

One Bullet a time

Journey from chaos to clarity
and productivity

Nina Perta

My name is Nina Perta

I am

a mother

a tester and test manager

a coach of testing

a consultant at Sogeti Finland

I like to

read about personal development, leadership, testing

write a journal

test software and myself

cycle and hike

play board- and video games

Today I will tell you

- Story of personal development in time and task management
- About a journey to clarity and well managed task list that free the mental capacity to better concentration and lower stress level - to a better life
- How writing notes by hand helps me to learn and organize thoughts and ideas

What is Bullet journal?

"The Analog Method for the Digital Age"

by Ryder Carroll

Tools used for Bullet journal



Key elements of Bullet journal 1/2

Seiten Pages	Inhalt • Content • Contenu Thema • Topic • Sujet
1-3	Future log
4-5	August
10-11	Project x Schedule & Plan
13	September

FUTURE LOG

Sep '19
• 12: TESTING ASSEMBLY
• 10-11: WIP: 21
• 13: FINAL REPORT

Oct '19
• 15: PROJ X PLAN
• 16-18: HOLIDAY

Nov '19
• 4: PROJ X ENV. SET UP

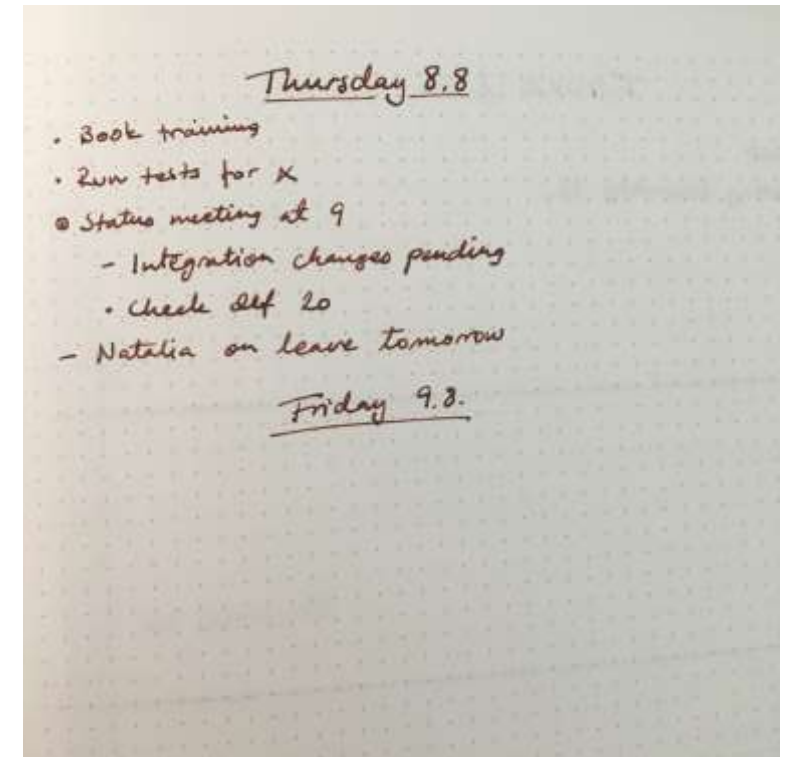
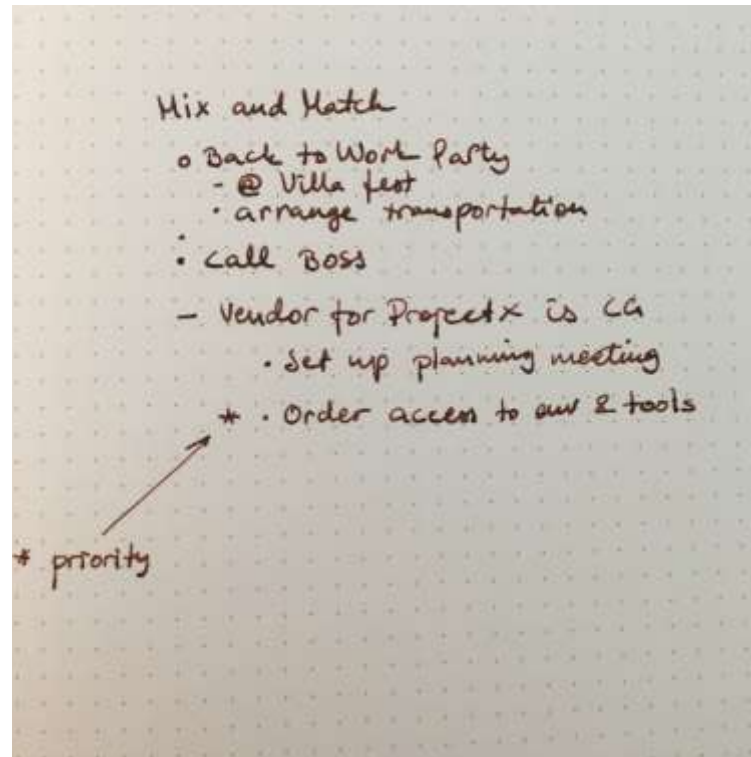
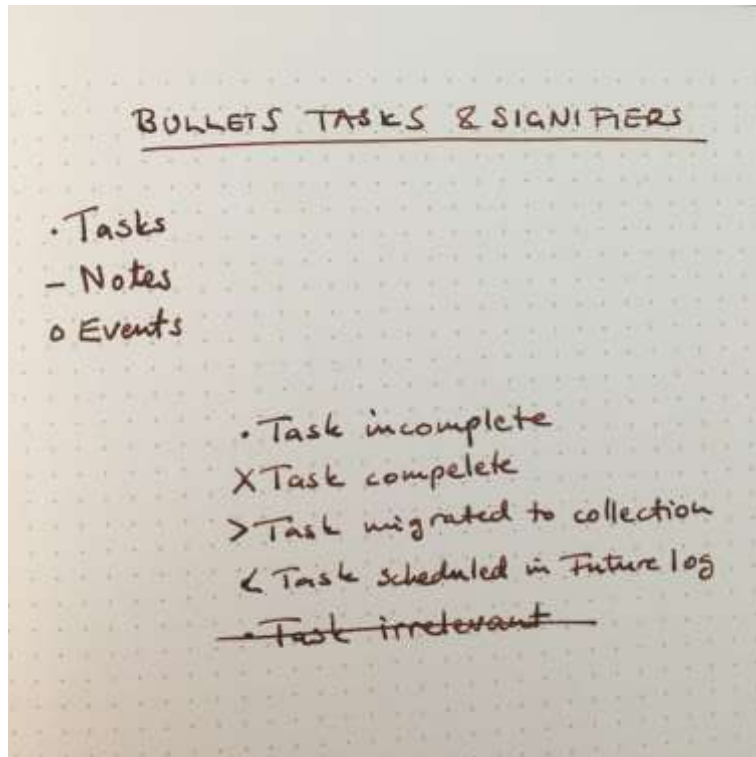
Dec '19

