

Introduction

“I should avoid trends. You don’t want to be the 4th online pet store in the 1990s. If people are already doing it, then it’s time to move on.”

Welcome to the inside of my brain on October 17th 2017—my first journal entry.

I tried to remember why I started journaling. That would’ve been a solid introduction to this eBook, don’t you think? To talk about what drove me to the activity I’m selling.

Honestly, I have no clue why I felt compelled to journal.

Here’s what I do know. My impulse wasn’t original.

Benjamin Franklin carried around a journal to note his ideas and record experiments.

Virginia Woolf wrote gossip notes, which she would later use for her novels.

Marcus Aurelius used a journal to monitor his thoughts, question his logic, and keep his focus on things that mattered.

JFK, Ronald Reagan, Krida Kahlo, Emma Watson, Oscar Wilde, David Sedaris. The list of journalers is curiously long.

Anne Frank wrote her first journal entry on June 14th, 1942, two days after her thirteenth birthday. Her family had already gone into hiding.

“I hope I will be able to confide in you as I have never been able to confide in anyone and I hope you will be a great source of comfort.”

Anne was a gifted writer who found herself stuck in one of the worst periods in history. On the one hand, a journal released some pent-up creative energy. On the other, the practice served as her therapy. A means to articulate what was going on and try to make sense of it all—if that was even possible.



The reasons for journaling vary, and the more I learn about the practice, the less I care about the reasons.

What’s important is to acknowledge that smart, brave people keep journals and that something has always drawn people to getting things out of their heads and into the physical realm.

Here’s the irony: Science now tells us that journaling is one of the most effective activities you can engage in to improve memory, communication skills, and IQ.

A study at Harvard¹ found that participants who journaled had a 25% increase in brain performance compared to the control group who didn’t journal.

Another study at Stanford² University found a critical relationship between writing and speaking. Writing, they concluded, “writing reflects clear thinking and clear communication.”

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The most research around journaling seems to focus on its effects on mental health.

James Pennebaker³, a social psychologist at the University of Texas at Austin, says “a whole cascade of things occurs when we write. Labeling emotions and acknowledging traumatic events- both natural outcomes of journaling—have a known positive effect on people and are often incorporated with traditional talk therapy.”

My journal is my foundation. A means of structuring the days to meet priorities, a financial guide so I can spend and save with confidence, and an emotional outlet for all the crap life throws at me.

The cool part, my process is great for anyone wanting to live a life with more intention.

How’s that?

Instead of a book full of jumbled thoughts, I leveraged Ryder Carroll's Bullet Journal and best practices from lifelong journalers like Ryan Holiday and Tim Ferris to develop an accounting-like system that's helped me remain calm and focused while others fill their heads with anxieties.

Now I pass it to you!

The eBook is split into 4 sections

1) Productivity - Everyone wants to live in the present. But, like all things, a balance is required. First you need to create an idea of where you’re going,

Part 1 will help you there. Here you will learn how to plan your year, month, and day using the Bullet Journal Method to quickly and easily and narrow down your goals so all you have to do is trust the process.

2) Finances – Yes, apps like Mint and excel spreadsheets serve this purpose. Still, I found that I’m more intentional with my money when I revert to old-school methods.

3) Emotions - The stoics believed in the power of emotions but they also believed it was up to us to manage them. To feel them out and keep them from hindering our life’s experience. Journaling helps ride the wave of overwhelming emotions. This section will teach you how to do that.

4) Values – Your values and rules help you go out into the world without fear of abandoning your character. Your journal is your lifeboat when it comes to values.

Ryan Holiday wrote that “all the world's problems stem from man’s inability to sit quietly in a room.”

This eBook will teach you the fundamentals of stillness. How to sit with yourself and organize your thoughts so you can go out into the world and complete your goals with confidence.

Honestly, I don’t become the man I am today with it.

Good luck and all the best,



How to Set Up Your Journal in 5 Minutes

What is A Bullet Journal?

