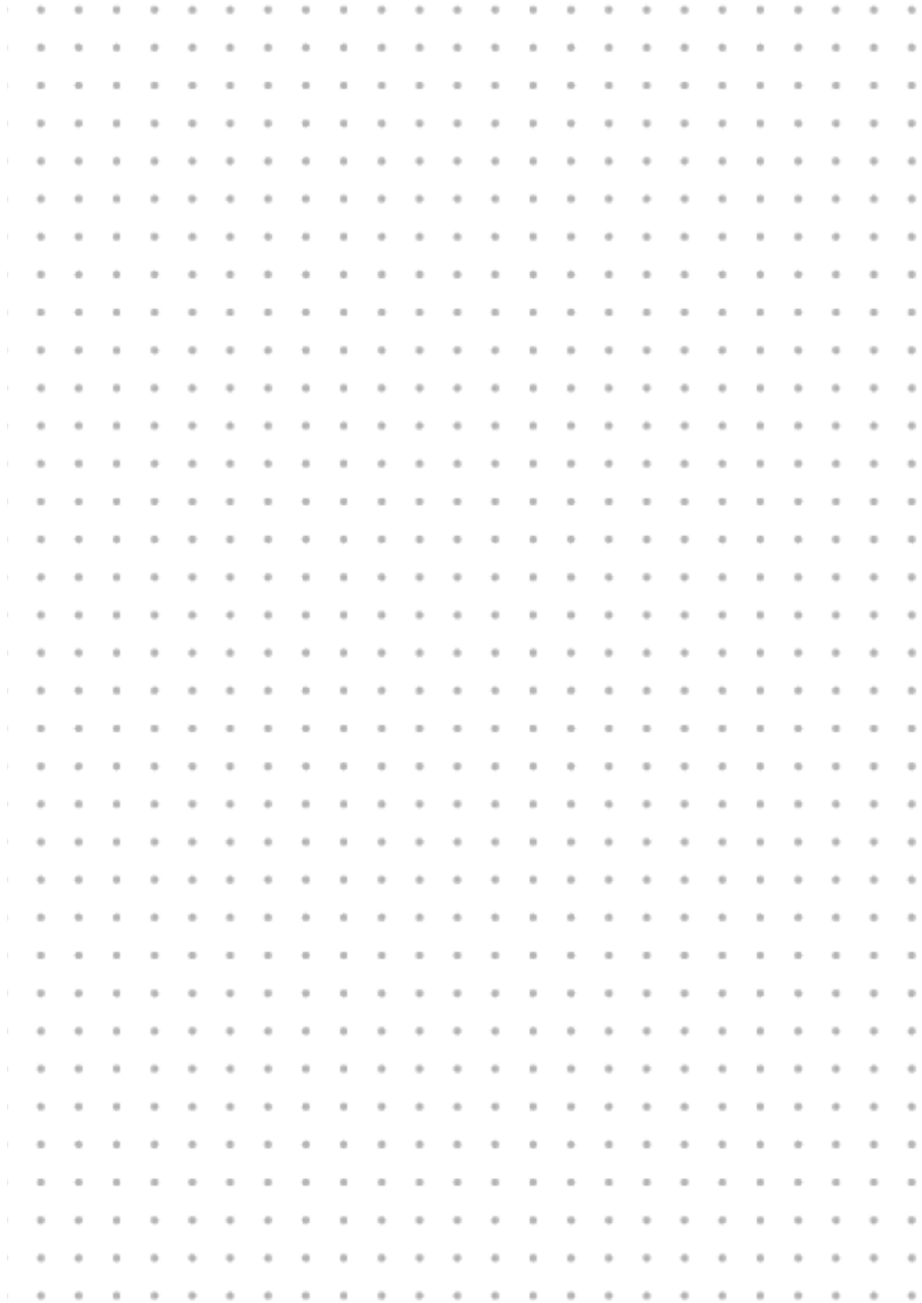
LEADERSHIP SLOT : (NAME)

A large grid of 20 columns and 30 rows of small dots, intended for writing a name in the leadership slot.




DATE :

	Gelernt . Learning . Apprentissage
	
	
	




LEADERSHIP SLOT : (NAME)

A large grid of 20 columns and 30 rows of small dots, intended for writing a name in the leadership slot.

