

Bullet Journal Ideas

Personal Growth & Mental Health

- Values
- Level 10 life
- Inner child work
- Favourite quotes
- Affirmations
- Personal goals
- Habit tracker
- Pay it forward ideas
- Shadow work prompts
- Healthy morning routine / habits
- Gratitude lists / **gratitude log**

- Brain dump
- Anxiety tracker
- Stress levels
- Journal prompts
- Self-care activities
- Mood tracker
- Volunteering
- Wish lists
- Life changes
- Therapy progress tracker
- Milestones
- Happy memories

Physical Health

- Health tracker
- Period tracker
- Sugar intake tracker
- Food and/or allergy diary
- Medications
- Workout diary
- Health goals

- Fitness goals / tracker
- Water intake tracker
- Alcohol intake tracker
- Weight tracker
- Sleep tracker
- Heart rate tracker
- Blood pressure
- Energy levels
- Skincare routine

Family Life

- Play dates
- Medical and health appointments
- Therapy appointments
- Beauty appointments
- Family film night ideas
- School commitments
- Homework
- Crafting
- School projects

- School shopping lists
- School holiday calendar
- Library book tracker
- Funny quotes from kids
- Ideas for family days out
- Date night ideas
- Family arrangements
- After school activities
- Gardening task list
- Future log
- Happy jar entries

Travel Lists

- Holiday planning
- Excursion planning
- Packing list
- Bullet journal bucket list

- Countries visited
- Towns and cities visited locally (national travel)
- Holiday shopping list
- Holiday countdown

Bullet Journal Ideas

Goals & Productivity

- To-do list
- Skills to learn
- Job searches
- Interview prep
- Project planning
- Resources lists
- Goal setting
- Business planning
- Accountability spread
- Professional development
- Annual resolutions / reflecting
- Monthly goals
- Yearly goals

Financial Pages

- Budget planning
- Household expenses
- Business expenses
- School expenses
- Travel expenses (vehicles & public transport)
- Savings tracker
- Debt tracker
- Bill payments
- Tax returns records and info
- Holiday budgeting
- Loan repayment tracker
- Mortgage tracker
- Couponing
- Shopping budgets
- Financial goals

Household

- Birthdays and anniversaries
- Grocery list
- Meal planner
- Freezer inventory
- Recipes
- Home improvements
- Chores
- Cleaning lists
- Event planning
- Car maintenance (MOT & Tax)
- Decluttering
- Birthday gift list / Christmas lists

Favourite Interests

- Playlists
- TV shows
- Films
- Blogs and Instagram pages
- Book list to read
- Favourite books read
- Hobbies
- Favourite stationery for journaling!

Blogging

- Key dates
- Editorial calendar planning
- Keyword research
- Blog post planning
- Sponsored content tracker
- Gifted product tracker
- Gift guide planning
- Giveaways
- Social media stats tracker
- Social media content planning
- Income and expenses tracker
- Outstanding invoices tracker
- Reciprocal engagement trackers
- Client outreach tracker