

# 60 Bullet Journal Prompts for Tracking and Reflection

## Daily & Weekly Maintenance: Bullet Journal Prompt Ideas

These are designed for quick check-ins to keep your "Log" from becoming a graveyard of unfinished tasks.

1. What is the "One Big Rock" (priority) that must happen today?
2. On a scale of 1–10, how was my focus today? What influenced it?
3. What is a task I keep "migrating" (rescheduling)? Why am I avoiding it?
4. Write about a "Small Win" that wasn't on the to-do list.
5. What was the most significant distraction I faced this week?
6. List three things that made me feel "in the flow" today.
7. How many hours of sleep did I get, and how does that correlate with my mood?
8. What is one "open loop" (unfinished thought) I need to close before bed?
9. Describe today in exactly three words.
10. What is one thing I want to "un-schedule" for next week?
11. Which habit tracker are you finding most difficult to fill out?
12. Who did I connect with today who energized me?
13. What is the currently "messiest" part of my life?
14. How did I handle a "No" today?
15. What is the current "weather" of my mind (e.g., sunny, foggy, scattered)?

### Targeted Focus: Bullet Journals Prompts for ADHD Adults

16. What was my "dopamine highlight" of the day?
17. What is a "low-dopamine" task I completed anyway?
18. Where did I practice "Body Doubling" or community support today?
19. What is a sensory trigger that overwhelmed me today?
20. Write a "Ta-Da" list (everything you did that *wasn't* on the to-do list).
21. What is one way I can "gamify" my morning routine tomorrow?
22. How does my workspace feel right now? (Cluttered, quiet, loud?)
23. What is a "Brain Dump" item that I can officially delete forever?
24. Describe a moment where I felt "Hyperfocused." Was it productive or just a rabbit hole?
25. What is one thing I can do to be 1% more organized tonight?

## Deep Reflection: Bullet Journal Writing Prompts

Once a month, use these to audit your trajectory and ensure you aren't just "busy," but "effective."

26. Reviewing my "Future Log": What goals am I still excited about?
27. Which habit tracker is actually helping me, and which one is just "visual clutter"?
28. What does "productivity" feel like in my body versus "busy-ness"?
29. Describe a person who has inspired my work this month.
30. If I could redesign my "Weekly Spread," what would I add to reduce stress?
31. What is a "limiting belief" I've recorded in my notes recently?
32. What is the most beautiful thing I've "sketched" or noted in my BuJo lately?
33. How has my "Mood Tracker" changed since the change of season?
34. Write a letter to the version of you who started this journal.
35. What is one "collection" I want to start (e.g., Books Read, Travel Log)?
36. How am I practicing "Sabbath" or deep rest in my schedule?
37. What is the "ROI" (Return on Investment) of my most frequent hobby?
38. What is a question I am seeking an answer to in my next journal?
39. How do I feel when I look at a "completed" page?
40. What is the "theme" of this chapter of my life?

## Rapid-Fire Tracking Prompts

41. Current water intake (Be honest!).
42. One thing I learned today.
43. A food that made me feel energized.
44. A song that is currently my "focus anthem."
45. My "Stress Level" on a scale of 1–5.
46. One thing I'm grateful for that happened at work.
47. How many hours of "Deep Work" did I achieve?
48. One person I need to reply to.
49. A "buy" I'm considering (Need vs. Want).
50. What is the "next step" for my biggest goal?
51. One way I moved my body today.
52. The best thing I ate.
53. A quote I want to letter on my next page.
54. One thing that made me laugh.
55. My "Sleep Quality" score.
56. A task I can "Batch" tomorrow.
57. What is my "energy peak" time (e.g., 10 AM, 9 PM)?
58. One way I showed myself kindness.
59. A distraction I successfully avoided.
60. The "Hero" of my day was \_\_\_\_\_.