DATE :

	Gelernt . Learning . Apprentissage
	
	
	




DATE :

	Gelernt . Learning . Apprentissage
	
	
	

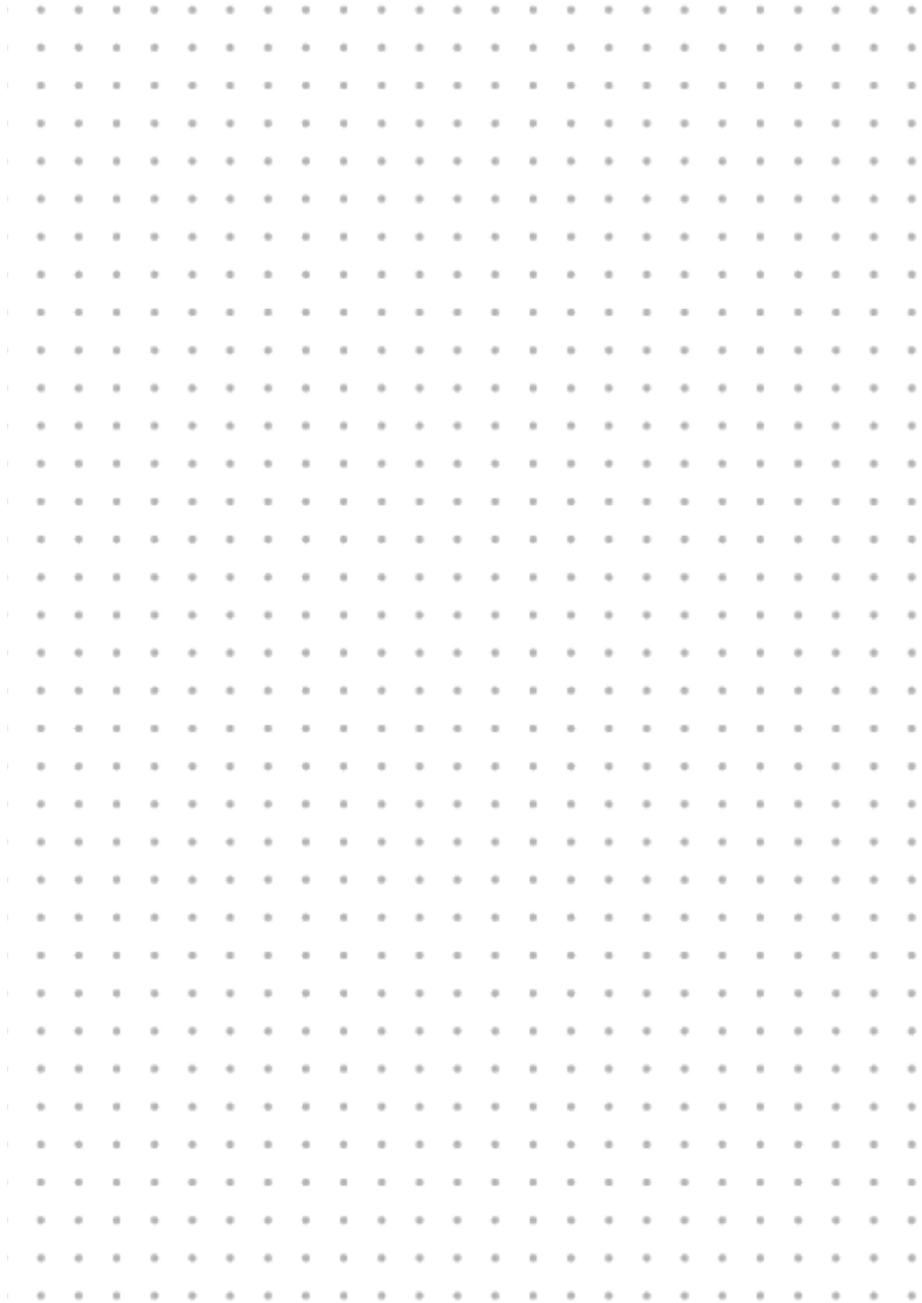
LEADERSHIP SLOT : (NAME)

A large grid of 20 columns and 25 rows of small dots, intended for writing a name in the leadership slot.




