

**THE BULLET
JOURNAL METHOD**
by Ryder Carroll

Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. Create your own collection of goals:
2. Set sub-categories to your tasks, create sprints:
3. Reflect daily:
4. Use the 5, 4, 3, 2, 1 Exercise:
5. Write down your Deming Cycle:

Don't forget to save your changes.