


Bullet Journal



A 30-Day Guided Journal



Daily Entry

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Write your main focus for the day at the top
 - List your top 3 priorities — the most important tasks
 - Use rapid logging: • for tasks, ○ for events, — for notes
 - Cross out completed tasks, migrate unfinished ones to the next day
 - End the day with gratitude and free-form notes



Scan for a detailed guide on how to use this journal

Date: _____

Today focus *(one sentence — what matters most today?)*

Priorities *(your top 3 tasks. if you could only do three things today — which ones?)*

Tasks *(use • for tasks, ○ for events, — for notes. cross out completed ones)*

Events *(meetings, appointments, and time-bound activities)*

Gratitude *(what are you grateful for today? be specific)*

Notes *(ideas, thoughts, observations — anything worth remembering)*

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