DATE :

	Gelernt . Learning . Apprentissage
	
	
	

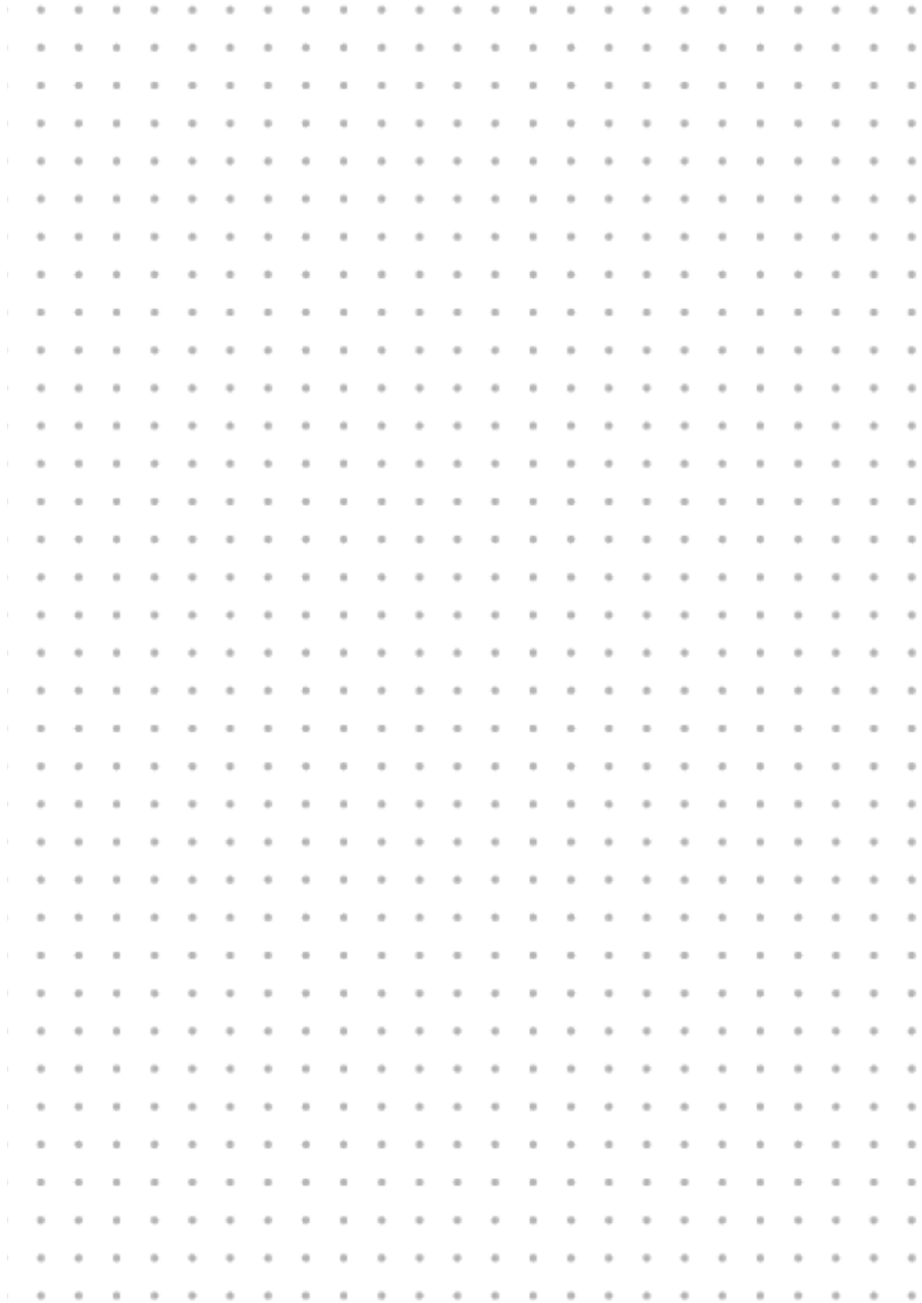
LEADERSHIP SLOT : (NAME)






DATE :

	Gelernt . Learning . Apprentissage
	
	
	




LEADERSHIP SLOT : (NAME)

A large grid of small dots, arranged in approximately 25 rows and 25 columns, intended for writing a name in the leadership slot.

DATE :

	Gelernt . Learning . Apprentissage
	
	
	




DATE :

	Gelernt . Learning . Apprentissage
	
	
	

LEADERSHIP SLOT : (NAME)

A large grid of 20 columns and 30 rows of small dots, intended for writing a name in the leadership slot.




DATE :

	Gelernt . Learning . Apprentissage
	
	
	

LEADERSHIP SLOT : (NAME)

A large grid of small, light gray dots arranged in approximately 30 rows and 30 columns, intended for writing a name in the leadership slot.

DATE :

	Gelernt . Learning . Apprentissage
	
	
	

LEARNING JOURNAL

	Gelernt . Learning . Apprentissage
1	
2	
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LEARNING JOURNAL

	Gelernt . Learning . Apprentissage
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