

Bullet Journal Kit



Your Free Printable Starter Pack



to do

- ☐ plan my week
- ☐ grocery shop
- ☐ water plants
- ☐ read chapter
- ☐ reply to emails

notes

today

- 7 00 morning routine
- 8 00 work time
- 10 30 break
- 11 00 creative time
- 1 00 lunch
- 2 00 tasks
- 4 00 walk
- 6 00 dinner
- 8 00 wind down

gratitude

- sunny mornings
- good coffee
- time with friends



How to Use Your Kit

Eight ready-made pages – print, and start your bullet journal today.

WHAT'S INSIDE

- **Key & Index** – your symbol legend + a searchable contents page
- **Future Log** – all twelve months of 2026 at a glance
- **Monthly Log** – calendar, tasks, goals and a mini habit tracker
- **Weekly & Daily** – a seven-day spread and a rapid-log daily page
- **Habit Tracker** – a full-month grid for up to 12 habits
- **Mood Tracker** – a petal wheel with a colour key
- **Collections** – brain dump, gratitude log and bucket list
- **Blank Dot Grid** – two free pages for your own spreads

THE CORE-FOUR METHOD

- | | |
|-------------------|--|
| 1 Key & Index | Set up your symbol legend and contents page first. |
| 2 Future Log | Add year-round dates you can't miss. |
| 3 Monthly Log | Lay out this month's calendar, tasks and goals. |
| 4 Add collections | Pick two or three trackers or lists you'll actually use. |





Key & Index



Future Log 2026



JANUARY •

FEBRUARY •

MARCH •

APRIL •

MAY •

JUNE •

JULY •

AUGUST •

SEPTEMBER •

OCTOBER •

NOVEMBER •

DECEMBER •



Monthly Log

MONTH: _____

S	M	T	W	T	F	S

TASKS

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

GOALS



Weekly Plan

WEEK OF:

MONDAY

FRIDAY

TUESDAY

SATURDAY

WEDNESDAY

SUNDAY

THURSDAY

NOTES



DATE:

NOTES & REFLECTION



HABIT

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

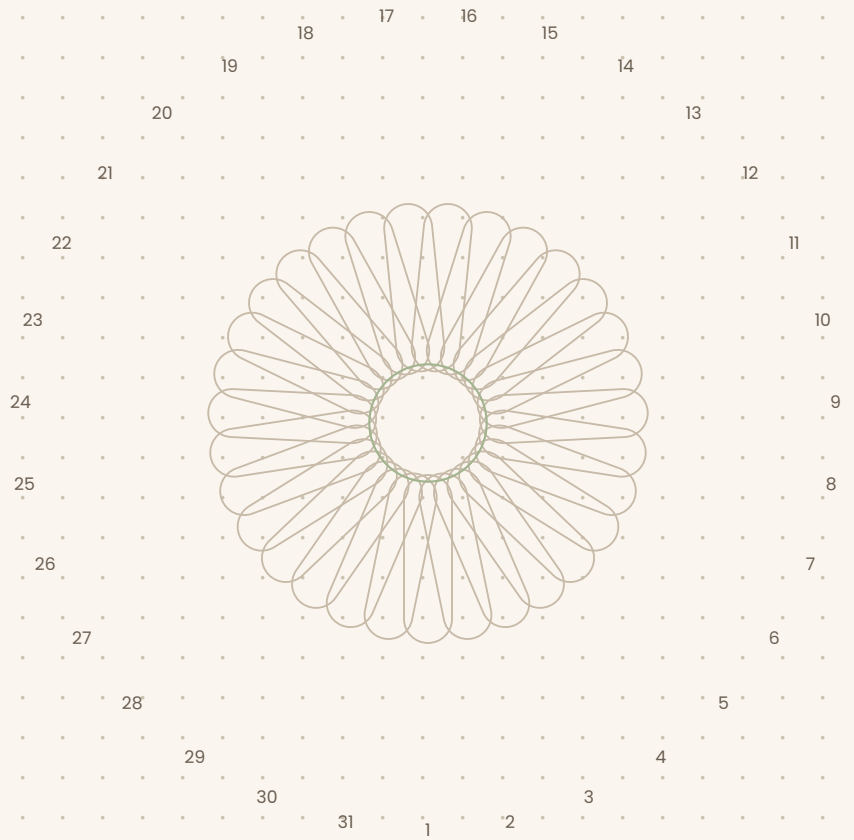


Mood Tracker

MONTH: _____

MOOD KEY

- Amazing
- Good
- Okay
- Tired
- Sad
- Stressed
- Anxious





BUCKET LIST

