

# 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