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# 30 DAYS TO A BETTER *Life* *hijo* CHALLENGE

30 DAYS OF PROMPTS TO HELP GET  
YOU STARTED!

+PRINTABLE PAGES MONTHLY  
PROMPTS AND MORE

# A LITTLE BIT ABOUT ME

## I AM A PASSIONATE JOURNALER

Hi! My name is Nicola and I am the blogger and passionate journaler behind My Inner Creative. I started my inner creative because I was really struggling to find one place I could go to get the inspiration I needed. So I thought – if I am struggling, other people will be too! So I started My Inner Creative to help those getting started to feel and STAY inspired and motivated!

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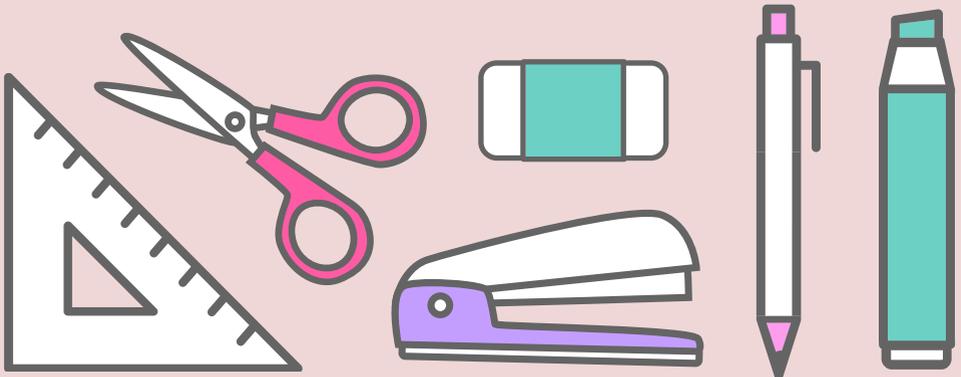
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# HOW TO USE THIS WORKBOOK

Even though we try at times to really concentrate through online content, sometime we look back and think " darn! I wish I was paying more attention."

Did you know you can increase your memory by up to 70% by writing something down. Plus reviewing the materials you have written will reinforce your learnings!

**So print this workbook, grab a pen, and lets get learning some super cool productivity things!**

Lets do this!

*Nicola*



# TRACK YOUR *Progress*

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Topics that are covered in the mini master class are highlighted with this icon

PICKING A JOURNAL 	STATIONERY YOU NEED 	WHAT DO I NEED TO USE THE BUJO FOR? 	OUTLINE WHAT YOU NEED 	HOW DO I GET INSPIRATION?	DO I NEED A KEY? 	SETTING GOALS
MILESTONES TO ACHIEVING THOSE GOALS	DESIGNING A LAYOUT THAT WORKS 	HELLO PAGES	FUTURE DESIGN 	MONTHLY DESIGN 	INTRO TO TRACKERS	WHAT SHOULD YOU TRACK?
DESIGNING AND DRAWING A TRACKER 	WEEKLY SPREADS	DAILY SPREADS	HANDWRITING AND CALLIGRAPHY	HEADERS AND BORDERS	ART SUPPLIES	CREATIVE JOURNALING
DUTCH DOOR	FIXING MISTAKES	REFLECTION	COMMON CHALLENGES	TAKING PHOTOS TO SHARE	SELF CARE	CONSISTANCY AND MOTIVATION
TIME MANAGEMENT AND USE AT WORK	MIGRATING AND STARTING MID MONTH	<i>Bonus</i> SHARE YOUR WORK!				

# GETTING Started

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Today is the day! Write down the date!

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FACEBOOK  
GROUP

Hi! One of the most common reasons people sign up for our Better Bujo Challenge is because they are struggling with creativity - struggling with hand lettering and much much more! Things like motivation and keeping going, what to put in, how to use washi and all these other goodies that make it oh so challenging!

During this process - We will give you some options for ideas - suggestions - links and much much more! If you haven't already - check out our Facebook Group for support!

This is the light edition of all the topics we cover in the full challenge so feel free grab your copy of the of the full version here:

# GETTING *Started*

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Some of the things I really need to get started  
are:

I want to use my journal for:

Some of the things I want to keep track of in  
my journal are:

I am going to keep things simple by:

The first thing I am going to do is:

# DAYS *one*

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## DAY 1



Have you picked out a journal you like? Think about cost - Think about the type of paper you want, and what you want to use it for. Do you need page numbers?

