



I've always wanted a bullet journal to write in and make lists and things like that, but I was never able to come up with ideas or prompts, so I ended up having piles of empty notebooks in my room, with the hope of one day finding some inspiration, but obviously, it never happened. This is why I decided to create the Bullet Journal, so that others that have the same problem as me, don't have to go through the work of coming up with the ideas, and can simply relax and write.



# About yourself



If your life was a book, what would the title be?

Your name

Your age

Your favorite color

Your hometown

Your favorite book

Your favorite movie

What inspires you the most?

What do you work as?

Do you have any siblings?

What do you want the most in life?

On a scale from 1 to 10 how happy are you right now?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10 how much freedom do you have?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10 how good are you at math?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10 how stressful is life lately?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10 how much are you prioritizing your mental health?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10 how often do you socialize?

1 2 3 4 5 6 7 8 9 10

# my goals for this year



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# Bucket list !



now is your chance  
to come up with all  
of the things you've been  
wanting to do!

A large, lined area for writing, resembling a page from a notebook with a spiral binding on the left side. The lines are horizontal and evenly spaced.

add all of those  
things you've been  
too afraid to do!  
cross them out once  
completed :)

# day to day trackers

	J	F	M	A	M	J	J	A	S	O	N	D
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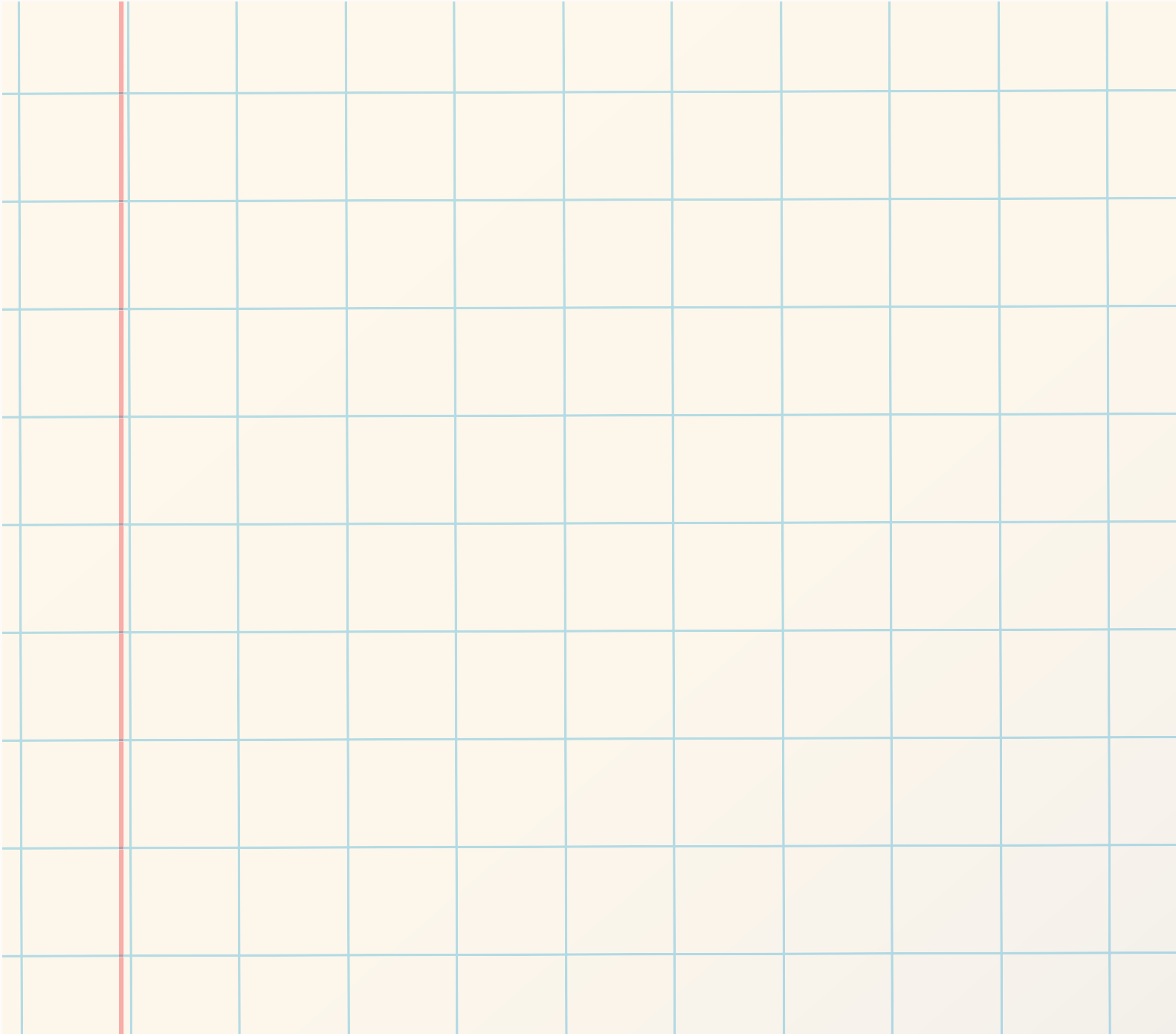
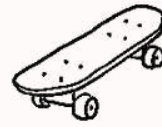




What is your  
typical day like  
right now?

What would you WANT it  
to look like?

A sheet of graph paper with a light blue grid. A vertical red line is drawn on the left side, creating a margin. The grid consists of 10 columns and 15 rows of squares.









Dear Mother  
 I have nothing I should  
 I should very much  
 to know of the word  
 you are in before  
 this world. I should  
 be very glad to hear  
 all a very sweet  
 that you are all  
 good health  
 I am that I am  
 sitting down  
 to my bed now  
 dear

Dear Mother  
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 I should very much  
 to know of the word  
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 be very glad to hear  
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 that you are all  
 good health  
 I am that I am  
 sitting down  
 to my bed now  
 dear

This week  
 I am  
 sitting down  
 to my bed now  
 dear

This week  
 I am  
 sitting down  
 to my bed now  
 dear

I am  
 sitting down  
 to my bed now  
 dear

I am  
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I am  
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 to my bed now  
 dear





# Write a letter



to your past self

Could you  
 Nov 16 86  
 long time since  
 you I am  
 waiting for you  
 I would like to hear  
 all a my sweet  
 that you are still  
 good health  
 I say that I was  
 sitting down  
 to my bed now  
 heart  
 This week  
 I was  
 sitting down  
 to my bed now  
 heart  
 This week  
 I was  
 sitting down  
 to my bed now  
 heart

I have nothing I mean  
 I should very much  
 to know the word  
 you are  
 this world  
 I trust  
 my heavenly father  
 receive his love  
 Dear daughter  
 have you words  
 your heart  
 be kindly remember  
 your dear self  
 my heavenly father  
 receive his love  
 Dear daughter  
 have you words  
 your heart  
 be kindly remember  
 your dear self





Dear Mother  
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 good health  
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 sitting down  
 to my bed now  
 dear  
 This week  
 I am  
 that I am  
 sitting  
 to my bed now  
 dear



My heavenly father  
 receive my love  
 Dear daughter  
 have you heard  
 your mother & father  
 be kindly  
 love  
 your mother & father



# Write a letter



to your present self

Could you  
 Nov 16 86 I have nothing I should  
 long time since I should. Very  
 you I am to know the word  
 waiting for few you again before  
 would to hear of that world. I  
 all a my sweet kind of  
 at you are all well I trust  
 good health my heavenly father  
 I say that I am receive his  
 sitting down love  
 to my bed now have your words  
 heart your heart to miss  
 Please meet me be kindly  
 your love soon dear self  
 I say my heavenly father  
 sitting down receive his  
 to my bed now love  
 heart your words  
 Please meet me your heart to miss  
 your love soon dear self





