

1. Draw a large rectangle in your journal, 26 squares wide x 38 squares tall. If using a Leuchtturm1917 or equivalent dot-grid journal, this will be 13cm wide x 19cm tall.

2. Draw a horizontal line across your rectangle 1 squares (0.5cm) down from the top of your rectangle.

3. Draw three more horizontal lines beneath the line you just drew, each 1 square (0.5cm) down from the previous line.

4. Mark 4 squares (2cm), 16 squares (8cm) and 20 squares (10cm) along the last line you've drawn. Draw short vertical lines using these marks as a guide, as in the layout shown opposite.

5. In the boxes you have created, enter the course URL; your login details; and the start and end dates for the course.

6. Traveling vertically down the side of your large rectangle, mark 4 squares (2cms) and 5 squares (2.5cm) down from the last horizontal line you drew. Below that, make a mark every 5 squares (2.5cm) and 6 squares (3cm) a further four times. At each point you have marked, draw a horizontal line from one side of your large rectangle to the other.

7. Use the dot-grid as a guide for creating square checkboxes beside each course task, to tick of as you complete each one.

8. Create a space for entering the Pg. # for each course task, so you can easily find your way around the work you have produced during this course.

9. Make a tab for the page using washi tape or a sticker, then itemise this page in your Bullet Journal Index so you can always easily locate it.

KNITSONIK Bullet Journaling			
URL			
Login			
Starts		Ends	
Notes/Questions.			
Section 01: Welcome Section			
Watch videos	<input type="checkbox"/>	Download stuff	<input type="checkbox"/> Notes
Task 01.2	<input type="checkbox"/>	Pg. #	
Task 01.3	<input type="checkbox"/>	Pg. #	
Section 02: Make Your Journal Home			
Watch videos	<input type="checkbox"/>	Download stuff	<input type="checkbox"/> Notes
Task 02.2	<input type="checkbox"/>	Pg. #	
Task 02.3	<input type="checkbox"/>	Pg. #	
Task 02.4	<input type="checkbox"/>	Pg. #	
Section 03: Creative Projects			
Watch videos	<input type="checkbox"/>	Download stuff	
Task 03.2	<input type="checkbox"/>	Pg. #	(Optional) Task 03.5 <input type="checkbox"/> Pg. #
Task 03.3	<input type="checkbox"/>	Pg. #	(Optional) Task 03.6 <input type="checkbox"/> Pg. #
Task 03.4	<input type="checkbox"/>	Pg. #	
Section 04: Looking After You			
Watch videos	<input type="checkbox"/>	Download stuff	<input type="checkbox"/> Notes
Task 04.2	<input type="checkbox"/>	Pg. #	
Task 04.3	<input type="checkbox"/>	Pg. #	
Task 04.4	<input type="checkbox"/>	Pg. #	
Section 05: Wrap up + Celebrate!			
Watch videos	<input type="checkbox"/>	Download stuff	<input type="checkbox"/> Notes
Task 05.2	<input type="checkbox"/>	Pg. #	
Task 05.3	<input type="checkbox"/>	Pg. #	
Task 05.4	<input type="checkbox"/>	Pg. #	

Task 01.03

[SAMPLE LIST]

GARDENING - get on top of seedlings and year plan for different areas.

KNIT MORE THINGS!

Read more books

FINISH creating the KNITSONIK Bullet Journaling Course

Make more things

More blog posts on knitsonik.com/

11. Now, on the blank page opposite or after your **Course Progress Page**, take a moment to think about, and just jot down, some of the things you **WANT** to do this month.

12. You can decorate your list of **WANTS**, or not, depending on your preferences and energy levels. The important thing is to get your thoughts on paper, where you can see them, and to write down some of the things you're trying to uplift in your life which would benefit from a bit more focus and organisation.

Remember...

You don't have to do everything on the list.
Nobody is going to test you on it.
This is just for your own reference.

Useful Prompts...

If you can't think of anything straight away, try making lists under these headings:

Stuff I'd like to get on top of during this month
Stuff I love doing and want to do more
Stuff I feel overwhelmed by