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### 20200130\_Bullet Journaling & Digital Tracking 101 - An Introductory Workshop on Thursday, February 6th

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# HSLIC News - LibGuides at University of New Mexico

## Bullet Journaling & Digital Tracking 101 : An Introductory Workshop on Thursday, February 6th

by Kelleen Maluski on January 30th, 2020 | [o Comments](#)

The Health Sciences Library & Informatics Center in collaboration with the Office of Professional Wellbeing is excited to announce a new workshop, Bullet Journaling & Digital Tracking 101, that we will be presenting from **12-1pm on Thursday, February 6th in Library Room 428.**

In Bullet Journaling & Habit Tracking 101: An Introductory Workshop Kelleen Maluski will cover what bullet journaling and habit tracking are, how to start thinking of ways you can use them to accomplish your goals, and concrete possibilities of how to start or continue your own tracking. There will be time for you to start mapping your own goals to tracking techniques and to ask questions specific to your needs. Snacks and supplies will be provided but quantities are limited so please RSVP to help us better understand what's needed. Notebooks will be given to the first 25 participants to register. You can also feel free to bring your own supplies and lunch as well!

[RSVP here.](#)

Also, the primary feedback we got from our drop-in session last semester was that people wanted an introduction to bullet journaling through a workshop *and* group work time to keep them on track. That's why after our workshop we will have 2 follow up group work sessions (structured around a theme) on March 19th and April 23rd. Be on the lookout for more information regarding those and we look forward to seeing you at any or all of the series!

## BULLET JOURNALING & DIGITAL TRACKING 101: AN INTRODUCTORY WORKSHOP





Attend a new workshop to learn how to help keep track of your goals, manage your time, and reflect on your achievements!

**FEBRUARY 6, 2020 | 12-1 PM**  
**HEALTH SCIENCES LIBRARY, 428**

Feel free to bring your own supplies. Snacks & supplies will be provided but quantities will be limited, to help us better understand what's needed please

RSVP at: <https://goto.unm.edu/journaling2020>



Presented by :  
UNM Health Sciences Library & Informatics Center  
UNM SOM Office of Professional Wellbeing

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