Dear Mother  
 I have nothing I should  
 I should very much  
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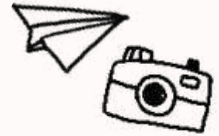
I am  
 sitting down  
 to my bed now  
 dear

I am  
 sitting down  
 to my bed now  
 dear

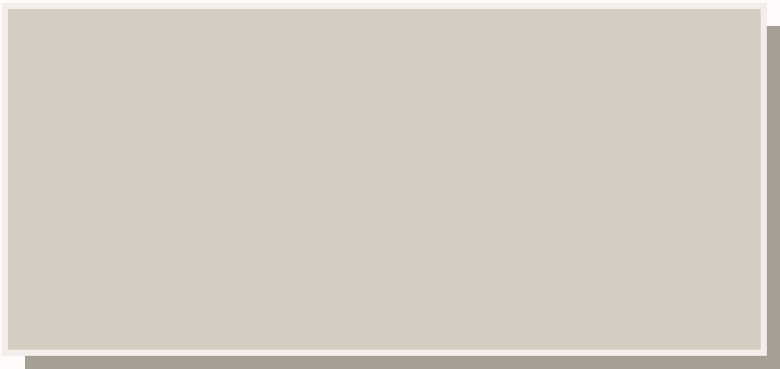




# Places I've visited



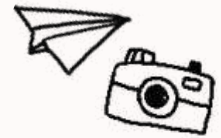
What places do you want to see?



Cross/color in/  
make a dot  
wherever you  
have been :)

# Places

that are special to me



# Your firsts

First pet

First best friend

First kiss

First sleep-over

First party

First sport

First hobby

First job

# Your firsts



First time you saved a lot of money for something you wanted

First time you realized that there is something you like about yourself

First time believing you have some sort of control over your future

First time you got your heart broken

First child home

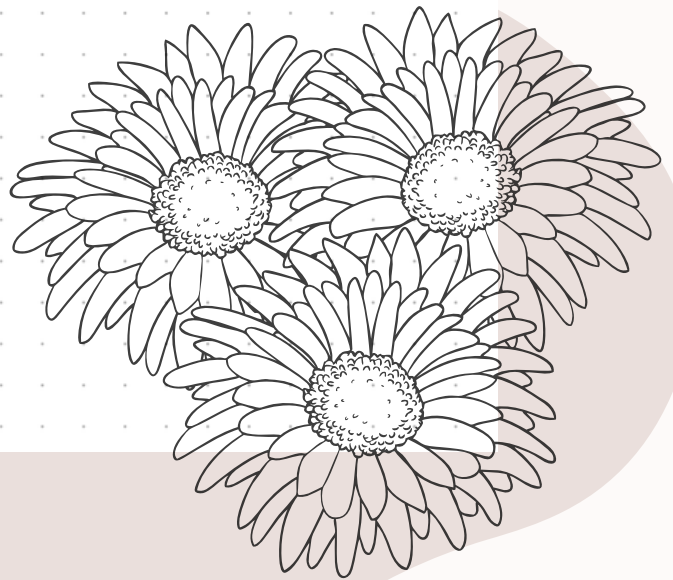
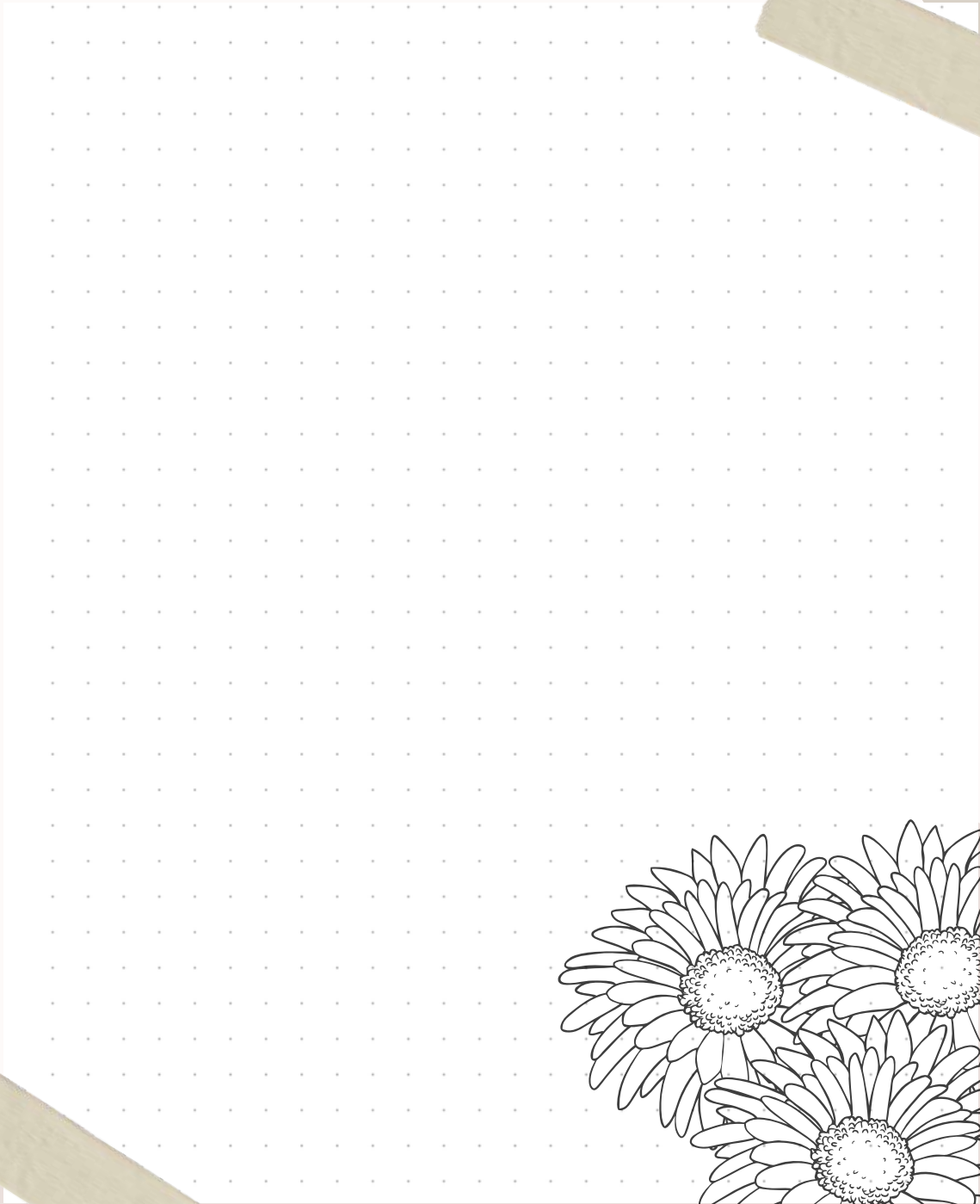
First vacation

What's a  
valuable lesson  
you will never forget?

