



AN ACTIVITY IDEAS LIST

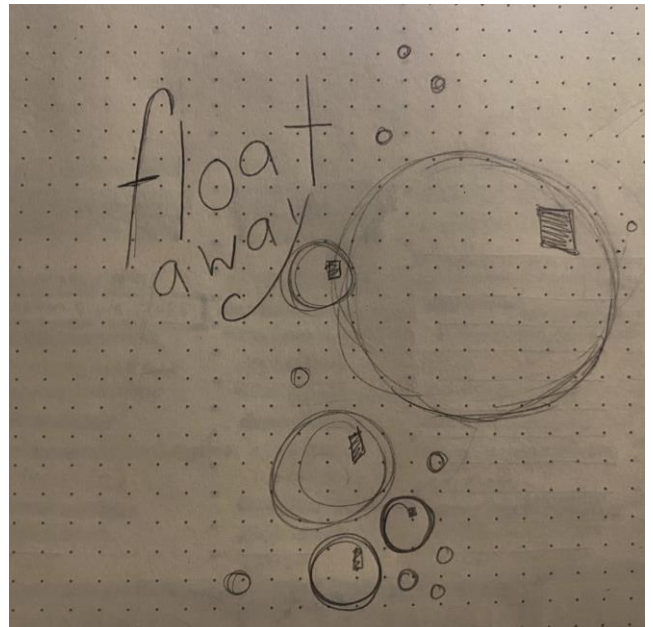
BULLET JOURNAL SPREAD



You can make this tracker on printer paper or in a spare notebook if you have one. Mine is on dotted paper but grid or white paper will do too.

This tracker is an aesthetically pleasing way to make a list of things you want to do when you are bored. It can be hard when you have nothing to do to remember all the things you need or want to do. You can make this weekly with chores/schoolwork or as a tracker you use until you do everything on it. Mine is for things I can always do to bring me joy. I'm going to show you two different ways to use this spread.

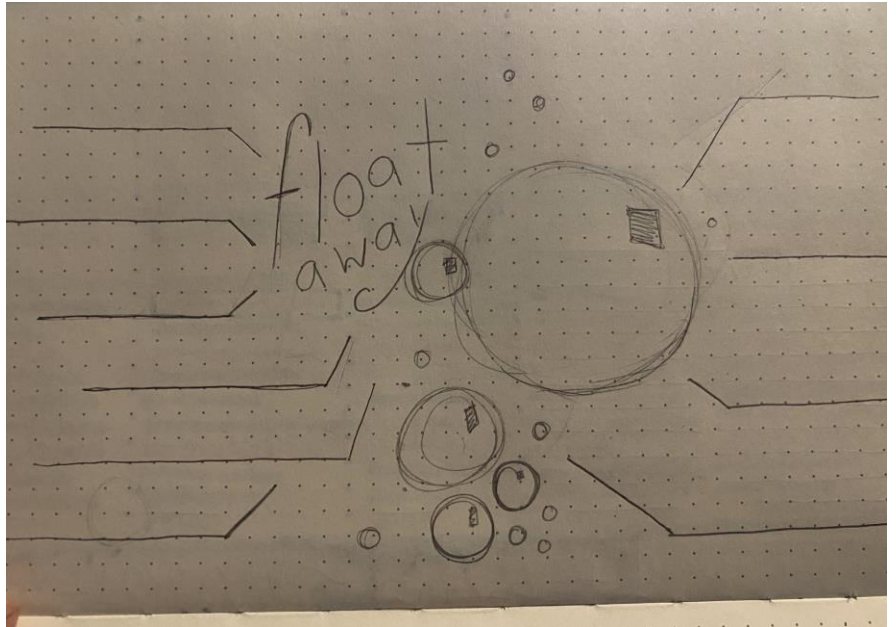
To start you'll want to do a bubble design in the center of the page with room all the way around it. Draw circles of various sizes and add little squares in the upper corner to make them look like bubbles. If you want your bubbles to be functional keep them bigger (as you see in B) if they are just decoration, they can be any size (see A).



Once the design is done, with whatever mantra or phrase you want in the middle (which can just be the month or week dates if you plan on making this weekly), use a ruler or

straight edge to make lines out. You will write the ideas for activities on the lines so make them long enough to write on.

After doing this in pencil, you can trace the design in black pen and then highlight the lines with markers. Here is what the tracker looks like with most of it filled out with activities.



