

The Bullet Journal Method

by Ryder Carroll

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Run a mental inventory**

Spend ten minutes writing every open loop as a rapid-log bullet. Do not organize yet; just get the commitments out of your head.

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⁰² **Create a one-page key**

Use only the core symbols for a week: task, event, note, done, migrated, scheduled, and irrelevant. Keep the system lighter than your life.

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⁰³ **Migrate with a question**

At the end of the day, ask every unfinished task: is this vital, scheduled, delegated, or noise? Copy forward only what earns the effort.

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⁰⁴ **Index one collection**

Pick one recurring category like books, workouts, projects, or waiting-for items. Give it a page number and add it to the index.

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⁰⁵ **Protect a five-minute review**

Close each day by marking completed bullets, migrating the few that matter, and striking one thing you no longer need to carry.