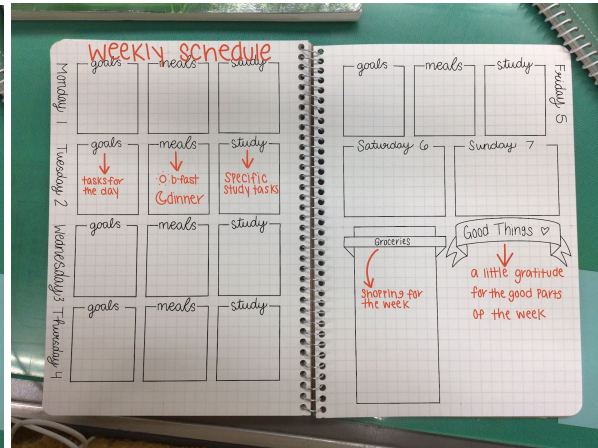
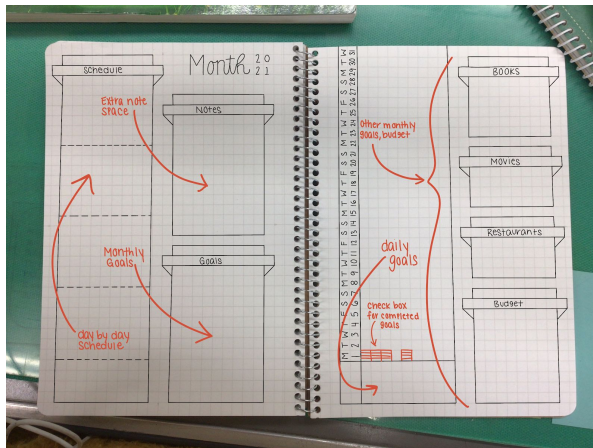
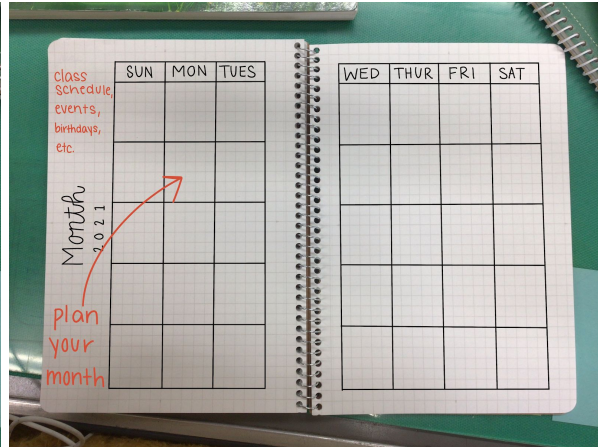
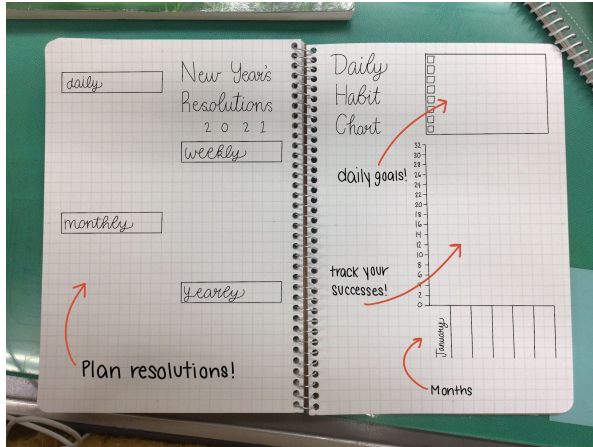


## Journaling Resources

- [New Yorker - Can Bullet Journaling Save you?](#)
- [Ryder Carroll - Bullet Journal Video](#)
- [Bullet Journal Official Website](#)
- [Bullet journal inspiration](#)
- Examples of my bullet journal layout:



## Happiness and Goal Setting Resources

- [Goal Setting](#)
- [Ten Percent Happier Podcast - Episode #310: The Scientific Case for Self-Compassion with Chris Germer](#)
- [The How of Happiness - Sonja Lyubomirsky](#)
- [Authentic Happiness - Martin Seligman](#)
- [Flow - Mihaly Csikszentmihalyi](#)
- [Netflix Special - Berne Brown: The Call to Courage](#)
- [Happy \(Documentary\)](#)