

## Basic Bullet Journal Setup:

Cover page- optional to decorate the cover of your bullet journal!

Index (1pg)

- Numbered log of every page in your journal- so you can easily find information

Intentions (1pg)

- Why do you want to start bullet journaling? What do you hope to get out of it?

Future log (2-4 pgs)

- Upcoming longer term due dates

Level Ten Life (2-4 pgs)

- See Level Ten Life Handout

Any other long term trackers you want to add (up to you how many pgs)

- Savings Goals
- Reading Goal/Log
- Movie/tv show watchlist

Monthly Log

- Monthly cover page (1pg)
  - Any design including the month name
- Any monthly trackers (pick a few -or combine some onto one page)
  - Habits
  - Mood
  - Gratitude
  - Meal planning
  - Sleep tracker
  - Water tracker
  - Affirmations
  - Cleaning chart
  - Sticker graveyard
  - Monthly playlist
  - Self care bingo
  - Self care routine
  - Skincare routine
  - Doodle page
- Weekly layouts (as many pages as needed, but typically around 8 pages per month unless doing a daily spread)
  - Daily included in weekly
  - Plan out your school week here
- Monthly reflection (last page of month)

Repeat Monthly Log for upcoming months!