



APRIL

2025 BULLET JOURNAL



"April showers bring May flowers"

HOW TO USE THIS JOURNAL

- Cover + Legend -> Start here to learn the symbols
- Monthly Overview -> Plan your whole month at a glance
- Weekly Spreads -> Set your focus each week (4 pages)
- Habit Tracker -> Check off daily habits all month
- Goals & Intentions -> Set your big-picture direction
- Daily Logs -> Log tasks, events & notes each day
- Brain Dump, Wellness, Bucket List -> Extra pages
- Reflection -> Review & close out the month

SYMBOLS LEGEND

- | | |
|-----------------------|-------------------------|
| - Task to do | v Completed task |
| o Event / appointment | -> Migrated to next day |
| x Cancelled / dropped | ! Priority / important |





APRIL 2025 AT A GLANCE

Write events, appointments & highlights in each day's box



TUE	WED	THU	FRI	SAT	SUN	MON
1 ●	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 ●	23	24	25	26	27	28
29	30					

MONTHLY INTENTIONS (write 2-3 things you want to focus on or accomplish this month)

Gold dot = Month start Green dot = Earth Day (Apr 22) Weekend cells are shaded pink



DAILY LOG - April 16 thru 20



Tasks (-), Events (o), Done (v), Migrated (->), Cancelled (x). Add a ! for priority items.
Write your top tasks under TASKS, appointments under EVENTS, and anything else under NOTES.

WED
16

THU
17

FRI
18

SAT
19

SUN
20

TASKS

TASKS

TASKS

TASKS

TASKS

EVENTS

EVENTS

EVENTS

EVENTS

EVENTS

NOTES

NOTES

NOTES

NOTES

NOTES

MOOD:
WEATHER:

MOOD:
WEATHER:

MOOD:
WEATHER:

MOOD:
WEATHER:

MOOD:
WEATHER:

ONE GOOD THING FROM THESE DAYS -> write it here:



BRAIN DUMP



Let it all out - no filter, no judgment, no organization required.

Write EVERYTHING on your mind: tasks, worries, ideas, to-do's, random thoughts. Then circle what actually matters.

A large grid of dots for writing.



#ideas

#worries

#gratitude

#to-explore

#random

#someday

After writing, circle the 3 most important items and add them to your daily log or weekly focus.



WELLNESS CHECK-IN

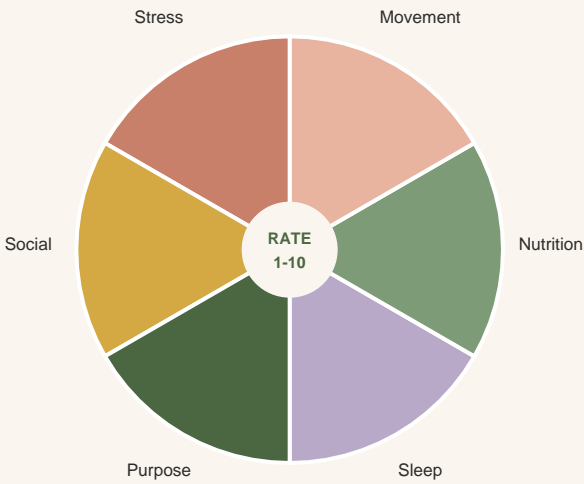


Use this page mid-month or at month end to check in with yourself.

Answer honestly - this is for you alone. No right or wrong answers.

ENERGY WHEEL

Rate each area 1-10 by shading or writing a number in that slice.



SELF-CARE MENU

Check off or circle activities you try this month:

Long bath

Free writing

Walk in nature

Tea and rest

Read for fun

Call a friend

Dance / music

Create art

Skincare ritual

Puzzles / games

MONTHLY CHECK-IN - Reflect on these questions and write your answers on the lines below

What am I most proud of this month?

Where did I struggle and what did I learn?

How did I care for my body and mind?

What relationship brought me most joy?

What do I want more of in May?



APRIL BUCKET LIST



Write 30 things you want to do, try, see, taste, or experience this April.

Check them off as you go. Aim for variety - big dreams AND small joys!

1	_____	16	_____
2	_____	17	_____
3	_____	18	_____
4	_____	19	_____
5	_____	20	_____
6	_____	21	_____
7	_____	22	_____
8	_____	23	_____
9	_____	24	_____
10	_____	25	_____
11	_____	26	_____
12	_____	27	_____
13	_____	28	_____
14	_____	29	_____
15	_____	30	_____

COMPLETED:

Color in one circle for each item you check off.

1
 2
 3
 4
 5
 6
 7
 8
 9
 10
 11
 12
 13
 14
 15
 16
 17
 18
 19
 20
 21
 22
 23
 24
 25
 26
 27
 28
 29
 30



END OF APRIL

Monthly Reflection - Take 15 minutes to review your month

Look back at your goals page, habit tracker, and daily logs before answering these questions.

Happiness

___/10

write your score above

Productivity

___/10

write your score above

Health

___/10

write your score above

Growth

___/10

write your score above

Rate yourself 1-10 in each area. Be honest but kind with yourself.

What grew in me this April?

Answer below:

What storms did I weather and how?

Answer below:

What beauty or joy did I notice?

Answer below:

What am I most grateful for?

Answer below:

What am I carrying into May?

Answer below:

You showed up for yourself every day this April. That is enough.