



**THE
BULLET ⚡ JOURNAL[®]
METHOD**

TRACK YOUR PAST,
ORDER YOUR PRESENT,
PLAN YOUR FUTURE

RYDER CARROLL

Creator of the Bullet Journal[®]



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PRAISE FOR *THE BULLET JOURNAL METHOD*

“Bullet journaling is one of the most elegant and effective productivity systems I’ve ever encountered. It will not only help you get more organized but will also help you become a better person. I highly recommend this book (and the method it details) for anyone looking to get more out of life.”

—Cal Newport, author of *Deep Work* “Whether you are an avid journaler or have always wanted to explore the benefits of journaling, *The Bullet Journal Method* simplifies the power of putting pen to paper and will undoubtedly transform your life, in more ways than you can imagine.”

—Hal Elrod, author of *The Miracle Morning* “Ryder has done an extraordinary job in sharing a comprehensive and hands-on methodology to implement the powerful practice of externalizing our thinking —no matter what it’s about! It’s a great treatise and manual for freeing and directing our consciousness, with lots of tips about how to play in that big and wonderful game.”

—David Allen, author of *Getting Things Done*

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**TO MY PARENTS FOR JUST ABOUT EVERYTHING
TO THE BULLET JOURNAL COMMUNITY FOR DARING**

**THANK YOU,
RYDER**

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T.O.C. vs. Index: In the Bullet Journal we combine the table of contents and a traditional index to keep the content in your notebook organized and easily accessible. You can read more about this on [this page](#) .

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*