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[READ ALL OUR NOTEBOOK REVIEWS](#)

## DAY 2



Have you got a pen, a ruler and some highlighters? Today we think about what stationery would be best for you to use in your bullet journal. We also talk about hoarding and when stationery is unnecessary!

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[BUJO ON A BUDGET](#)

## DAY 3



Why do you actually use a the Bullet Journal? What is the reasons you want to use it? List some of those reasons below! Productivity? Creativity? Time Management? Project Management?

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[PROJECT MANAGEMENT](#)

[CLICK ME](#)

[TIME MANAGEMENT](#)

## DAY 4



Getting started and starting simple! . Grab a pen and paper and without looking online, jot down what you want your BuJo to do for you. Think about things you do daily, and write down daily, do you need to track something? Do you forget to fill out trackers? Do you need more space for notes or doodles? Draw it all on a blank piece of paper.

## DAY 5



Getting inspiration! Start thinking about how you want your journal to look? Is it going to be creative or is it going to be colorful and themed! Just remember to stay legal in your Bujo too!

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[COPYRIGHT IN YOUR BUJO](#)

## DAY 6



Do you need a key? is a key important? If you want one, and will use one, we have some great examples for you!

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[31 KEY EXAMPLES](#)

## DAY 7



Setting goals and using the level 10 life! This is a great way to create goals for yourself long term! We have some great printable templates for you to try!

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[SETTING GOALS IN YOUR BUJO](#)

# WEEK *Two*

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## DAY 8



On day 7 we spoke about the level 10 life - Today set yourself some goals you want to achieve throughout the year.

## DAY 9



Your spread design. If you are new - often you might not know what you like or what works for you yet, but it is a good opportunity to try new things! On your blank paper jot down what you need to cover daily and design something that works with that. We have a template at the end to help you too!

## DAY 10



Hello Pages. Many people start their month, year or even week with "Hello Pages" - its a great way to seperate out your months and have it as almost a page divider!

## DAY 11



Future planning. Use your blank paper to create what your future planning pages might look like. Is it a full calendar or is it just a Master to do list style?

## DAY 12



Monthly Spreads: Again, this was meant to be something really simple and give you a helicopter view of your month coming up. We have a blank Monthly Template for you to use at the end!

## DAY 13



What should I be tracking? Dont over think this, as it can be quite tricky to keep up with piles and piles of trackers in your bujo - just stick to what you know and what you want to really keep a track of. We have a heap of examples to get you started. You can track your moods, exercise how much water you drink to periods, health and other things!

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EXAMPLES OF TRACKERS

## DAY 14



Today! jot down some of the things you are going to track and how to track them!

# WEEK *Three*

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## DAY 15



Creating a tracker! Today is the day to finally create that tracker! Open up that journal and put it in! Dont forget to share it with us!

## DAY 16



Weekly Spreads! We covered off some of the things you might need in a weekly spread. Lets see what you have created! I use stamps to create mine. Granted there are some very creative people out there who make stunningly creative spreads, but at the end of the day, you dont need to over do it! Essentially all you need is the days of the week and space for notes, lists, next week etc.

## DAY 17



Daily Spreads: It can actually be quite daunting to dedicate an entire page to one single day, but many BuJo's do it. For todays challenge, In your journal, make a space (font, back, between pages where ever you have a space) and write down some notes about your day today. Think about feelings you had during the day, things your ate, people you saw and met, experiences you had, how you did on your trackers. Reflect a little. Be mindful of your space and time today and write it down.

## DAY 18



Handwriting tips! On the next page we have a set of gorgeous letters and words for you to print and try!

## DAY 19



Practicing Headers and Borders! Lets see some of your gorgeous header and board doodle work!

## DAY 20



What sort of art supplies do you need to create in your journal?

## DAY 21 Creativity in your Bujo!



Create a scrapbook type spread, one where you can take magazine images or stickers and create something unique without you having to lift a pen to draw.

Create a gorgeous spread you can colour in using stamps, these can make your spread look amazing with minimal effort.

Use stencils! These also save time and allow you to be creative

Buying stickers from bullet journalists that you know already rock! Little Miss Rose makes amazing journal stickers and more than once I've used them in my weekly and monthly spreads for ease of use and adorableness!

Doodle a day: put some space into your weekly spread to push yourself to doodle once a day and develop those drawing skills for creativity.