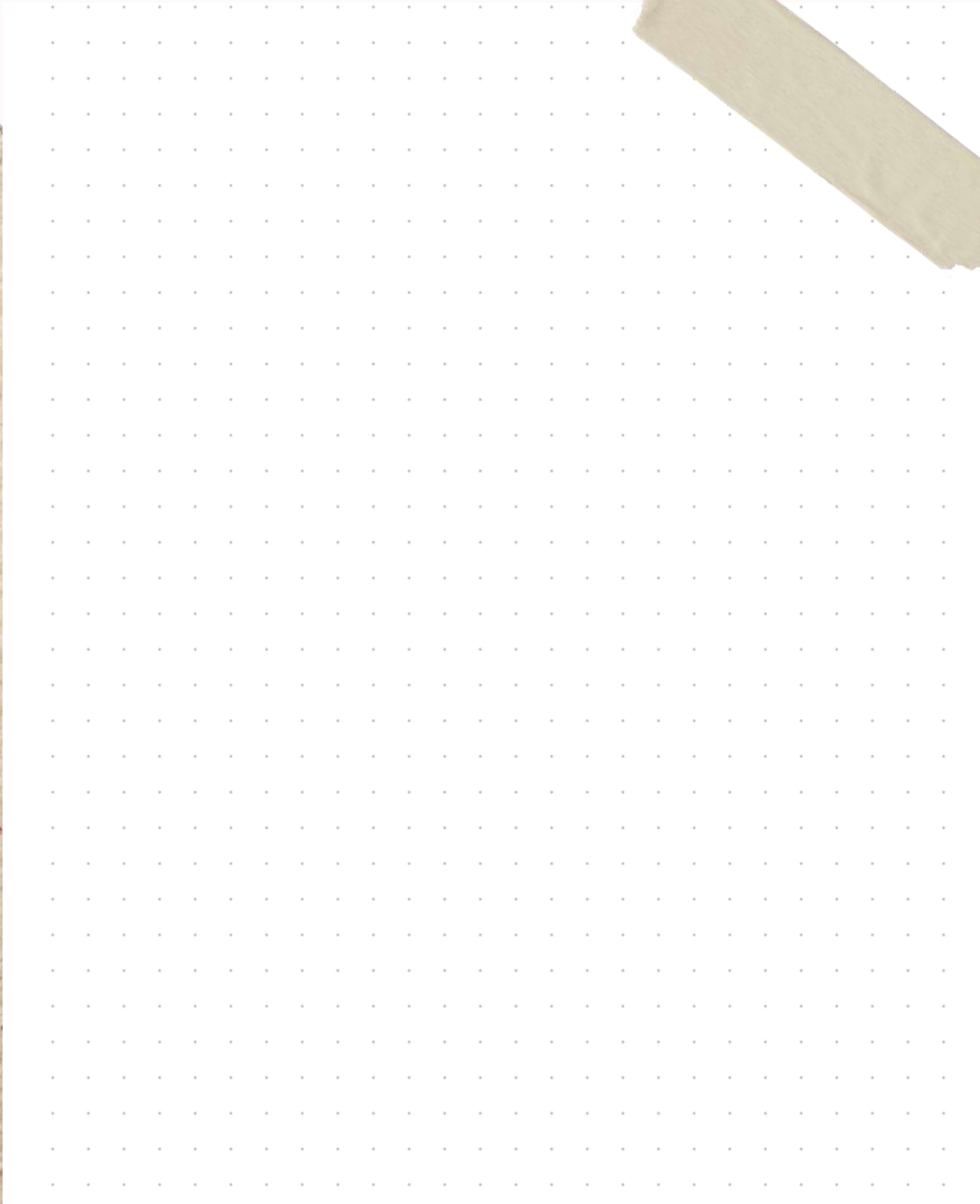
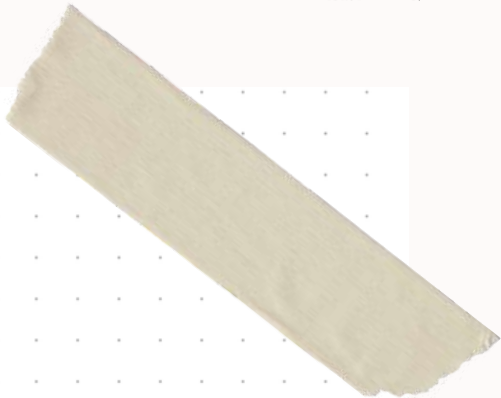
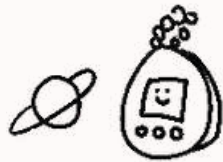


A large sheet of white paper with a grid of small dots, resembling graph paper, is taped to the background with two pieces of grey tape. The paper is intended for writing a response to the question above.

What do you need  
to forgive yourself  
for ?



What are you lying  
to yourself about?





describe your  
wildest dream







What / Who do I  
need to let go of?  
Why?

A spiral-bound notebook with two lined pages. The pages are cream-colored with horizontal ruling lines. The spiral binding is on the left side.

If money wasn't a worry, where would you be? Doing what?

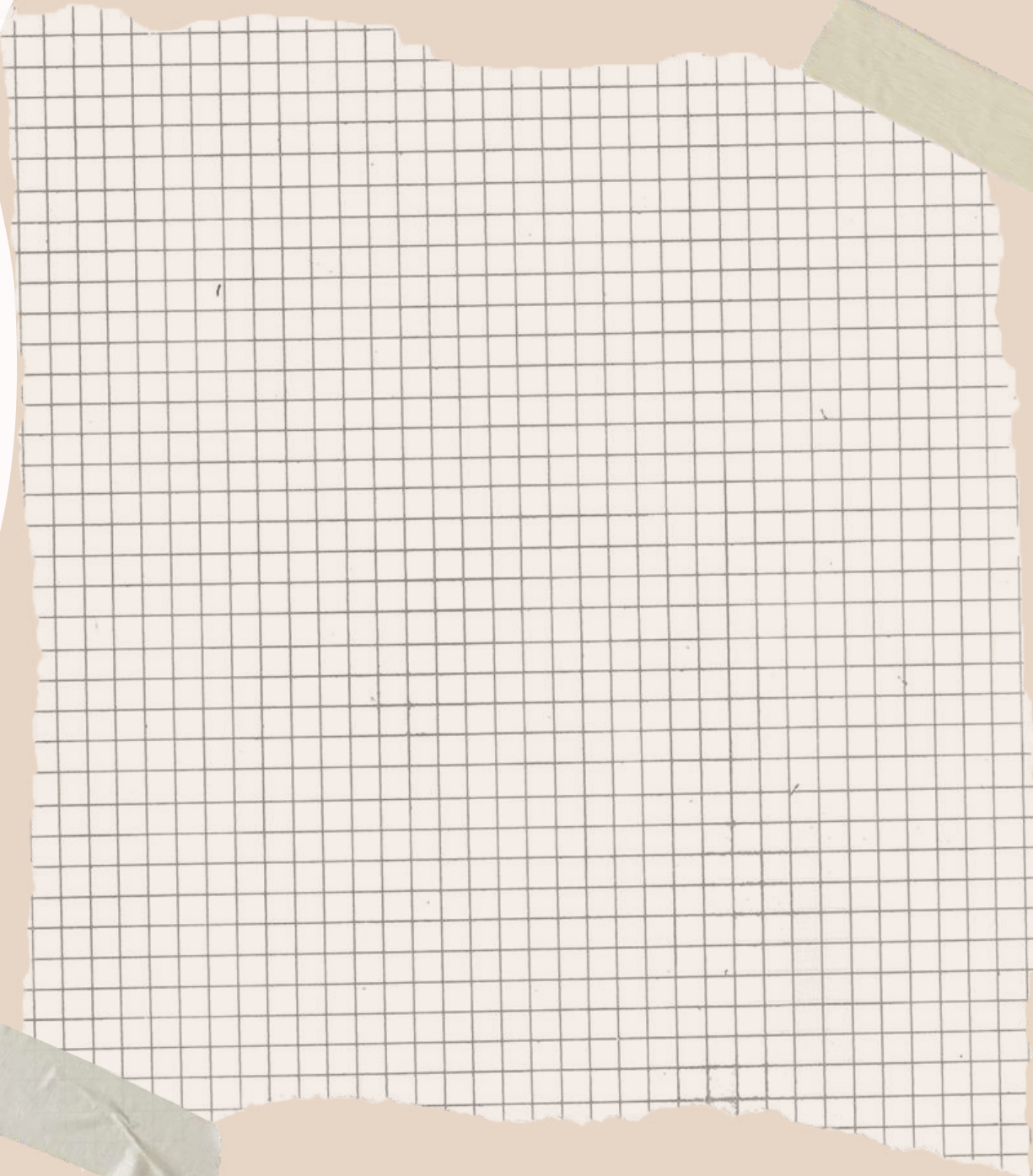
A sheet of lined paper with a perforated left edge, intended for writing an answer to the question above.