The Bullet Journal Method or (Bujo if you're a nerd) is a journaling system created by New York-based writer and product designer Ryder Carroll.

In 2018, he published a book called *"The Bullet Journal Method: Track The Past, Order the Present, Design the Future"* which has since become one of the most popular and referenced approaches to journal organization.

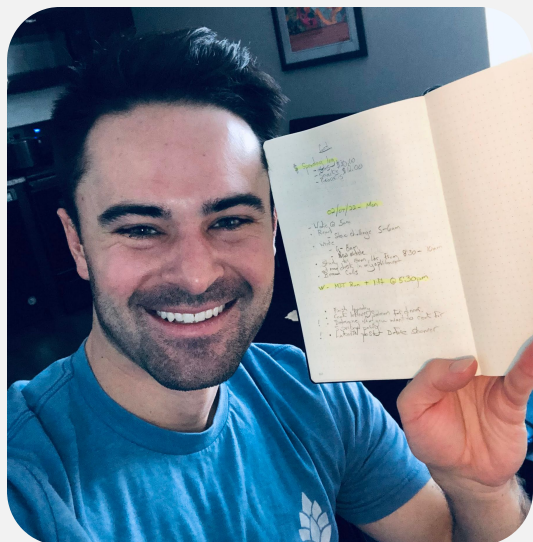
Here's how I'd describe the Bullet Journal Method. Instead of carrying around a book of disorganized thoughts, Bujo turns your ideas into a structured system of accounting, so you won't get lost or frustrated with your journal.

The value proposition of Bujo in a nutshell: Get more from your journal in a fraction of the time.



Notable Users of Bujo

- Ryan Holiday
- Tim Ferris
- Tom Keugler



What Do I Need?



A Dot Grid Journal

You could do it with a notebook, but I have shitty handwriting and can't draw straight lines. A dot grid journal is the way to go.

I use the same brand and journal model every time: [Leuchtturm1917](https://www.leuchtturm1917.com/).



Mechanical Pencils

You can use a pen, marker, crayons, whatever if you'd like. I screw up so pencils are like my safety nets.



Highlighter Marker

Helps call out important things like dates and notes.





How to Set Up Your Index Page

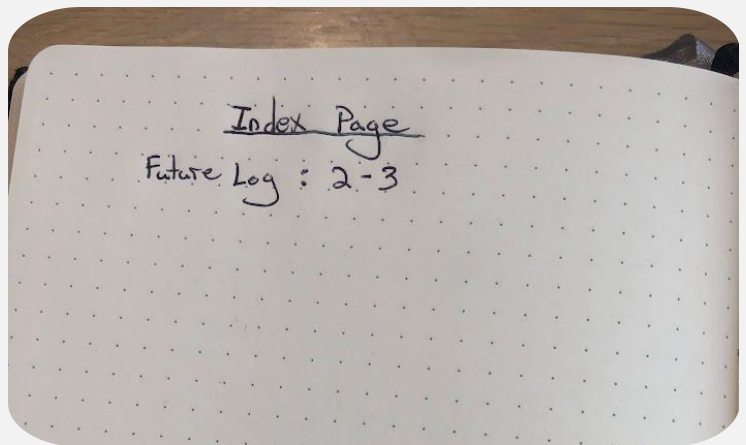
The index page is the foundation of your journal. The first page where you will organize and reference the contents.

The index page works like a table of contents. Every time you create a new page in your journal, whether that's for logging your day, finances, or writing about your feelings. You will give the page a title and a page number, then record it on your index page. Easy enough?

Let's say you want to make a page specific for notes about a book you're reading. First thing you do is find an empty page in your journal. Title the page "Book Notes," add a page number, and record it on your index page.

1 **Step 1**
Open to page 1 of your journal and title the page "Index Page."

2 **Step 2**
Write "Future Log" underneath and write 2 - 3 for the page numbers. Repeat this process for each new section you add to your journal.



That's it! You're ready to start filling out your journal. Now let's talk about how you can use this to become more organized and productive.