

## Video 1

Samantha Kristoferson has been journaling seriously since 2008 after backpacking Europe for 30+ days. Now she is co-founder of KW Professional Organizers and practices a daily gratitude journal with Bullet Journal designs. Watch to learn more about your instructor.

## Video 2

Do you know what Kundalini Yoga is? Every Kundalini Yoga class begins with a chant of "Ong Namo Guru Dev Namo." It helps relax the body and the mind. Join your instructor in this easy relaxing exercise.

## Video 3

- Get the details of how Bullet Journal Came to be.
- Learn about the creator Ryder Carroll.

Have a peak to his website: <http://bulletjournal.com/>

Watch his introduction video: <https://youtu.be/fm15cmYU0IM>

## Video 4

Questions to Ask Yourself:

1. Do you like writing with pen and paper?
2. Can you set aside time every day to make this journal a habit?
3. What kind of journal do you want? (Minimalist, Artsy, Agenda Style, List Keeper, Tracker)
4. What would you like to keep track of?
5. Would you like more time to disconnect?
6. Are you looking for a tool for reflection?
7. What size of journal and how many pages will you require?

## Video 5

- Official Bullet Journal Website: <http://bulletjournal.com/>
- Instagram: <https://www.instagram.com/boho.berry/?hl=en>
- Blog Posts #1: <https://kwprofessionalorganizers.com/2018/01/04/heck-bullet-journaling/>

Blog Post: #2: <https://kwprofessionalorganizers.com/2018/05/01/quickfixbulletjournal/>

## Video 6

Watch how the book is made: <https://kwprofessionalorganizers.com/2017/10/26/extraordinarylife/>

## Video 7

Remember that creating a journal shouldn't be a pre-set design. Using the Bullet Journal principles you can create a journal that suits your needs best. So your journal will look different from mine because we have different requirements.

I recommend spending a bit of time thinking about what you need and why. Use the "Building Your Bullet Journal" worksheet **from Lecture 4** to help you expand on this idea.

1. What style of paper would you like?
2. How many pages do you need?

## Video 9

We'll dive into these in more detail afterwards.

Exercises: pause the video at any time to try out one of the ideas that you are watching. Later in **Section 4** of this course breaks down each exercise more closely.

- using post-its
- adding an envelope
- making cut-outs for easy to find sections
- adding colourful tape to a page to mark importance

Hacks + Ideas Video fast forward: <https://www.youtube.com/watch?v=E-tMUE9FUXc>

Slow Step by Step Video Hacks: <https://www.youtube.com/watch?v=C-f62ncQBWM>

## Video 22

Tag us in your social media posts and we'll share your stuff!

@KWPOrganizers (on Instagram & Twitter)

## BONUS Video

Please view on our Youtube Channel for streaming.

This video is the "What The Heck is Bullet Journaling" workshop instructed in front of a live audience (using Facebook LIVE) at our local library. There are pauses when the audience takes time to ask questions and work on their own journals. A lot of the content is repeated in this presentation, but you may find it helpful to see and hear the presentation.

You can copy and paste this link in your browser:

<https://www.youtube.com/watch?v=H5fdLfqKDBs&t=2838s>