What parts do you  
hide about yourself  
to the world?



Talk to me about  
things you worry  
about





What's the most  
spontaneous thing  
you've ever done?

How did it make  
you feel?

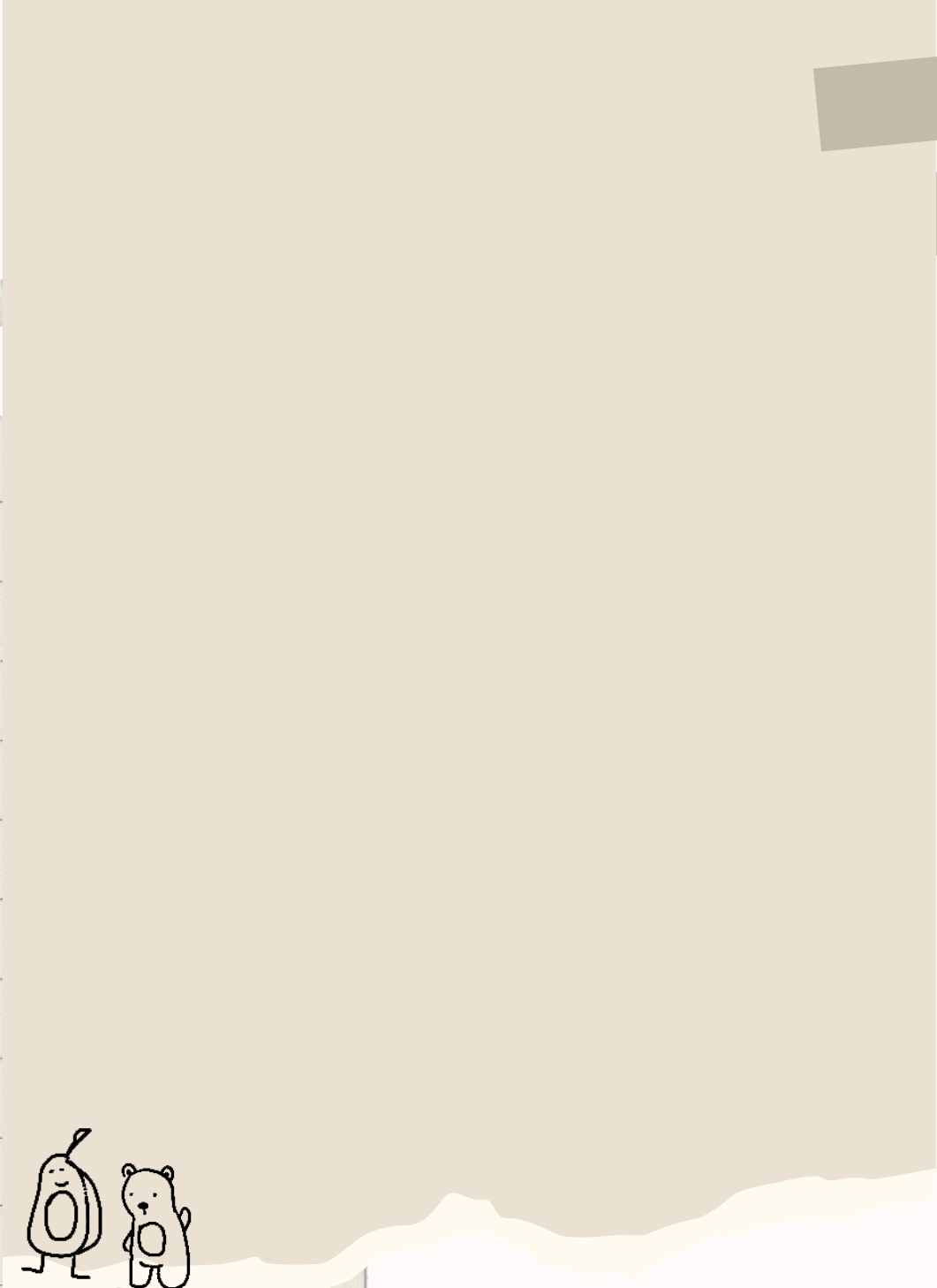


What is a  
past struggle  
you've overcome?

How did it make  
you stronger?



Are you being 100% yourself? If not, why?



Describe a dream  
or nightmare  
you've had





What is a time  
you felt proud of  
yourself?



What did you learn  
about your past mistake?

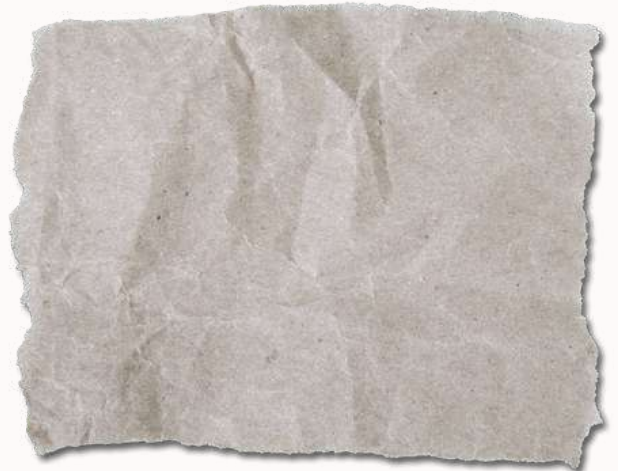
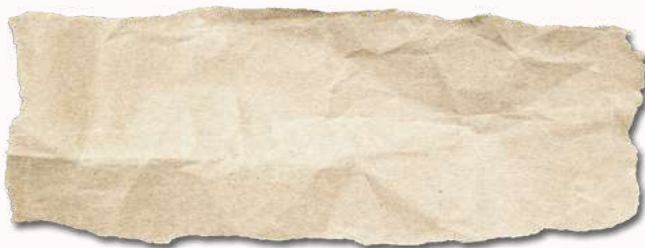
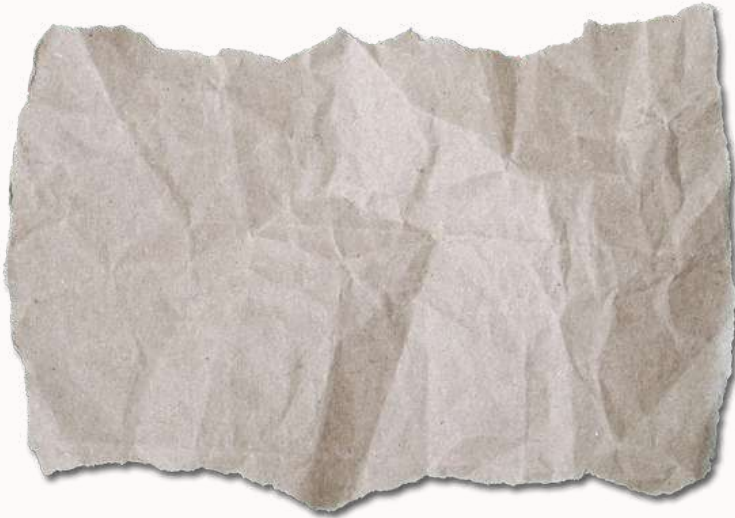