Start by tracing something or (and I say this with the caveat of inspiration not copyright infringement) copy an image you have seen. Dont go posting it on the gram, or tumblr just use the image for your own learnings to better develop your drawing skills. If you do happen to post it to social media or the web be very clear where you got the inspiration from.

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[TRY THESE EXAMPLES](#)

[CLICK ME](#)

[TRY THESE EXAMPLES](#)

# HANDWRITING *practice*

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*a b c d*

*A B C D*

*e f g h*

*E F G H*

*i j k l*

*I J K L*

*m n o p*

*M N O P*

*q r s t*

*Q R S T*

*u v w x*

*U V W X*

*y z*

*Y Z*

*Monday Tuesday Thursday*  
*Wednesday Friday To Do*

# WEEK *four*

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## DAY 22



Try using a dutch door! These can be a great way to open up some real-estate in smaller journals to allow for more space if you have a busy week or up coming project.

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DUTCH  
DOORS

## DAY 23



Fixing Mistakes! Don't rip your pages out! There are always alternatives! Create a scrapbook style spread instead, stick the pages together - here are more tips!

[CLICK ME](#)

FIXING  
MISTAKES

## DAY 24



Using your journal for reflection - we have added some prompts for you to try and help you reflect in your journal!

## DAY 25



Common challenges - the top 5 that come up regularly so dont feel alone!  
Creativity and inspiration  
Patience for spreads  
Keeping up with trackers  
Making time  
My journal doesn't look as amazing as your journal - comparison  
Consistency

[CLICK ME](#)

THINGS YOU WISH  
YOU KNEW  
BEFORE YOU  
STARTED

## DAY 26



Many of us share our journals and layouts on instagram or on social media - but how do people take such great pictures? Make sure you have heaps of natural light

[CLICK ME](#)

9 PHOTO TIPS  
FROM THE PROS

## DAY 27



Journaling for self care! What have you done for yourself this week? List some things that are self care orientated for you

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SELF CARE  
IDEAS

## DAY 28



Staying Motivated! Dont give up hope! Everyone struggles with motivation - and this can be challenging - Add it into your weekly plan to spend a couple minutes drawing your next spread. When is a good time for you to create some time for your journal?

# WEEK *five*

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## DAY 29

The original plan for Bullet Journals was to be productive and plan out your time effectively. Does it actually help? In this post here, we cover the reasons why bullet journaling can actually make you more productive.

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PRODUCTIVITY IN  
YOUR JOURNAL

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KANBAN

[CLICK ME](#)

STUDY PLANS

[CLICK ME](#)

FIRST 90 DAYS IN  
A NEW JOB

[CLICK ME](#)

FINANCIAL  
MANAGEMENT

[CLICK ME](#)

BUSY MOMS

[CLICK ME](#)

TIME  
MANAGEMENT

## DAY 30

Think about your long term game plan, dont be afraid to map out on a piece of paper you ideal journal style and start working towards that. As we discussed on day one - it can be really challenging to look at that blank notebook and feel confident to go forth! So draw or map out your journal - or even use sticky notes as you go.

You've finished your journal - and its May 13th! WHAT!?! Do you wait to start on 1 June, or do you just start on May 14th? WELL! This is a really common question! What even do you move to your new journal!?! Do you re write all those annual trackers? This is totally up to you and why the bullet journal system is so flexible! For me - I migrate over the big things - like months at the front - and personally I like to start on Mondays (but that is my personal preference ) I also really love starting a new month in a new journal - but it doesn't mean that it needs to be January - or June - It could be August. Depending on the journal I am using it could be 3-6 months before a move from my journal.

I draw out what I need to move - things I use daily or weekly as well as common things like a future log - and my annual tracker I like to move too. Its a pain in the butt sometimes to move it - but another option is filling it out in the evenings or morning as part of your journaling routine.

# MONTHLY *Planner*

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*Key Events*

# WEEKLY Planner

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Top 3  
Priorities

Monday

Tuesday

Wednesday

Affirmation

Budget

Notes

# WEEKLY Planner

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Thursday



Friday



Saturday



*I am grateful for...*

Sunday



*Closer!*

WHAT DID YOU DO THIS WEEK  
TO GET YOU CLOSER TO YOUR  
GOALS?

*To do list*

WEEKLY

# Check in

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Right now I feel

3 words describing this week

1.

2.

3.

What did I learn this week?

How did I cultivate my core values this week?

What can I do next week to recharge my goals?

Achievements!

NUTRITION

EXERCISE

BUSINESS

MIND/ SOUL