

Bullet Journal F.A.Q.

In my experience the Bullet Journal system works because of many reasons mostly that it can change and adapt according to what you need from it.

Personal Flexible Creative

Why does it work?

For many people the Bullet Journal is a planner/ to-do list/diary and journal all in one notebook. Originally it was a method created by Ryder Carroll to organise his tasks and goals.

What is it?

It's called a 'Bullet' Journal because it uses different bullet points or signifiers to manage your tasks.

Why is it called a Bullet Journal?

What supplies do I need?

Pens

You can go wild with pens but all you basically need is a nice black pen.

A Journal

Of course you need a notebook to start with. Theoretically you can use any notebook but a dot grid notebook is a great choice as it provides subtle guidelines. You can also use a square grid.

Fun Stuff

There's so much amazing stationery and craft supplies like stickers and washi tape that can take your planning to the next level of creativity but remember these things are not essential!

Finance
These are only a handful of things that the system can help you with. Since the system has the potential to be so personal it can be adapted to almost any need you can think of.

What else can I use it for?

Health

What are the basic pages?

Key

The key is where you define what your different bullets or signifiers mean.

Index

The index is at the beginning of your journal. Just list all the pages you have and their page number so they're easy to locate.

Monthly Log

Your monthly log is a month at a glance where you plan your tasks and goals for the month. It often includes a list style log or a grid calendar.

Weekly or Daily Log

After your monthly log you can also break things down into either daily entries where you log on the day or weekly logs where you can set up your week in advance. Unless you're extremely busy you're unlikely to need both as well as a monthly log

Future Log

A future log is an at a glance view of any future dates or important events you may have often spanning up to a year view.

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