AUGUST '19

1 | MONDAY
2 |
3 |
4 |
5 | KICK OFF, BACK TO WORK
6 |
7 |
8 |
9 |
10 |
11 |
12 | MONTH STARTS
13 |
14 |
15 |
16 |
17 |
18 |
19 |
20 |
21 |

AUGUST '19
• TEST TEST DATA
• DESIGN
• CUSTOMER
• MATERIALS
• PREP TESTING ASSEMBLY

Key elements of Bullet journal 2/2



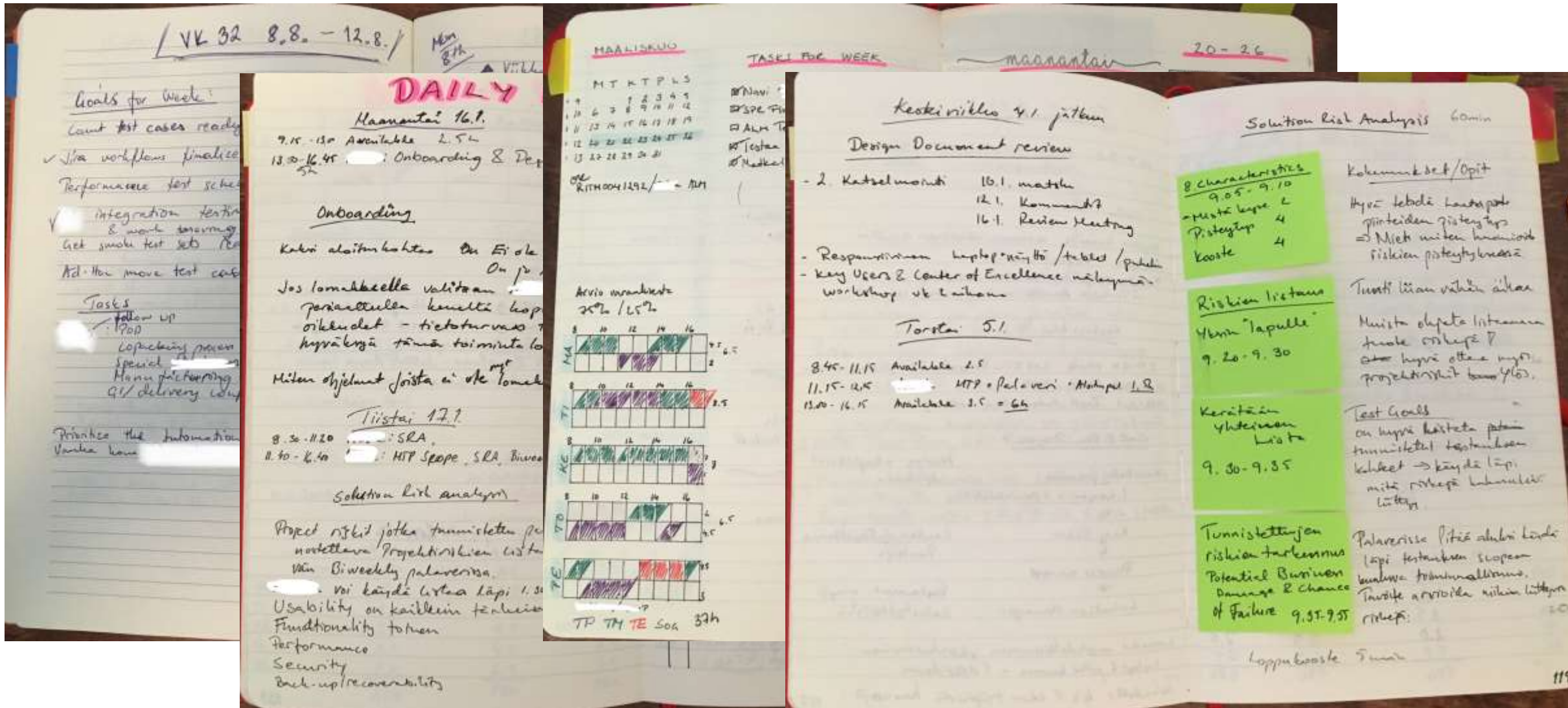
My journey from
chaos



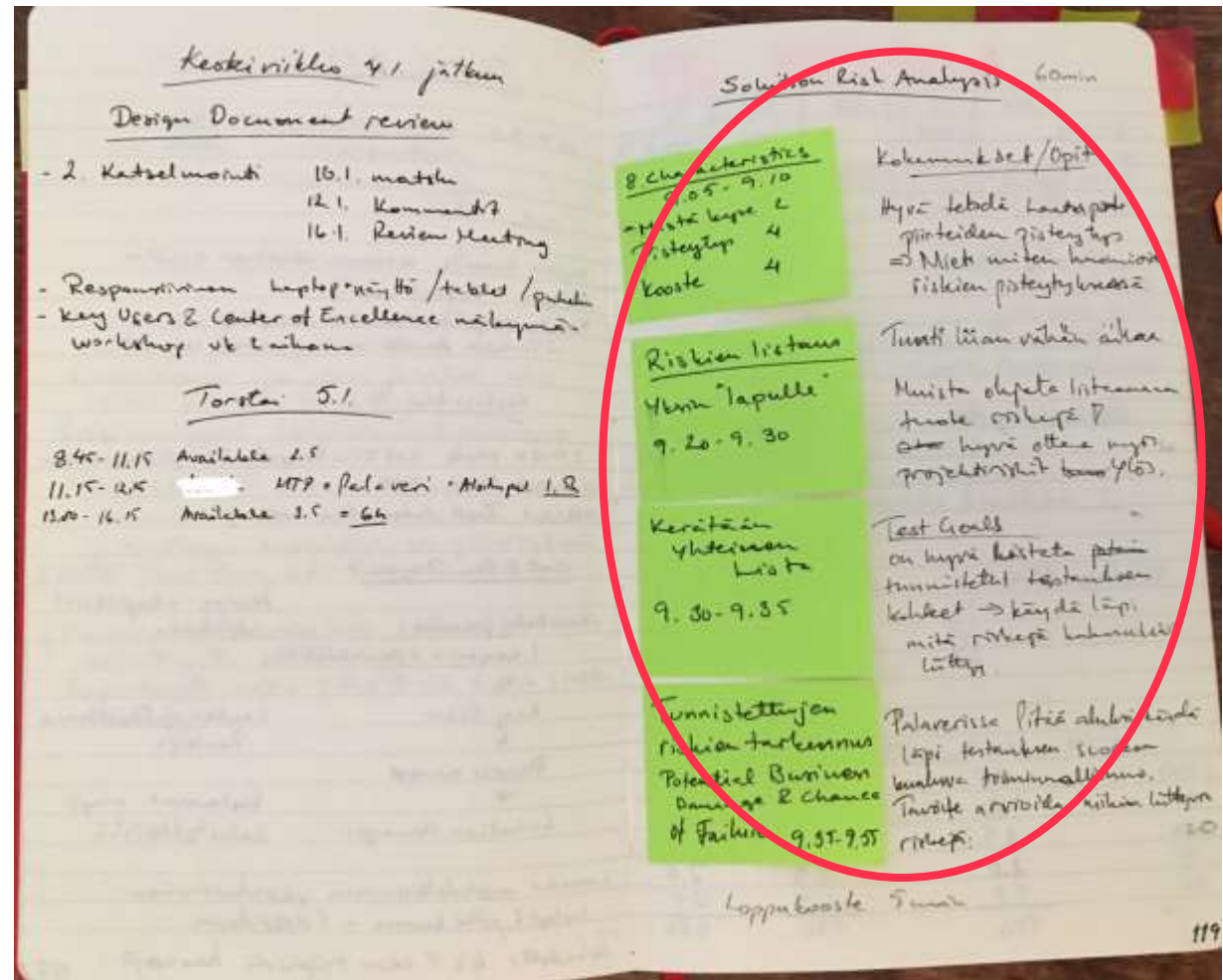
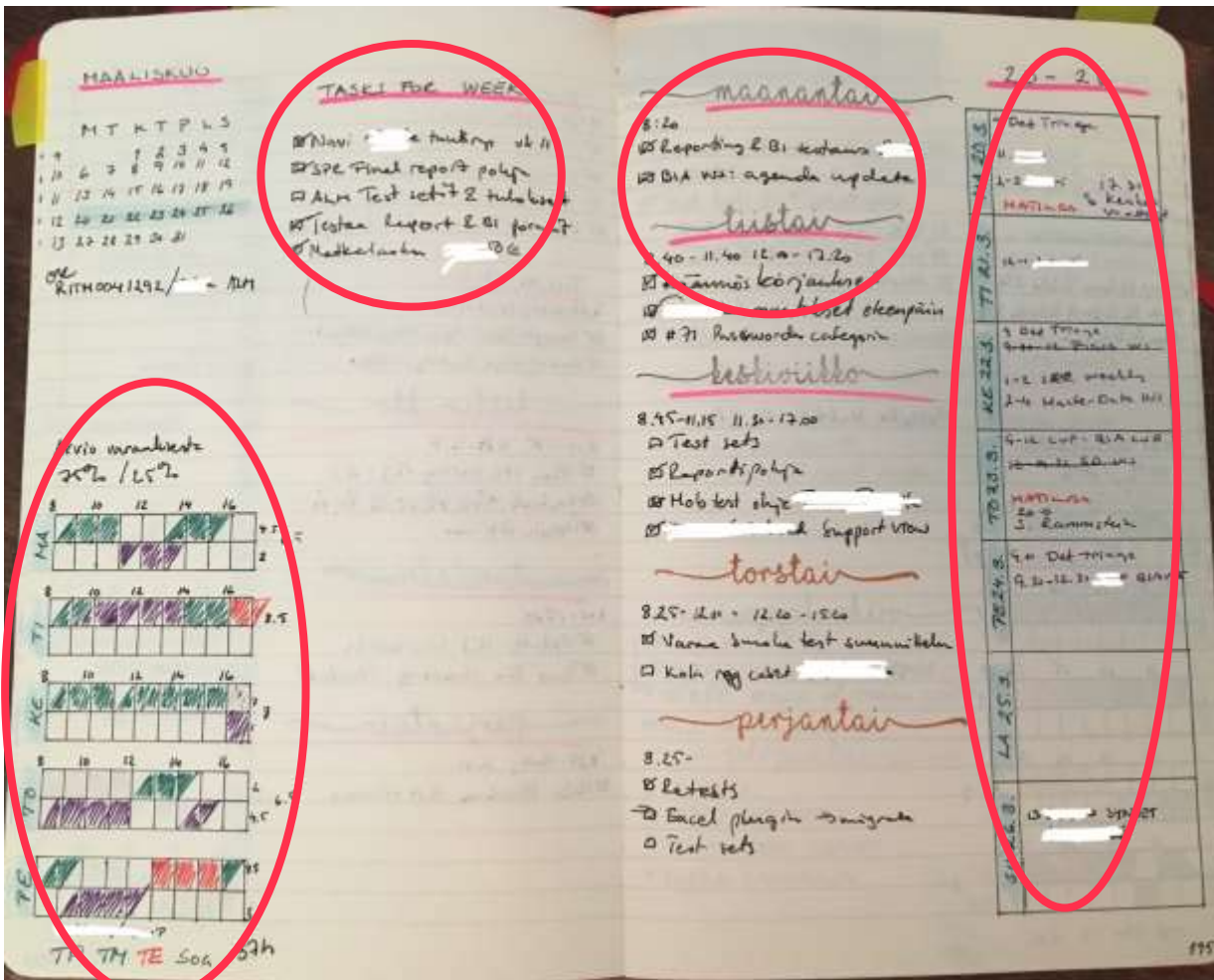
to clarity



