

# DOODLED TO-DOS

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diy

For those looking for a creative outlet, a way to stay organized, or a way to decompress, consider trying bullet journaling. Bujo for short, bullet journaling is essentially a bulleted way to journal, write lists, plan, or keep track of anything you want, really. The colors, doodles, and effort put into the self-made pages make for a personalized keepsake to be proud of.

## MATERIALS NEEDED

- Dotted notebook
- Coloring supplies of choice (markers, colored pencils)
- Black pen/fine Sharpie
- Straightedge
- Extra paper (to test the colors on)

## STEP ONE: BUY OR COLLECT YOUR SUPPLIES

A bulleted journal is essential for a bullet journal, but the utensils you use to fill it are entirely up to your individual tastes. As for what exactly to buy or where to buy it, there are plenty of YouTube and TikTok videos out there with equipment recommendations, spread ideas, or general advice.

## STEP 2: FIGURE OUT WHAT YOU WANT TO KEEP TRACK OF

Some people like to make personalized weekly spreads that resemble planners one would buy from a store, and some people like to make monthly or yearly spreads that keep track of different things, such as how many hours of sleep you get in a night or how many times you read in a month. Keep up with grocery lists, set goals and reflect when you have met them, or color in a square every day corresponding with your mood for an entire year. There are endless options to choose from. Pinterest is a great resource for finding tracker inspiration, as well as theme and design inspo.

The theme can continue for a week, a month, or a year, but for the spreads to look like they belong together, a continuous theme is a great visual tool. Do not be afraid to dive into your artistic talents, even if you do not believe you truly possess any. @itslacymae, @bulletjournal.tlyz, and @bujo\_creative are some TikTok accounts I have utilized in the past and continue to as I plan my monthly spreads. Pinterest is also never a bad place to look, and corresponding themes to holidays and seasons make for timely and festive themes. A divider labeling the time period decorated according to the theme is a great indicator that a new tone has been set for the upcoming pages.

## STEP 4: GET TO DRAWING

Use your supplies and a straightedge to map out, trace, or go straight into carrying out your page vision. Depending on how many pages you plan on making, you may need to set aside some time to do it all at once or a little at a time. Be strategic, though. If you plan on starting your first journal and the month begins tomorrow with little time to spare, you may need to wait so you can take your time and be proud of your work. Make sure to keep a color key somewhere within your pages so you know which color represents what in your designs.

## STEP 5: KEEP UP WITH IT

After spending so much time researching supplies, looking for inspiration, and laying out your pages, you get to actually fill them in each day. Designate a time during the day to unwind and relax as you fill out your journal. Make it your self-care; light a candle, play some music, and be proud of your organization, talent, and newfound hobby.