

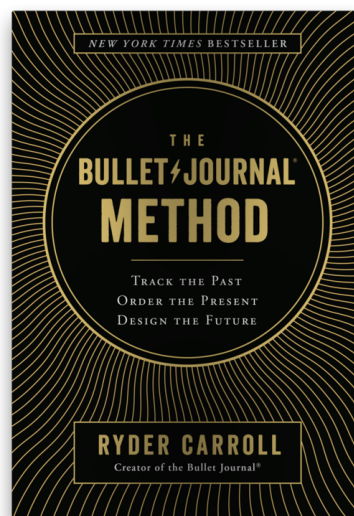
Introduction to Bullet Journaling

What is Bullet Journaling (Bujo for short)?

- It was created by Ryder Carroll, digital product designer and author.
- Due to early diagnoses of learning disabilities he needed to find ways to remain focused and productive.
- After much trial and error The Bullet Journaling Method was born.
- Carroll describes this method as a mindfulness practice disguised as a productivity system.
- It was created to help you organize your life while reminding you to be mindful of what you do.

What is in a Bullet Journal?

- Rapid logging. This is the language that a Bullet Journal is written in. It is a way of capturing information in a bulleted list, much like this poster.
- Pages:
 - Index
 - Key
 - Future log
 - Monthly log
 - Weekly log (not in the original system)
 - Daily log
 - Collections
- Over the next few weeks we will be posting information on the different types of pages included in the Bullet Journal Method.
- Something to remember; everyone's journal experience is different. Experiment with the system, read about it, play with it, you will eventually find something that works for you.



Above is the cover of the official book by Ryder Carroll, The Bullet Journal Method. Which, is available at our library. For more information on Bullet Journaling visit: <https://bulletjournal.com/>