University of New Mexico

UNM Digital Repository

Fall 9-24-2019

20190924_Staying Organized Through It All- Bullet Journaling and Habit Tracking Event

Kelleen Maluski
University of New Mexico, Health Sciences Library and Informatics

Follow this and additional works at: https://digitalrepository.unm.edu/blog

Recommended Citation

HSLIC News - LibGuides at University of New Mexico

Staying Organized Through It All: Bullet Journaling and Habit Tracking Event

by Kelleen Maluski on September 24th, 2019 | 0 Comments

Come anytime between 2-3pm on Tuesday, October 1st in Domenici Center North, Room 3740 to a drop-in session and build your own bullet journal and/or download digital tracking apps. During this session you'll learn the value of bullet journaling and/or habit tracking apps for time management, stress relief, and coping with impostor syndrome.

Often times people hear the term bullet journal and think it has to be "Pinterest perfect." The reality though is that bullet journals and digital tracking apps can be whatever you need them to be to help you manage your life and reflect on your experiences.

In this session you will get assistance from experts in these techniques from the Graduate Resource Center, Health Sciences Library & Informatics Center, and the School of Medicine Office of Professional Wellbeing. You can RSVP to receive a free UNM planner* or bring your own! **Art supplies, such as markers and stickers, will be provided for all.**

*Quantities of UNM planners are limited so you must RSVP to receive one.

Add a Comment

0 Comments.