



BORDERLESS DEFINED

Newsletter of Borderless Interpreting & Translation, LLC



Linking Habits Together

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A colleague of mine introduced me to [Bullet Journal](#) about a year ago. She even sent me a couple of pages of printed information summarizing how it works with different symbols and such.

Since then, I have incorporated two symbols in my planner to stay on top of my tasks: open circles for pending tasks and Xs for completed ones. With the addition of Bullet Journal-themed symbols, a store-bought planner with pre-drawn lines is more than sufficient for now.

Although I am not nearly as strict with this method as others appear to be online, I have actually taken quite a few cues from their blog.

Case in point, their article called [Intentional Habit Tracking](#) got me thinking about how to link certain habits together. I would like to find a way to link self-study with non-work-related readings. If I choose to read certain books out of sheer interest in my own time, it is probably safe to assume that I have a decent chance of extracting and memorizing the new terms and expressions found in them.

I can perhaps take advantage of my own interest and further my motivation for self-study. Definitely food for thought.

The next Borderless Defined will be in your inbox in the week of May 17th!

Noriko Rogers

Borderless Interpreting & Translation, LLC

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Borderless Interpreting & Translation, LLC

Plain City, Ohio, USA

+1 (614) 705-5068

URL: www.borderlessinterpreting.com

Contact: noriko@borderlessinterpreting.com

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