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Dot Journaling—A Practical Guide: How To Start And Keep The Planner, To-Do List, And Diary That—,çll Actually Help You Get Your Life Together



Synopsis

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!

Book Information

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Customer Reviews

“This book will actually help you get your life together.” —HelloGiggles

Rachel Wilkerson Miller is a senior lifestyle editor at BuzzFeed. She has written for the Hairpin, Huffington Post, and the Knot, and has appeared on Today and Good Morning America. She lives in Brooklyn.

Usually, I open a book and read it straight through. But I was so entranced by what the author was saying, I found myself looking through my Large and Important collection of blank books to select one because I discovered that the further into the book I went, I was itching to start making my own journal. I just love the idea of creating my own idiosyncratic diary/journal/planner/appointment book

in a way that suits my needs. Although there was one aspect of the book I didn't like and that was at the very end when it seemed like one long advertisement for pens, fiddly butts, etc. If a person wants to get all decorative with theirs, more power to them, but I just want to bring a sense of order and centeredness to my life. I do wish I had waited to start mine instead of just working my way through each chapter. There are some things I would really like at the beginning but are not. I'll work with it as is and when I run out of space, I'll assess and evaluate. One thing, given the nature of what I did with my pages, I can see that a notebook with pages with grids or dots would have been less time consuming for me to set up. But I wasn't about to shell out money when I already have a collection of blank books to which I succumbed for no good reason.

Whether you call it dot journaling or bullet journaling, this book is the perfect book to get you started. Hey ideas are clearly explained and I love the clear examples.

I thought it was the planner for me to doodle in but it's not.

Good information here for a newbie.

This book is a great introduction to bullet/dot journaling. I first learned about bullet journaling from the author's articles on BuzzFeed and I was excited to get this easy-to-understand how to. It's funny, clever, and really beautifully put together. I'll definitely buy more as gifts.

The original creator, Ryder Carroll, has all of his trademarked content (what is found in this book that has been stolen and renamed to make money) posted free at bulletjournal.com. Calling Miller an "early adopter" is laughable; bullet journaling predates her "dot journaling": Carroll created his trademarked bullet journaling method in 2013. Miller's first article about bullet journaling on BuzzFeed, "WTF Is A Bullet Journal And Why Should You Start One? An Explainer [sic]" was written on May 31, 2016, and mentions her starting bullet journaling in January of 2016, a full three years after bullet journaling was created and had time to flourish. While yes, Miller acknowledges Carroll in her blog, she does not mention that his methods in their entirety are freely accessible at his website, which she has repackaged them in book form to be sold for \$12.95 retail (or whatever price they are being sold for).

Great, fast read on dot journaling. I currently do not own a planner and do not dot journal. Honestly,

I had no desire to learn about dot journaling when I bought the book. Rather, I wanted to support the author whose blog I've followed for years. It was my way of saying thank you. The book sat on my table for a while after coming in the mail, you know since I really didn't care to learn about dot journaling, until today. As I drank my coffee, I decided to give it a look and quickly got the itch to start dot journaling. Great job, Rachel! You clearly explained the format and inspired me to get organized with a dot journal. I think this is a great book for anyone looking to get organized both professionally and personally. Especially, if you have struggled to merge your worlds into one format.

The book was really helpful! I've been interested in starting bullet journaling/a dot journal and this was a really helpful intro. It broke down the terminology, but more importantly, it provided several examples of ways you might layout a yearly/monthly/weekly spread and some of the pro/cons of doing it that way. I finally was able to see how I could make it work. Clear, concise writing that was funny and imbedded enough personality to keep it engaging, but not so much that it became distracting.

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