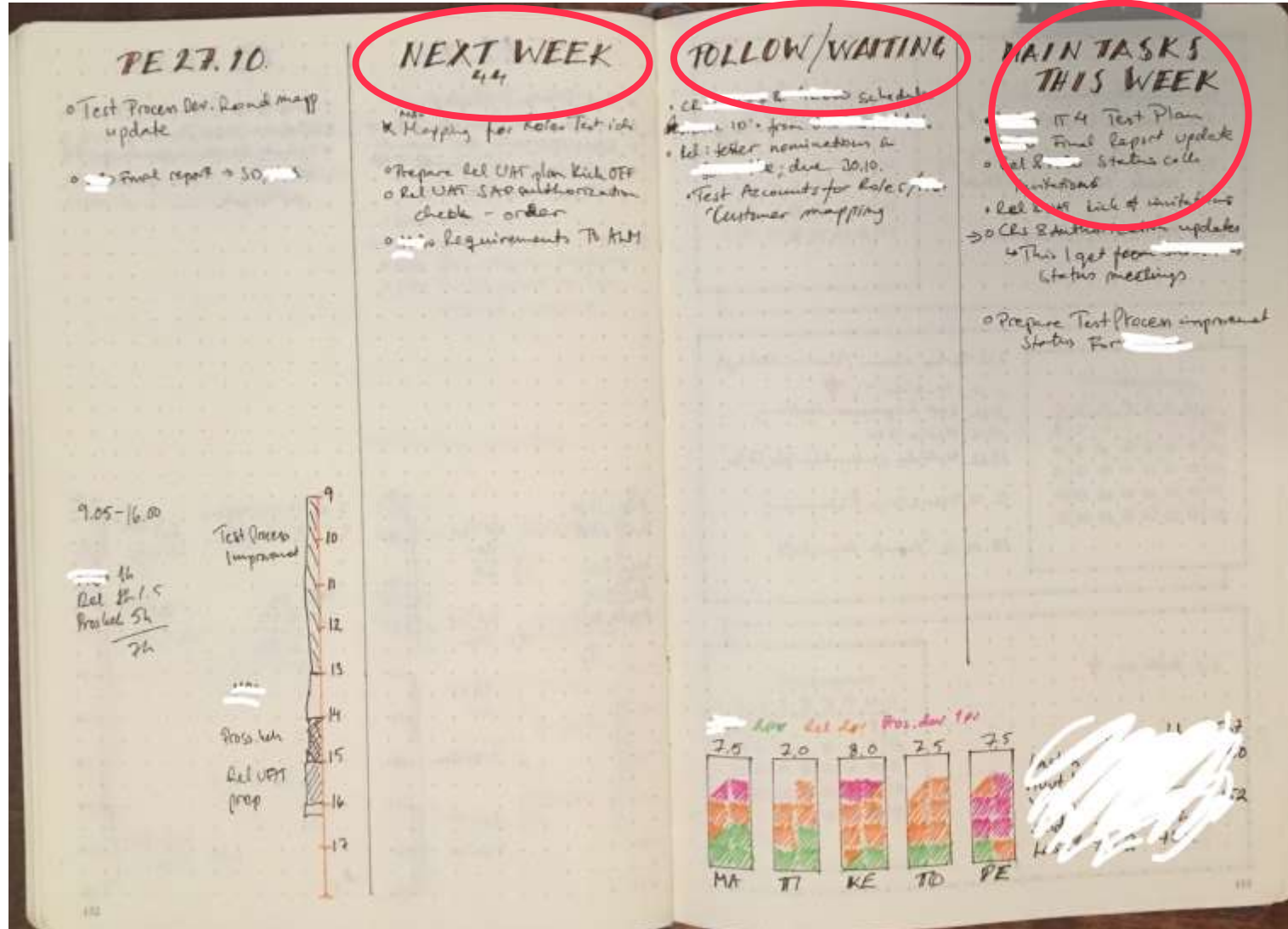
First BuJo



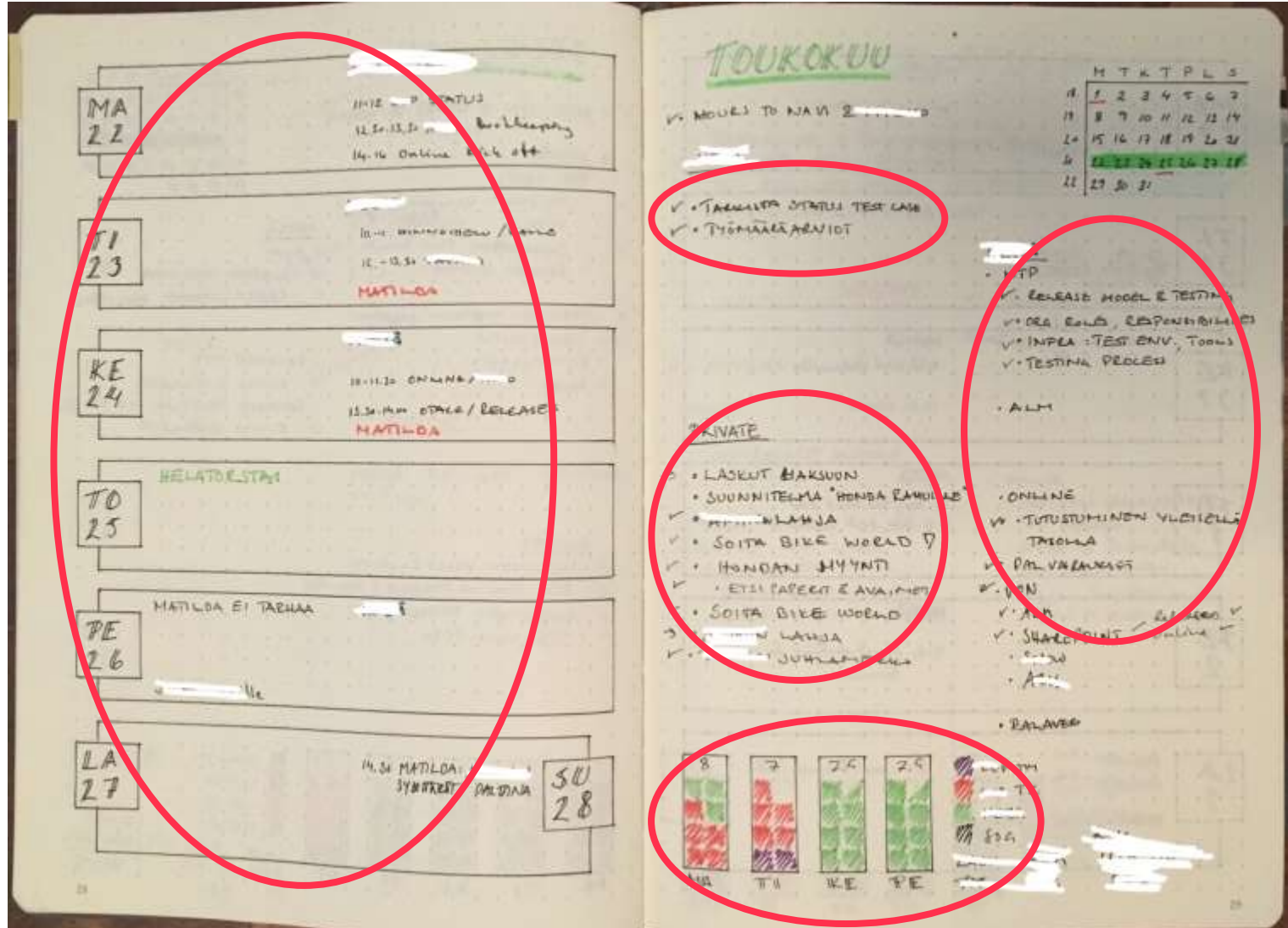
BuJo starts to evolve



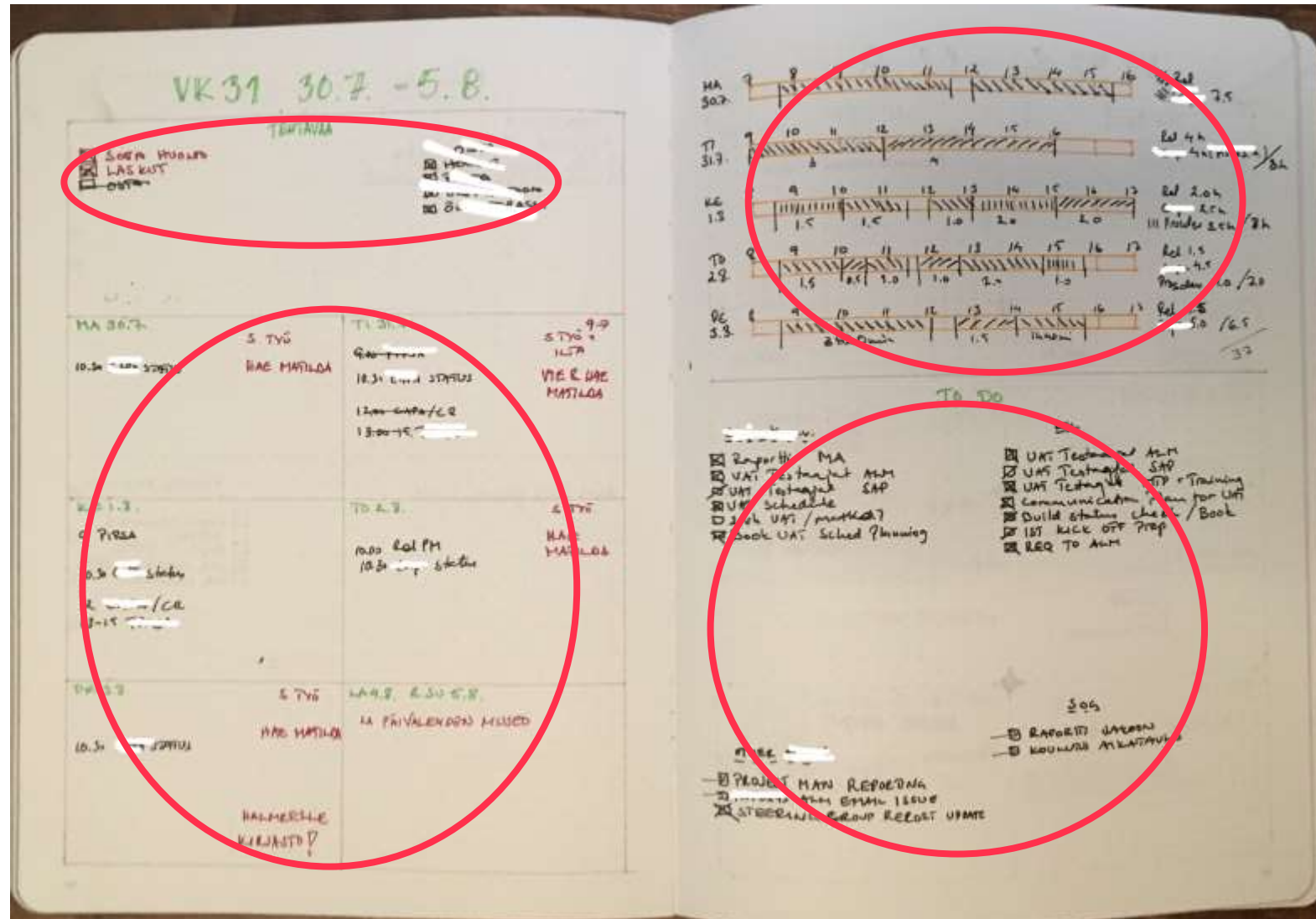
BuJo evolves for more busy times



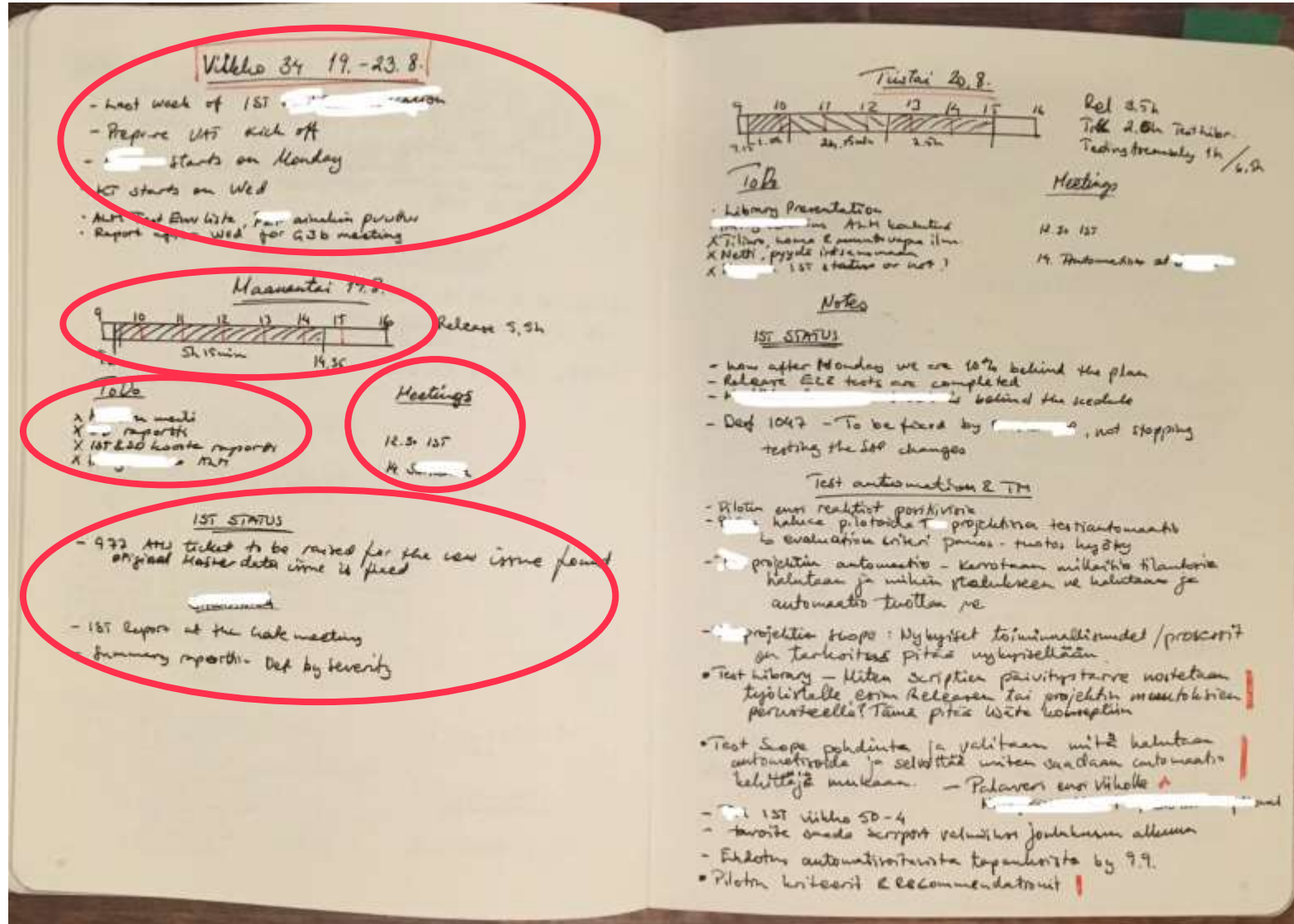
BuJo gets more structure



My 4 key elements for layout



Keep it simple



Notes by hand

- Help me to remember and learn
- Way to clear my thoughts
- I use mindmaps, bullets and rapid notetaking
- Separate notebook for professional development
- I have a icon system to track recommended books & web pages heard in seminars and ideas I get from presentations

Where I am today

I no longer worry at night or be agitated about tasks undone

I sleep better

I still get stressed, but can handle it more effectively

I plan the next day forehand and start the day with important and urgent tasks rather than wondering what I was doing

it's kind of
FUN

To Do The

impossible

— WALT DISNEY —

THANK YOU!

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