

WHAT TO INCLUDE IN A

NEW JOURNAL SETUP

CLASSIC SYSTEM

- KEY
- INDEX
- FUTURE LOG
- YEAR AT A GLANCE

GOALS-RELATED

- GOALS PAGE
- ACTION PLANS
- XX BEFORE 20XX
- 101 THINGS TO DO
- WORD OF THE YEAR
- YEARLY THEME PAGE

TRACKERS

- LONG-TERM TRACKERS
- YEAR IN PIXELS
- MEDIA TO CONSUMED
- SPENDING / SAVINGS
- MONTHLY BILLS TRACKER
- WHEN DID I LAST...
- PACKAGE TRACKER
- CLEANING TRACKER
- STATS TRACKER
 - SOCIAL MEDIA
 - READING/WATCHING/ETC.
 - WEIGHT LOSS
 - ETC.

ROUTINE-RELATED

- CLEANING ROUTINE
- IDEAL DAY / WEEK
- PLANNING ROUTINE

FOR FUN

- QUOTE/COVER PAGE
- NAME PLATE PAGE
- THEN AND NOW PAGE
- MONTHLY CHALLENGES
- WISHLIST

REFERENCE MATERIAL

- TO DO DAILY / WEEKLY / ETC.
- MASTER GROCERY / MEALS
- RESET CHECKLIST
- IDEAS PAGE

MEMORY KEEPING / REFLECTION

- MONTHLY MEMORIES
- YEAR IN PICTURES
- ACCOMPLISHMENTS
- LESSONS LEARNT
- GOODBYE / HELLO PAGE

BULLET JOURNAL-RELATED

- SPREADS TO MAKE LIST
- GRID-SPACING REFERENCE
- MY NEW JOURNAL IDEAS
- THEME PLANNING PAGES
- PEN SWATCHES / TESTING