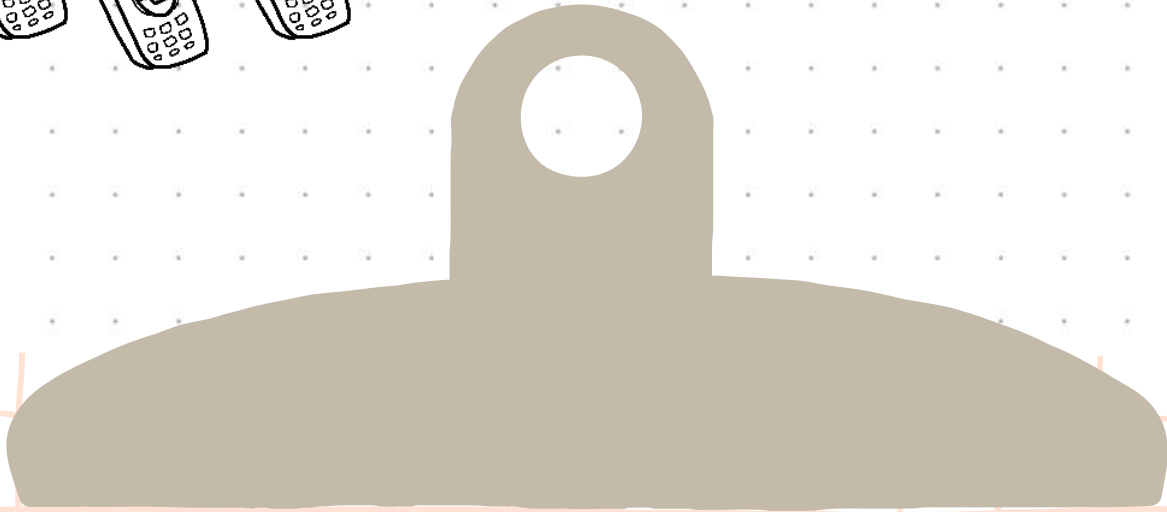
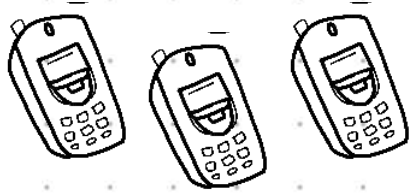
What distracts you  
from achieving  
your goals?



What are the  
small things in  
life that make  
you happy?

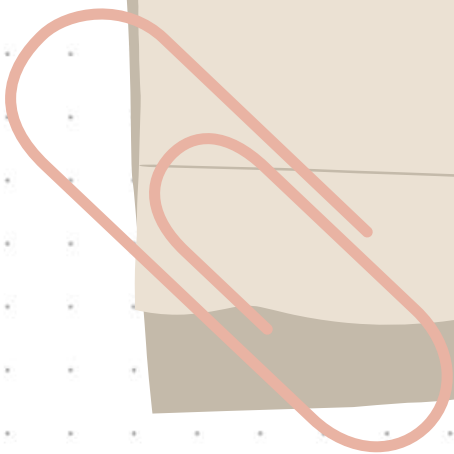




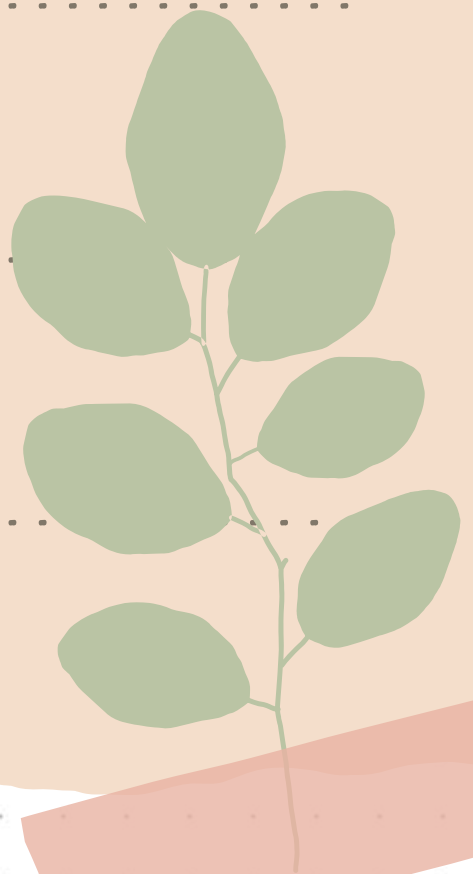


Things that  
inspire you  
the most:

What matters  
the most to you?



Who are your  
top go-to friends  
or family?

