

Digital bullet journaling

Embrace the untraditional ways of maintaining a bullet journal

REHENUMA RAYSA

Bullet journaling noticeably comes with significant benefits, such as, ensuring less pressure on your memory while relaxing your brain by helping you stay organised in your daily life.

Bullet journal consists of various sections which include Planners to plan your goals smoothly that keeps on motivating you to work on your manifestation, To-Do Lists to help you remember your daily, weekly or monthly tasks, Habit-tracking sections to keep your life on track and sometimes even a diary to jot down your inner thoughts to help you clearly understand your mind.

Bullet journaling is completely flexible where it gives you full freedom to include many sections. The key, especially for beginners, is to take a minimalistic approach on the



maintenance and not going overboard initially since that can overwhelm someone who has just started exploring this province. Nevertheless, once you get the hold of it, you can gradually change the way you maintain your journal with the utmost use of creativity.

However, people who are non-writers and are not willing to carry a physical journal often find it challenging to maintain a bullet journal and stop utilising this alternative midway. A perfect solution for this problem is giving digital bullet journaling a try. Digital bullet journaling can save time, energy and money while ensuring you get to take your bullet journal with you everywhere, at all times which will not get reckoned as extra baggage and as a bonus is environment-friendly.

There are many bullet journaling apps available on Play Store and App Store which include Daylio, Journal it, Day One, GoodNotes, Elisi, etc. to name a few. All of these apps offer more features compared to traditional bullet journals. They present amazing interfaces suitable for diverse choices

of people who are not very fond of pen and paper, who like to pack light and everything to be in one place.

You can also use various Note-taking apps which include OneNote, Google Keep, Evernote, Notion, Simplenote, Todoist, Samsung Notes, etc. and customize your bullet journal according to your preferences. You can also use the built-in calendar app to plan your upcoming events ahead of time and be prepared for them and even set reminders if needed which can ensure that you are aware of your plans.

Bullet journaling at first can look daunting and an extra hassle, but giving it a chance to organise your life a little better will not harm. Let the extra effort of maintaining a bullet journal take care of your endeavours and take a step forward to lead a stress-free life.

Feng Shui for your desk

Making your drab desk more productive to work on

JOYITA FARUK

Just like a breath of fresh air, an organised and stylised desk can considerably bring up our moods and release the brain juices that help us focus on work. Even the position of our desks can matter. In a style relevant to the classic feng shui animals, it is best to have the front of your desk be facing open space and having something concrete like a wall or cabinet to your back. This way you will be looking forward and not have to worry about someone looking over your shoulders and be able to enjoy your privacy.

Not all of us have the privilege of relocating our desks however, so here are some easy DIYs to instantly upgrade your desk:

Vision Board

You can fashion something that will help you keep updated on your tasks with a simple vision board. Take two pieces of cardboard of the same size and superglue it to each other. Then take some fabric of your choice, you can even use old clothes with nice patterns, to cover one side of the board and glue it on the back so the front looks neat. You can put reminders and deadlines on the board with pins and even put encouraging quotes or cute pictures to look at and get energized throughout the day.

Potted Indoor Plants

Having a spot of green can help you relieve all the stress. Getting a few low maintenance miniature houseplants is the quickest way to spruce up your



workspace. What makes this a DIY is that you can paint the pots to your liking with colours that you like and make simple patterns with washi tape. You can even repurpose some old biscuit containers or cups so you'd be killing two birds with one stone.

Use Colour Coding

If done right, this could change your

game. It's really like a stop sign. Try choosing a colour each to get it done: "right now", "as soon as possible" and "at your own time" and then apply it to your files, sticky notes, etc. to instantly get a quick overview of your progress at work.

Make Bookends

You can make bookends out of practically anything heavy. For example, you can take two large rocks and spray paint it golden, then put your books upright between them so that the rocks are holding them up. You could use jars filled with pebbles too. This strategy can easily be applied to make paperweights as well.

Organising Tray

Instead of cramming everything into your drawer, you could place small items that you use often such as tape and staplers on a small tray. Using some wrapping paper or paint, the tray can easily be stylised to your liking, too.



BSRM WINS
THE BEST BRAND AWARD FOR THE
8TH TIME IN A ROW

COUNTRY'S NO. 1 STEEL EXPERT



BSRM
building a safer nation