

The Bullet Journal Method - Track the Past, Order the Present, Design the Future

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Title : The Bullet Journal Method: Track the Past, Order the Present,
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Introduction

This book was presented to me by AKPK Management during AKPK's management conference at Forest City Resort, Johor, in November 2019. Being in a management position, I was initially a bit sceptical as the cover page design was not so attractive to me. Nevertheless, to fill up my leisure time while being alone in my rented JB Condo, I started to read the first few pages.

To my surprise, the way it was written made it interesting to read and it kept me engrossed as I continued to read. Further, it was written in simple English, was easy to understand and there is no ambiguity in the message it conveys.

In a Nutshell

According to the author Ryder Carroll, this book is "a mindfulness practice disguised as a productivity system". The ultimate goal of this method is to help people live intentional, productive and meaningful lives. It will help the reader to:

Track the past: Using nothing more than a pen and paper, you are able to create a clear and comprehensive record of your thoughts.

Order the present: Find daily calm by tackling your to-do list in a more mindful, systematic, and productive way.

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Design the future: Transform your vague curiosities into meaningful goals, and then break those goals into manageable action steps that lead to big change.

The book is divided into five parts.

- The first part is an introduction to this method and the why behind it.
- The second part contains all the technical aspects of bullet journaling in a detailed way.
- The third part dives deep into the mindfulness side of bullet journaling as the author talks about daily practice, small steps, gratitude and so much more.
- The fourth part is all about the community and its contribution to this phenomenon along the years. It also contains examples and best practices that will help you to understand how to personalize the method, making it fit your needs.
- The fifth part contains practical advice to bullet journal in our daily life, and an additional Questions and Answers section.

My Opinion

Author Ryder Carroll had tried everything to get organized – countless apps, systems, planners, etc. Ultimately, he invented his own simple system that requires only pen and paper, which he found both effective and calming. The system combines elements of a “wish list”, a to-do list, and a diary. It makes it

easy to get the thoughts out of our head (an unreliable witness) and onto paper, to see them clearly and decide what to do about them. The system helps me identify what matters, and set goals accordingly. By breaking long-term goals into small actionable steps, users map out an approachable path towards continual improvement, allowing them to stay focused despite the crush of incoming demands.

But this is much more than a time management book. It's also a manifesto for what Ryder calls “intentional living”: making sure that our beliefs and actions align. Even if we already use the Bullet Journal Method, this book provides new exercises to become calmer and focused, new insights on how to prioritize well, and a new awareness of the power of analogy tools in a digital world.

This is not just a book about the bullet journal method. It's about personal growth and intentionality, themes that are very closely connected to the system that Ryder Carroll designed.

We may argue that the bullet journal method is just a simple to-do list with complicated-looking symbols and a lot of buzzwords, or something that will take up too much of our time, but don't knock it until you have tried it for at least a few months, as suggested by Ryder Carroll. I've been bullet journaling for less than 6 months and I'm just now starting to realize how much it helps me in my managerial tasks.



The Bullet Journal Method came at just the right time for me. This book gave me some much-needed motivation and tips to get back into it. It provided answers to all the questions I was struggling with like: How do I set up my periodical tasks effectively so it can help me reach my goals? How do I define my daily tasks and the expected results? How do I use the information in my habit tracker to make better decisions in the future?

Some of the topics discussed are decision fatigue, focus and flow, time management, information overload and technology, handwriting and memory, effective note-taking, tackling goals big and small, daily routines, and gratitude. There's something there for everyone.

Scattered throughout the book are little exercises we can do to learn how to actively reflect on our life, set goals, and get the most out of our bullet journal experience.

Conclusion

This is a book I am sure to grab off my shelf again and again to refresh my memory. I would recommend this book to anyone, whether a student, teacher, administrator, manager, boss, CEO, Director, or anyone who claims 'no time' or 'busy all the time' as this will guide readers with a step-by-step approach to completing tasks in a very practical way without applying technical approaches to declutter the mind. Everyone can gain from *The Bullet Journal*. I would give it a rating of 95%. ■