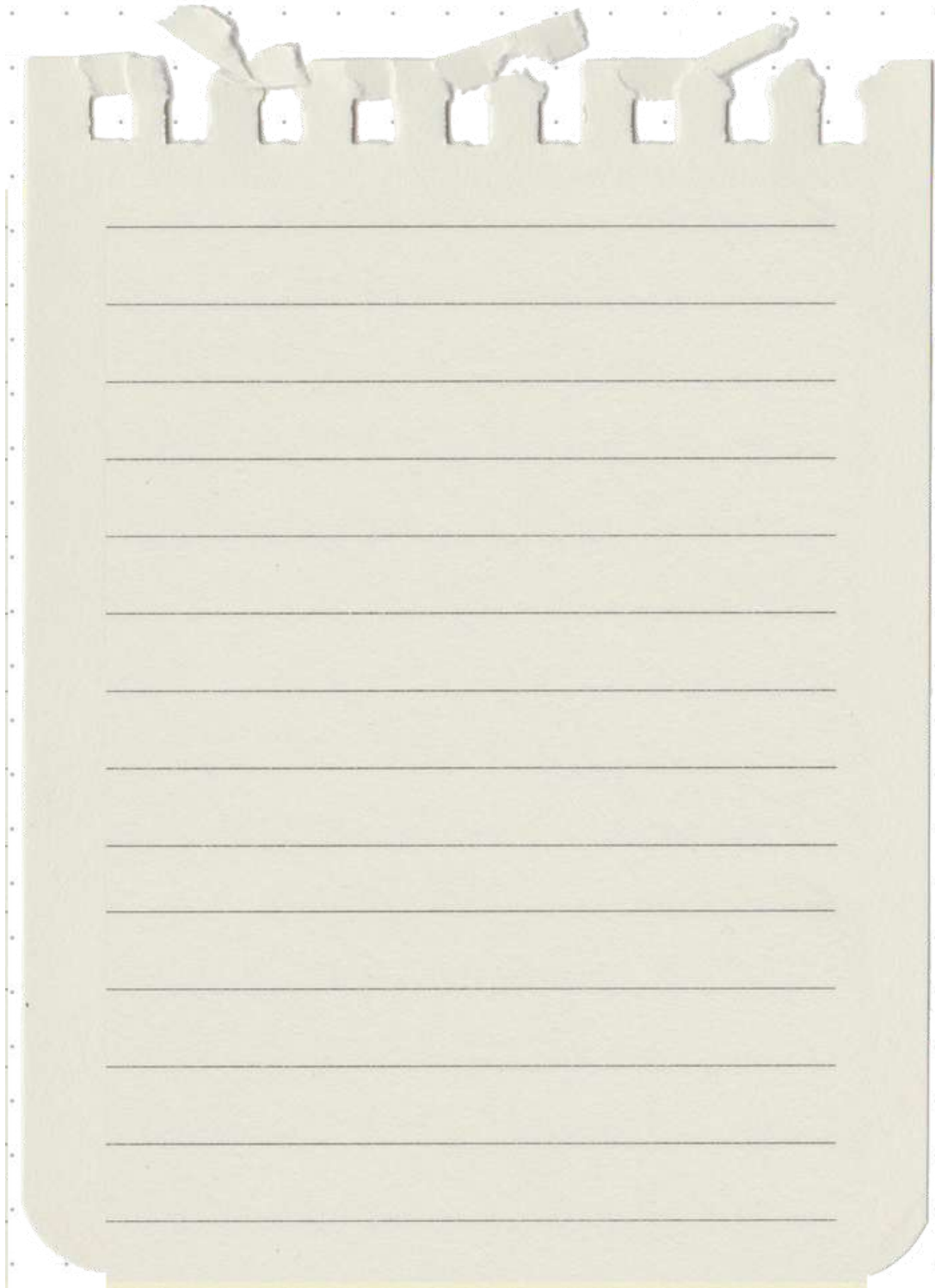


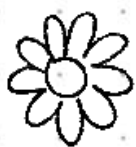


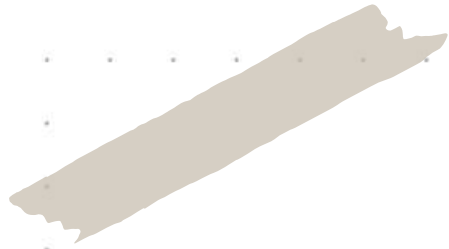
Who would you  
be if you could  
start from scratch?



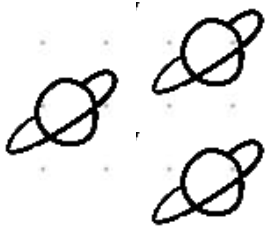
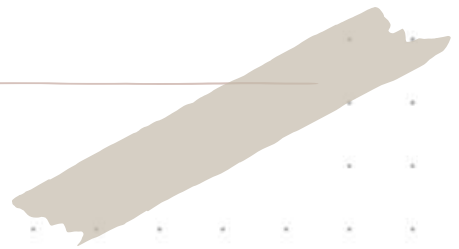
# Notes







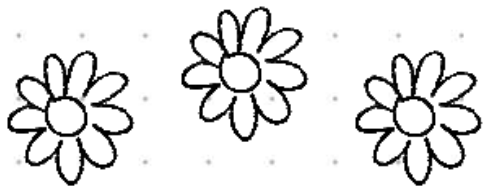
Handwriting practice lines consisting of seven horizontal brown lines spaced evenly down the page.























Handwriting practice lines on a grid background. The page features ten sets of horizontal lines, each consisting of a top line, a middle line, and a bottom line, providing a guide for letter height and placement.