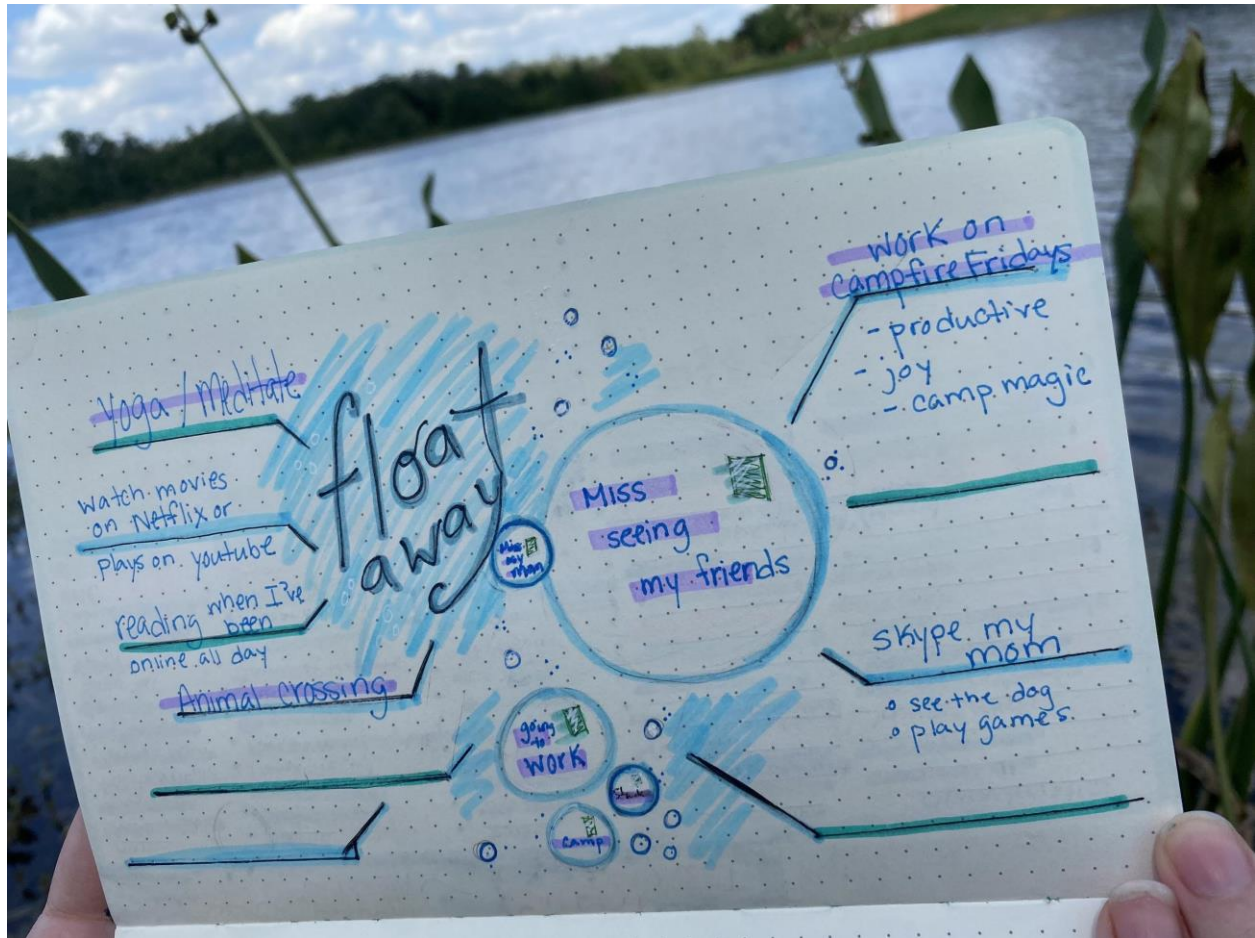
A.



MEDITATION BUBBLES

The bonus way to use this tracker I call “meditation bubbles” This journaling technique is helpful if you like to write when you are frustrated or upset. This can be a great way to move on from things that are making you feel stuck. To make this part of your spread you fill your bubbles with things that you want to float away like bubbles.

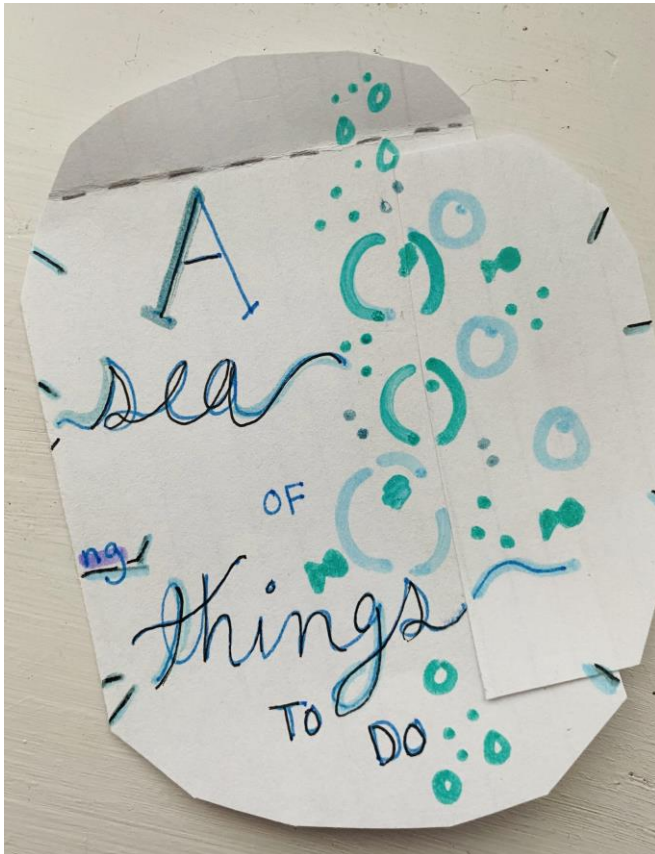
B.



In meditation, a coping mechanism for having intrusive thoughts is to imagine them as clouds or bubbles which you acknowledge and then let float away. As you fill out your bubbles, you can imagine them floating away, things you no longer need to worry about.

If you like the idea of the meditation bubbles but aren't sure you want to see them every time you visit the tracker you can make a cover with an index card or another piece of paper.

Put the paper or cards over the bubble design you've drawn and cut it down so that the paper only covers in bubble design. Fold the top of the cover and then draw a new bubble design or mantra on the cover.



Add tape to the underside only on one side of the fold. Then you can flip up your cover when you want to write in your meditation bubbles.

