

Here are just a few suggestions for where to look and what supplies to consider when starting out!

Websites & Blogs

- bulletjournal.com
- www.tinyrayofsunshine.com
- thelazygeniuscollective.com
- zenofplanning.com
- nittanybujo.wordpress.com
- mylifeindots.com
- diaryofajournalplanner.com
- squarelimesdesigns.com
- bulletjournaladdict.com

Suggested Notebooks

Note: all of these notebooks can be purchased online via Amazon but some Edmonton sources have been provided.

- Official Bullet Journal Leuchtturm1917
 - Can be purchased at Chapters/Indigo
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 - Can be purchased at Chapters/Indigo
- Moleskine
 - Can be purchased at most stationary or art stores including The Paint Spot.
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- Rhodia
 - Can be purchased at most stationary or art stores including The Paint Spot.
- Cyanotype Paper Goods (handmade in Edmonton!)
 - Can be purchased at Parcel + Prose on 124 st or online.

Suggested Pens

Note: Most of these can be purchased at art and stationary stores including Staples, Michaels and The Paint Spot or online.

- Micron
- Pilot FriXion (eraseable)
- Faber-Castell Pitt Artist Pen
- Staedtler
- Pilot Acroball
- UniPin
- Uni-ball Jetstream

BULLET JOURNAL

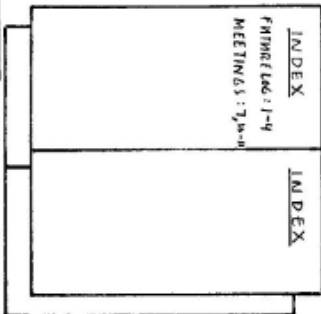
QUICK REFERENCE GUIDE

"FOR THE LIST-MAKERS, THE NOTE-TAKERS, THE POST-IT PILOTS, THE TRACK-KEEPERS, AND THE DABBLING DOODLERS. IT'S AN AWKWARD SYSTEM FOR THE DIGITAL AGE THAT WILL HELP YOU TRACK THE PAST, ORGANIZE THE PRESENT, AND PLAN FOR THE FUTURE" - RYDER CARROLL, INVENTOR OF THE BULLET JOURNAL

STEP 1: IT IS A SYSTEM DESIGNED IN A NOTEBOOK THAT YOU SET UP. IT HAS A SIMPLE FRAMEWORK THAT IS EASILY CUSTOMIZABLE BY ITS USER. IT GETS OUT OF YOUR WAY TO HELP YOU GET THINGS DONE. ALL YOU NEED IS A NOTEBOOK AND PEN. WE RECOMMEND THE OFFICIAL BULLET JOURNAL NOTEBOOK. HERE'S HOW TO GET STARTED.

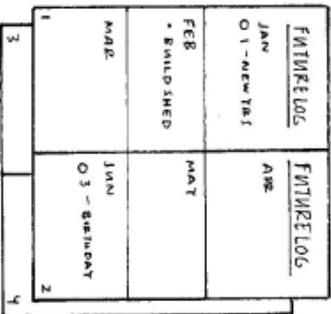
STEP 1: INDEX

- TITLE FIRST 4 PAGES INDEX
- WHEN YOU ADD A NEW ENTRY, INDEX IT
- THIS IS A SNAPSHOT OF WHAT'S IN YOUR BULLET JOURNAL
- PRO TIP:** ONLY INDEX WHAT YOU'LL REFERENCE LATER



STEP 2: FUTURE LOG

- TITLE NEXT 4 PAGES FUTURE LOG
- PLACE FUTURE EVENTS HERE
- PLACE TASKS YOU'D LIKE TO GET TO SOME DAY HERE
- CHECK IT ON A MONTHLY BASIS TO FILL MONTHLY LOG
- ADD TO IT AS NEEDED
- PRO TIP:** IF YOU HAVE A CALENDAR ONLINE, THEN ONLY ADD EVENTS IN YOUR BULLET JOURNAL YOU WANT TO KEEP AN EYE ON
- PRO TIP:** THERE ARE SEVERAL FUTURE PLANNING SOLUTIONS, HEAD TO BULLETTODAY.COM TO DISCOVER THEM

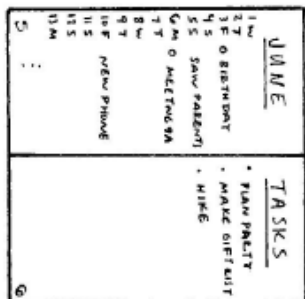


- ... Also look up CALENDAR
- ALIAS TAIR METHOD
- SIMPLE LIST
- CREATE YOUR OWN!

FOR MORE GO TO BULLETJOURNAL.COM
REFERENCE GUIDE HAND DRAWN BY KIM OF TINYRATOFJINSHINE.COM

STEP 3: MONTHLY LOG

- TITLE LEFT PAGE WITH MONTH AND NUMBER
- TITLE RIGHT PAGE TASKS
- THE CALENDAR PAGE IS FOR EVENTS
- THE TASK PAGE IS FOR TASKS YOU WANT TO GET DONE THIS MONTH AND MIGRATED TASKS FROM THE PREVIOUS MONTH
- PRO TIP:** LOG NOTABLE SNIPPETS YOU'D LIKE TO LOOK BACK ON AS MEMORIES ON THE CAL PAGE



STEP 4: DAILY LOG

- TITLE WITH DAY AND DATE
- RAPID-LOG TASKS, EVENTS, AND NOTES THROUGHOUT THE DAY WITH CORRESPONDING BULLETS
- PRO TIP:** REVIEW REGULARLY

COLLECTIONS

- COMPOSED OF RELATED IDEAS, USUALLY FILLED WITH BULLETS AND SIGNIFIERS
- THROW TO THE NEXT BLANK SPREAD, TITLE, AND INDEX



ENDLESS POSSIBILITIES!

BULLET S AND SIGNS

- OBJECTIVE SHORT-FORM NOTATION
- ORGANIZE WHAT YOU WRITE WITH BULLETS
- GIVE BULLETS CONTEXT WITH SIGNIFIERS
- MIGRATION**

- WHEN YOU SET UP A NEW MONTHLY LOG, LOOK AT PREVIOUS COLLECTION'S UNDONE TASKS AND MIGRATE TO THE NEW MONTHLY LOG, STRIKE OUT IF IT'S NO LONGER WORTH YOUR TIME, OR SCHEDULE TO THE FUTURE LOG
- IT'S THE DIFFERENCE BETWEEN BEING BUSY AND BEING PRODUCTIVE
- TASK BULLET
- TASK COMPLETED
- TASK MIGRATED
- TASK SCHEDULED
- EVENT BULLET
- NOTE BULLET
- PRIORITY SIGNIFIER
- INSPIRATION SIGNIFIER
- EXPLORE SIGNIFIER