

# [PDF] Dot Journaling—A Practical Guide: How To Start And Keep The Planner, To-Do List, And Diary That'll Actually Help You Get Your Life Together

Rachel Wilkerson Miller - pdf download free book



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## Description:

### Organize your life, record what matters, and get stuff done!

What the heck is a dot journal? It's a planner, to-do list, *and* diary for every aspect of your life: work, home, relationships, hobbies, *everything*.

Early adopter Rachel Wilkerson Miller explains how to make a dot journal work for *you*—whether you find the picture-perfect examples on Pinterest inspiring or, well, intimidating. You decide how simple or elaborate your journal will be, and what goes in there:

- **Lists** of your to-dos, to-don'ts, and more
  - **Symbols** that will make those lists efficient and effective
  - **Spreads** to plan your day, week, month, or year
  - **Trackers** for your habits and goals (think health, money, travel)
  - **Accoutrements** such as washi tape, book darts, and more!
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