Bullet Journalling-
The Basics & Beyond

with Kari Carriere & Rita Kruger
Why do we journal?

- Organization
- Gratitude
- Self-care
- Customization
- Flexible
- Wellness
- Time to Reflect
- Visual Note-taking

- Self-care
- Self-Expression
- Artistic
- Wellness
- Time to Reflect
- Visual Note-taking
- Improve Organization
What can you use Bullet Journaling For?

Professional Development
Making you slow down and think about your tasks and goals… instead of just listing them on some long-forgotten post-it!

Sketchbook
Agenda
Self-Improvement
Visual Journal

An Integration Tool
Bringing together:
Work- Life- Family- Stuff

Habit Tracking
Self-care
De-briefing

Connecting with friends!

A great way to use up all those scrapbooking supplies you bought a decade ago and never used!

Satisfying our love for pretty pens, pencils, markers, tape, stickers, and other awesome supplies- and justifying all those quick trips to Michaels/ Amazon Prime membership!!!
What do you need to get started?

The basics:

1. Something to write/draw on
2. Something to write/draw with
3. Some time to do it
Like anything there are some tools that can make the process easier and a little more fun!

In your kit you will find:

- A Dot grid journal
- A Roll of Washi Tape
- A Black Pen- Optiflo
- A Marker/Highlighter- Midliner
- A Ruler

On your table you will find:

- Stencils
- Markers
- Fine liners
- Stamps
Since Teachers LOVE jargon!
And you can’t use Pinterest or Google if you
don’t know what to search!!

Click: A Bullet Journal & Planner Dictionary
Kari’s Brain Dump:

- Mistakes are inevitable
- Use the journal that works best for you. Not all bullet journals are created equal.
- In the beginning, keep it simple.
- Gather ideas from others but try not to compare yours to theirs.
- Always a work in progress, just like me.
- Create the journal to fit who you are and what you need instead of trying to fit into someone else’s journal/planner.
● Journaling is more about the process than the final product… it is a lesson I am still working on learning.
● Don’t be too hard on yourself if you miss it for a bit or set it down for a while.
● Make it work… then make it pretty!
● ALWAYS ALWAYS set a page aside for “swatches” or trying out those markers and pens. Especially is ghosting is a trigger for you.
● Stickers, stencils, stamps and the like are a great tool if you are worried about being able to embellish things yourself!
● This one is top secret:

Kids Art Hub on youtube is fun to do with your kids & Makes you look like a true artiste, even if you are not!
Check it out!