

HOW TO START A BULLET JOURNAL?

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How to make a bullet journal? How do I start a bullet journal? What material to use for a bullet journal? These are the questions you may be asking yourself. In this fact sheet, we introduce you to the concept of a bullet journal, ideas and tips for starting your bullet journal and ideas for the material to use.

WHAT IS A BULLET JOURNAL?

It's a notebook that you will create and customize from scratch, which will help you organize your daily life. In fact, it's a mix between a diary, a to-do list and a notebook to use day after day.

Otherwise known as BUJO, it is a method of daily organization that was invented by the American Ryder Carroll.

To start, nothing could be easier! All you need is a blank notebook, a black pen and some markers. Then, just follow the 8 steps described below to create the different sections of your bullet journal.

Beware, addiction in sight!

What type of notebook should I use for a bullet journal?

You can use any type of notebook to start a bullet journal. It doesn't matter what size it is, what cover it has, whether it has rings or a paperback cover, white pages or small squares, it just has to make you want to use it! Find all our notebooks to start creating a bullet journal.

Which pens should I use for a bullet journal?

There are a lot of pens and markers you can use. We offer a selection of markers that will help you create your bullet journal: a pen for writing, markers for decorating and drawing, highlighters to help you organize.

Les stylos et feutres pour un BULLET JOURNAL



How to decorate your bullet journal?

To help you, there are embellishments that will allow you to personalize your notebook and make it pleasant to look at: stamps, stickers, masking tape, tabs, you will certainly find what you are looking for in our selection of products to embellish your bullet journal.

Les embellissements pour un BULLET JOURNAL



HOW TO MAKE A BULLET JOURNAL?

Here, we propose a basic technique to start a bullet journal. On the internet, you will find many methods, it's up to you to test and see what suits you best.



STEP 1: create an index

The first step is to create an index that will serve as a reference and will allow you to indicate the page numbers.

In your index, you will also put your classification system of the progress of your tasks. To do this, you must create a symbol that will correspond to an action. For example :

To do

x Done

To be reported

STEP 2: Number the pages of your notebook

If you have not already done so, you must number the pages of your notebook so that you can easily get to a given page.

STEP 3: Create a yearly schedule

On a double page, you need to create an annual schedule that will allow you to see at a glance the important events of the year (birthdays, special events such as weddings, moving, exams, vacations, etc.).

For example, you can put the next 6 months on a half page and the next 6 months on the next double page.

Remember to note on the index the page numbers of the annual planner.

STEP 4: Create a monthly schedule

On a double page, you will create a schedule for one month.

On the left page, you must create a general view of the month by numbering from the bottom to the top all the days of the month in question. The right page will be reserved for an overview of the month. In other words, this page will be your to-do list for the month!

Remember to note on the index the numbers of these created pages.

STEP 5: Create a daily schedule

On the next double page, write down the dates of the 7 days of the week.

For each day, you note the tasks to be accomplished or medical appointments, a birthday, an outing... In short, all the events in your life that you don't want to forget!

STEP 6: Create personal sections

In a bullet journal, you can also write down all the important or more personal information. For example, you can create lists such as books to read, movies to see, recipes to try, your wish list, gift ideas for your friends and family. Similarly, you can write down useful information that people are always looking for (the reference of your vacuum cleaner bag, the references of your printer ink cartridges, the size of the right garbage bags, the dosage of homeopathy granules, etc.).

STEP 7: Report unfinished tasks

The week, the month are over, it's time to take stock of the tasks done, not done.

Despite your organization, there are some things that you have not been able to do, so you should think about carrying over these tasks to the next week or month.

STEP 8: Create trackers

For the perfectionists of the method, there is also an option called "trackers". This is a chart representing an entire month that will allow you to track certain behaviors or goals you have set for yourself.

For example, the days when you did sports, when you were happy, when you slept well, etc.

Result