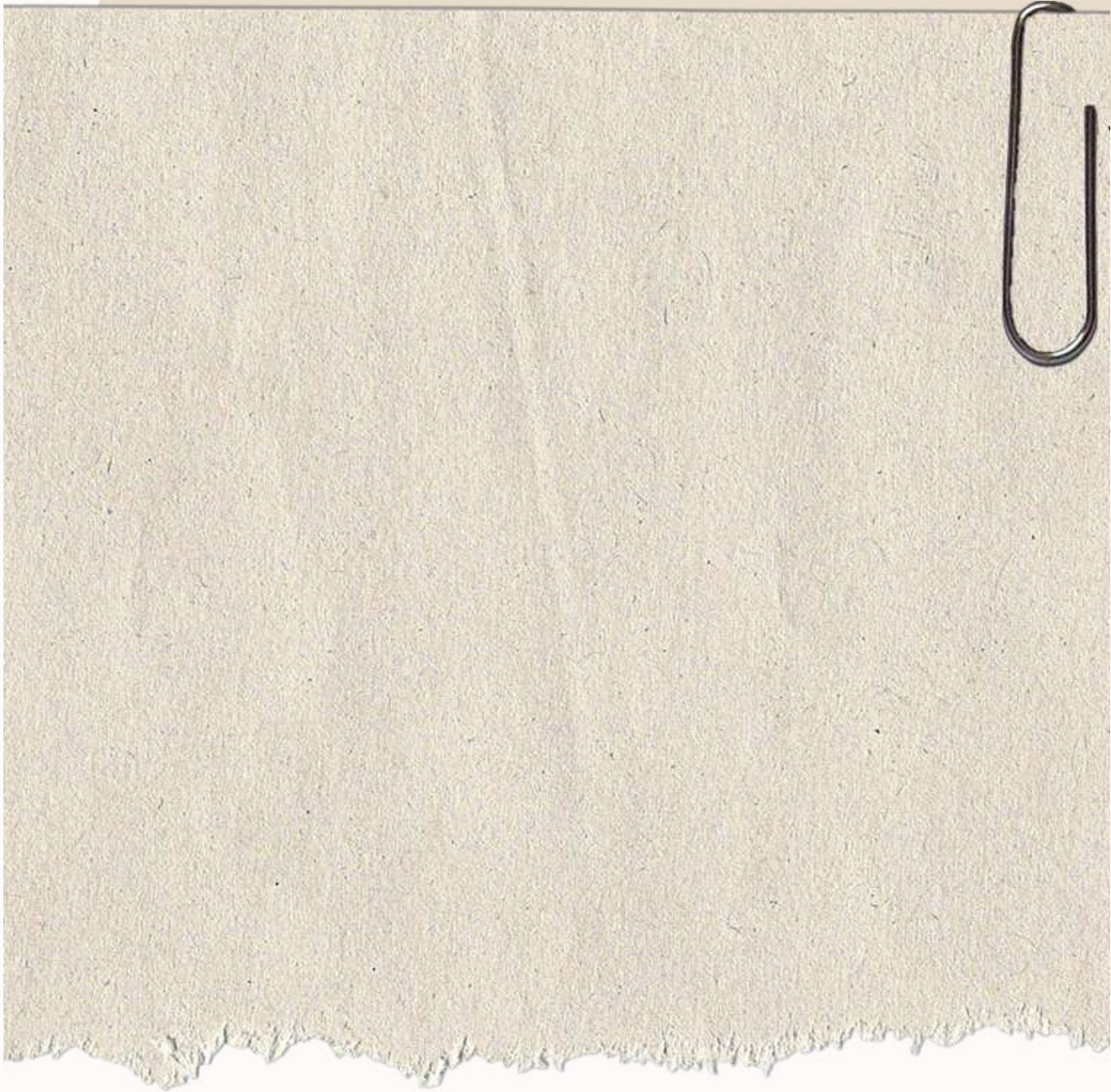


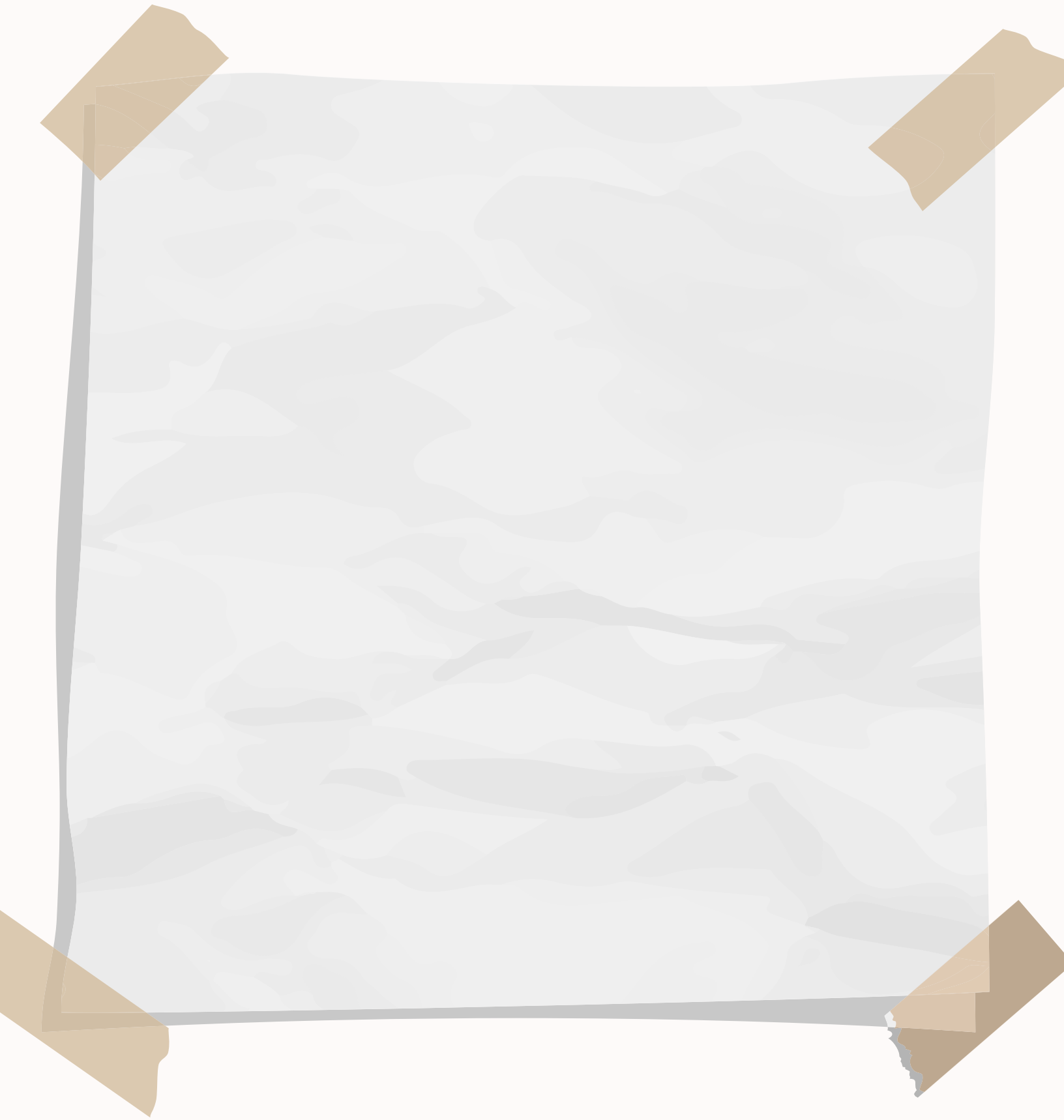


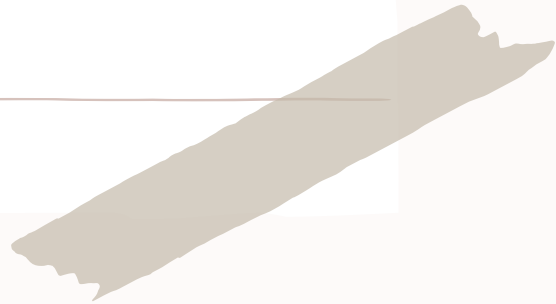
















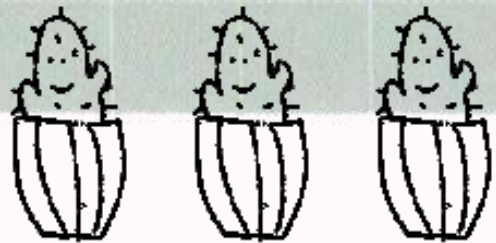


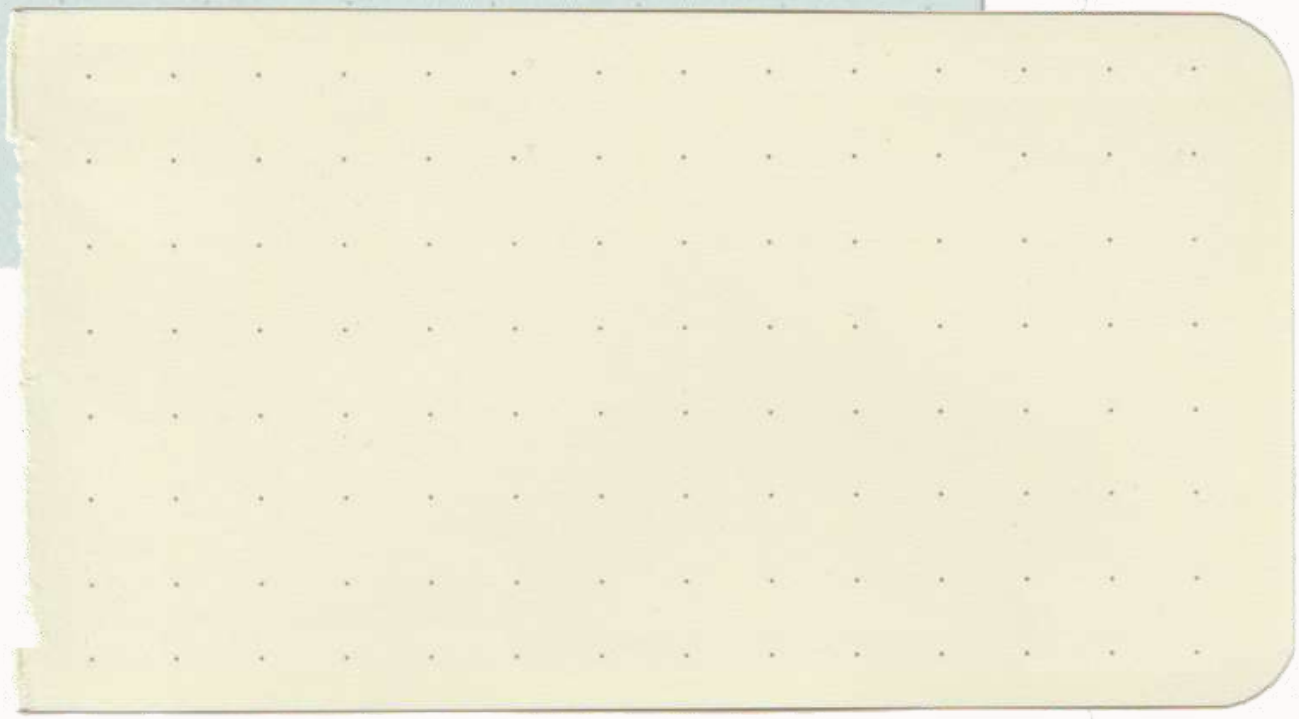
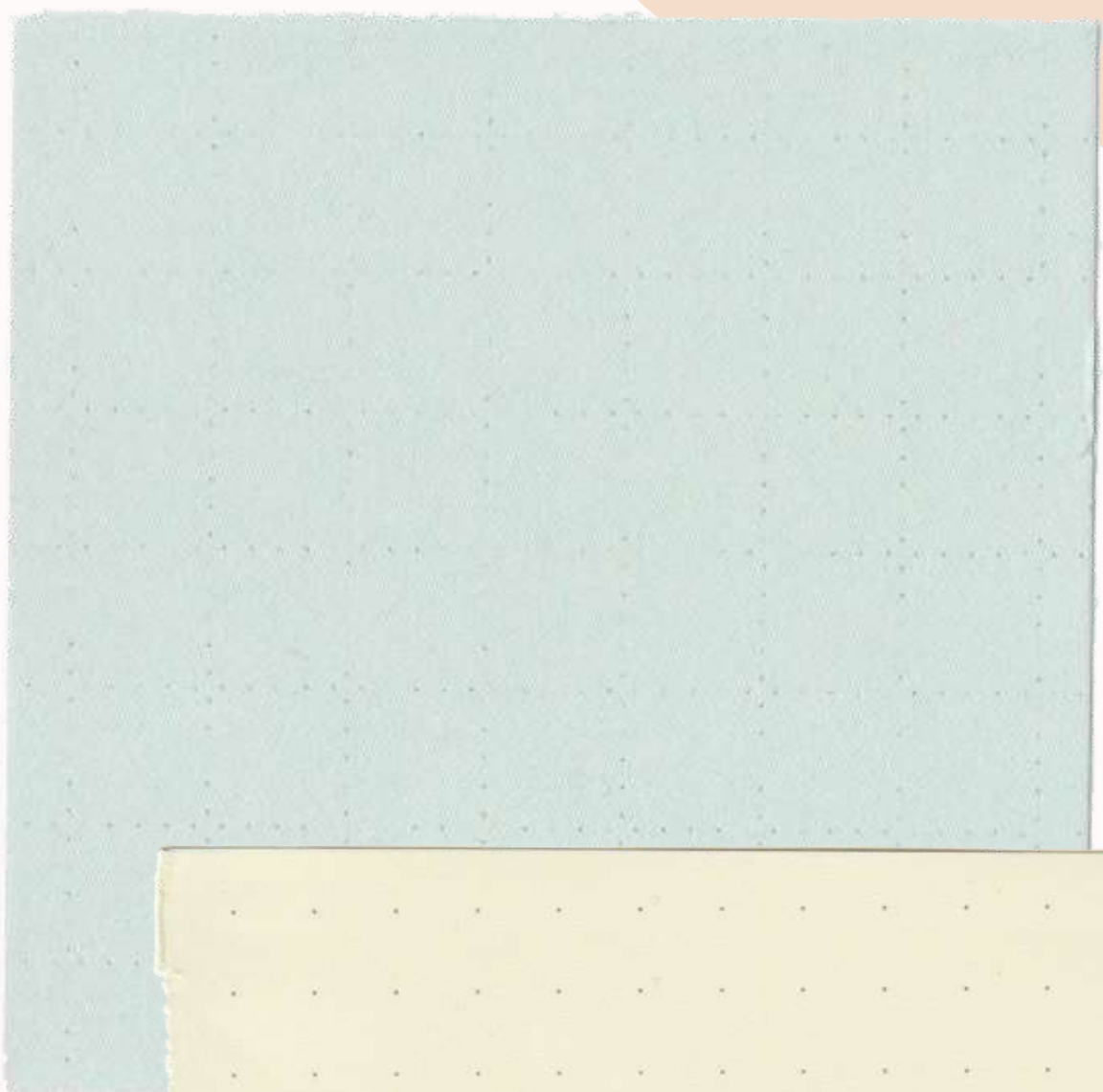
























