

BOOK

Bullet Journal: Track the Past, Organize the Present, Design the Future

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SYNOPSIS [From the publisher]

“For years Ryder Carroll tried countless organizing systems, online and off, but none of them fit the way his mind worked. Out of sheer necessity, he developed a method called the Bullet Journal that helped him become consistently focused and effective. When he started sharing his system with friends who faced similar challenges, it went viral. Just a few years later, to his astonishment, Bullet Journaling is a global movement.

“The Bullet Journal Method is about much more than organizing your notes and to-do lists. It's about what Carroll calls "intentional living": weeding out distractions and focusing your time and energy in pursuit of what's truly meaningful, in both your work and your personal life.”

“Let us postpone nothing. Let us balance life’s account every day. . . . One who daily puts the finishing touches to his life is never in want of time.” –SENECA, Moral Letters to Lucilius

“The main culprit was my inability to rein in my focus. It wasn’t that I couldn’t focus; I just had a hard time concentrating on the right thing at the right time, on being present. My attention would always dart off to the next bright thing. As I cycled through distractions, my responsibilities steadily piled up until they became overwhelming.

I admired my successful peers, with their unwavering attention and their notebooks brimming with detailed notes. I became fascinated with order and discipline, qualities that to me seemed as beautiful as they did foreign. To unravel these mysteries, I started devising organizational tricks designed to embrace the way my mind worked.”

“It had never occurred to me that these solutions I’d devised could be so widely applicable. If someone had a specific need, it was easy to modify one of my techniques to support it. I started to wonder whether sharing my solutions to common organizational challenges might help others avoid, or at least mitigate, the frustration I had endured earlier in my life.”

“I had to invent a new language with its own vocabulary. This made the system significantly easier to explain – and, I hoped, to learn. Now it needed a name, something that spoke to its speed, its efficiency, its heritage, and its purpose. I called it the Bullet Journal.”

“Whether you’re an experienced Bullet Journalist or a newcomer, The Bullet Journal Method is for anyone struggling to find their place in the digital age. It will help you get organized by providing simple tools

and techniques that can inject clarity, direction, and focus into your days. As great as getting organized feels, however, it's just the surface of something significantly deeper and more valuable."

"In the most connected time in history, we're quickly losing touch with ourselves. Overwhelmed by a never-ending flood of information, we're left feeling overstimulated yet restless, overworked yet discontented, tuned in yet burned out. As technology leaked into every nook in my life, with its countless distractions, my methodology provided an analog refuge that proved invaluable in helping me define and focus on what truly mattered. Now countless others have found it key in helping them reclaim agency over their lives."

"The Bullet Journal method's mission is to help us become mindful about how we spend our two most valuable resources in life: our time and our energy. If you're going to invest both reading this book, it's only fair to start by highlighting what's in it for you. To sum it up: The Bullet Journal method will help you accomplish more by working on less. It helps you identify and focus on what is meaningful by stripping away what is meaningless."

"One possible explanation for our productivity slowdown is that we're paralyzed by information overload. As Daniel Levitin writes in *The Organized Mind*, information overload is worse for our focus than exhaustion or smoking marijuana."

"The Bullet Journal will help you declutter your packed mind so you can finally examine your thoughts from an objective distance."

"Once you've learned how to keep your thoughts in one place, we'll examine how to prioritize them effectively. Everyone calling, emailing, or texting you wants your answer right away. Rather than being proactive about setting priorities, a lot of us simply let the flood of external demands set them for us. Distracted and overextended, our opportunities go under. There goes your chance to increase your GPA, to get that promotion, to run that marathon, to read a book every two weeks."

"BuJo puts you at the helm. You'll learn how to stop reacting and start responding."

"You'll learn how to tackle difficult challenges and turn your vague curiosities into meaningful goals, how to break your goals into smaller, more manageable Sprints, and then finally how to effectively take action."

"We live in an age where technology promises us near-limitless options to occupy ourselves, yet we're left feeling more distracted and disconnected than ever before. Like when flying, we watch the world speed by at 600 miles an hour with no idea where we truly are."

"If the journey is the destination, then we must learn how to become better travelers. To become better travelers, we must first learn to orient ourselves. Where are you now? Do you want to be here? If not, why do you want to move on?"

"This is where BuJo comes into play. The act of writing by hand draws our mind into the present moment on a neurological level unlike any other capturing mechanism."

"The Bullet Journal method acts as a bridge between your beliefs and your actions by integrating into the nitty-gritty of your life."

"Intentional living is the art of making our own choices before others' choices make us." – RICHIE NORTON

“No matter how much time you clock at the office, it won’t offer lasting relief, because you’re climbing the wrong mountain. We need to understand what’s actually driving our motivation before we ascend.”

“Intentionality is the power of the mind to direct itself toward that which it finds meaningful and take action toward that end.”

“If intentionality means acting according to your beliefs, then the opposite would be operating on autopilot. In other words, do you know why you’re doing what you’re doing?”

“When we believe in what we’re doing, we stop mindlessly clocking in. We become more innovative, creative, and present.”

“We’re not only working harder, but smarter because both our hearts and minds are genuinely engaged by the endeavor.”

“You can track the decisions you’ve made, and the actions you’ve taken that led you to where you are. It encourages you to learn from your experiences. What worked, what did not, how did it make you feel, what’s the next move? Day by day, you’re deepening your self-awareness by becoming a steady witness to your story. With each page, you improve your ability to discern the meaningful from the meaningless.”

“Leading an intentional life is about keeping your actions aligned with your beliefs. It’s about penning a story that you believe in and that you can be proud of.”

“Have nothing in your homes that you do not know to be useful or believe to be beautiful.” – WILLIAM MORRIS

“For most of us, ‘being busy’ is code for being functionally overwhelmed.”

“We need to reduce the number of decisions we burden ourselves with so we can focus on what matters.”

“Writing down Tasks serves a dual purpose. First, having a record of an open task makes it easier to remember even when you’re away from your journal, partly due to a phenomenon known as the Zeigarnik effect. Russian psychiatrist and psychologist Bluma Wulfovna Zeigarnik observed that the staff at her local restaurant was able to remember complex unfilled orders until they were filled, at which point they forgot the details. The friction of an unfinished Task actively engages your mind. Second, by logging Tasks and their state, you’ll also automatically create an archive of your actions.”