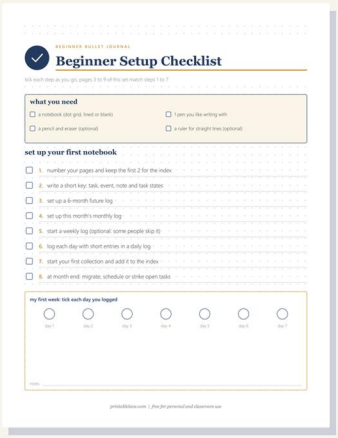
FREE PRINTABLE

Start a Bullet Journal

BEGINNER SETUP PAGES

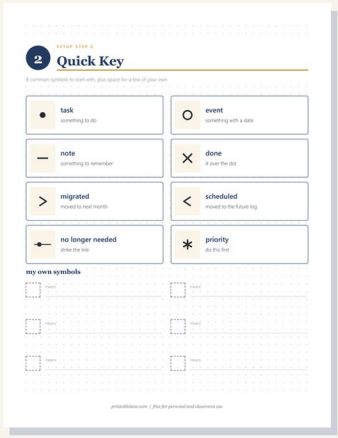
8 undated dot grid pages, in setup order



page 2



page 3



page 4



page 5



page 6



page 7



page 8



page 9

BEGINNER BULLET JOURNAL

Beginner Setup Checklist

tick each step as you go; pages 3 to 9 of this set match steps 1 to 7

what you need

- [ ] a notebook (dot grid, lined or blank)
- [ ] 1 pen you like writing with
- [ ] a pencil and eraser (optional)
- [ ] a ruler for straight lines (optional)

set up your first notebook

- [ ] 1. number your pages and keep the first 2 for the index
- [ ] 2. write a short key: task, event, note and task states
- [ ] 3. set up a 6-month future log
- [ ] 4. set up this month's monthly log
- [ ] 5. start a weekly log (optional: some people skip it)
- [ ] 6. log each day with short entries in a daily log
- [ ] 7. start your first collection and add it to the index
- [ ] 8. at month end: migrate, schedule or strike open tasks

my first week: tick each day you logged

○ day 1 ○ day 2 ○ day 3 ○ day 4 ○ day 5 ○ day 6 ○ day 7

notes _____

SETUP STEP 1

1 Index

write each topic and its page numbers here as you add them

topic	pages

topic	pages

SETUP STEP 2

2 Quick Key

8 common symbols to start with, plus space for a few of your own

• **task** — something to do	○ **event** — something with a date
— **note** — something to remember	× **done** — X over the dot
> **migrated** — moved to next month	< **scheduled** — moved to the future log
•— **no longer needed** — strike the line	* **priority** — do this first

my own symbols

☐ means _____	☐ means _____
☐ means _____	☐ means _____
☐ means _____	☐ means _____

SETUP STEP 3

3 Future Log

6 months ahead: dates, birthdays and plans that are not this month

month _____

date ____ _____

date ____ _____

date ____ _____

date ____ _____

date ____ _____

date ____ _____

date ____ _____

month _____

date ____ _____

date ____ _____

date ____ _____

date ____ _____

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date ____ _____

date ____ _____

date ____ _____

month _____

date ____ _____

date ____ _____

date ____ _____

date ____ _____

date ____ _____

date ____ _____

date ____ _____

SETUP STEP 4

4 Monthly Log

calendar on the left, this month's tasks on the right

month _____

calendar

1 ☐
2 ☐
3 ☐
4 ☐
5 ☐
6 ☐
7 ☐
8 ☐
9 ☐
10 ☐
11 ☐
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25 ☐
26 ☐
27 ☐
28 ☐
29 ☐
30 ☐
31 ☐

small boxes: write the weekday letter (M, T, W...) before you fill in the month

tasks

SETUP STEP 5

5 Weekly Log

1 box per day for tasks and events, plus a list for the whole week

week of _____

Monday

date _____

Friday

date _____

Tuesday

date _____

Saturday

date _____

Wednesday

date _____

Sunday

date _____

Thursday

date _____

this week

SETUP STEP 6

6 Daily Log

2 days per page: write the date, then log short entries with your key

• task O event — note X done > migrated

date _____ **day** _____

date _____ **day** _____

SETUP STEP 7

7 First Collections

4 starter lists: give each a page number and add it to your index

books to read

page

- [ ]
- [ ]
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goals

page

- [ ]
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ideas to try

page

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gift ideas

page

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