



2 BULLET JOURNALING

I have always been a sucker for new craft supplies, a high-quality notebook, and pretty stationary. After a couple of bujo TikToks showed up on my "For You" page this summer, I caught the bug pretty fast and immediately started researching how to start my own. Keeping track of the highlights of my day, the amount of sleep I am getting, and the media I am consuming each day is oddly therapeutic. Bullet journaling quickly became a staple in my nightly routine and is my favorite form of self-care. While I am not the best artist, this new creative outlet for my eyes only has been so much fun. TikTok is a great place to look for inspo for those who are looking to mess around and start a bullet journal

themselves. I personally love @itslacymae's TikToks; they are super satisfying, and her spreads are beautiful and full of great ideas.

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