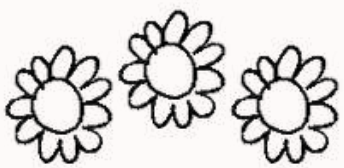
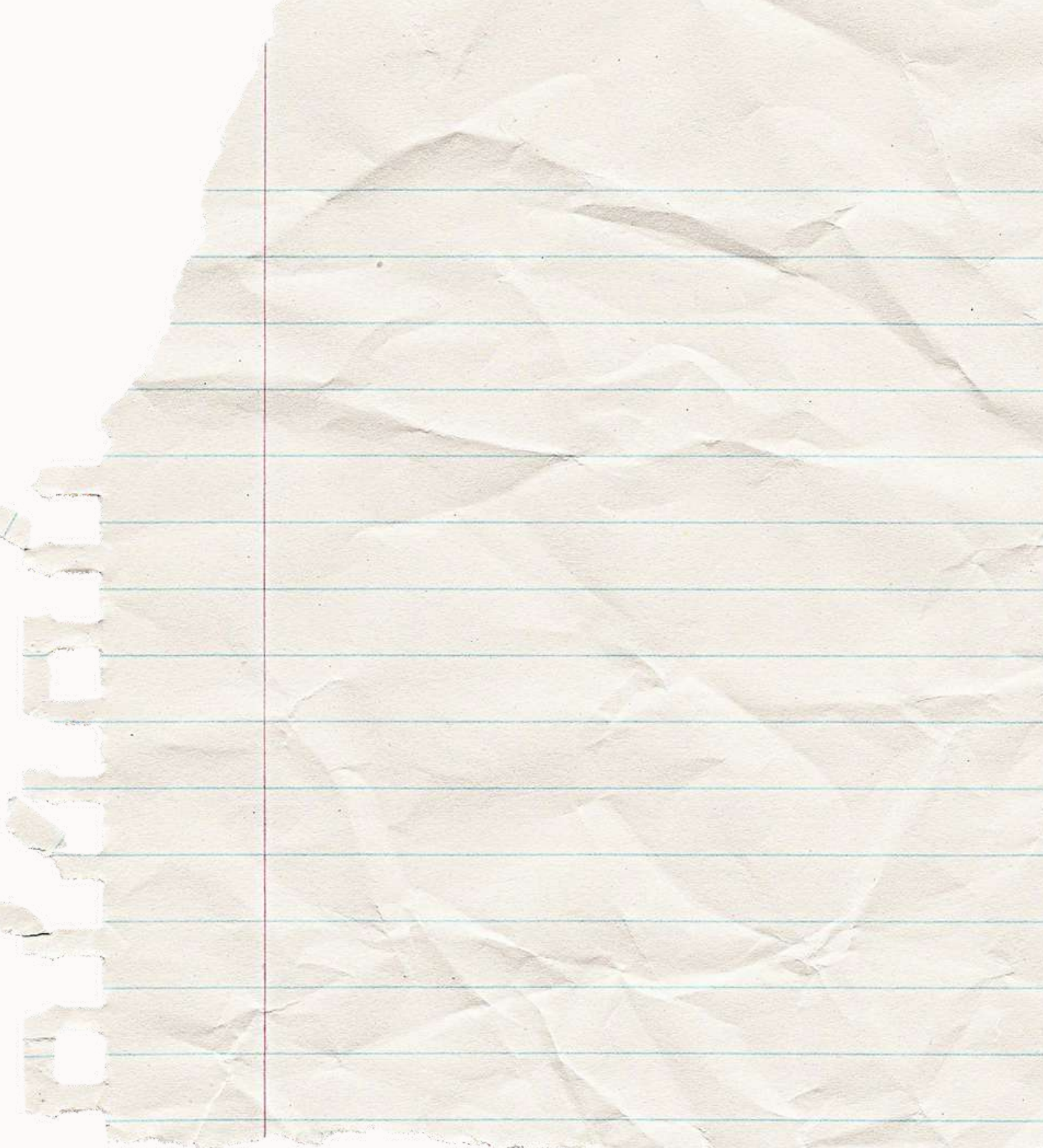












This journal is dedicated to everyone and anyone who needs a space to write, vent or simply create.



**HAPPY  
nopey**



A guide to self-discovery

**AYLA MADISON PRODUCTION**

