

# HOW TO START A DOTTED JOURNAL IN 6 STEPS



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# Step 1: The Journal



## Choosing the right journal.

There are many features to consider when choosing the journal that's right for you.

Here are some things to keep in mind:

- Hardcover or softcover?
- Binding (spiral, case/hardcover, etc.)?
- White or cream pages?
- Brand name or small business?
- Numbered or unnumbered pages?
- Dotted, lined, graph, or blank pages?



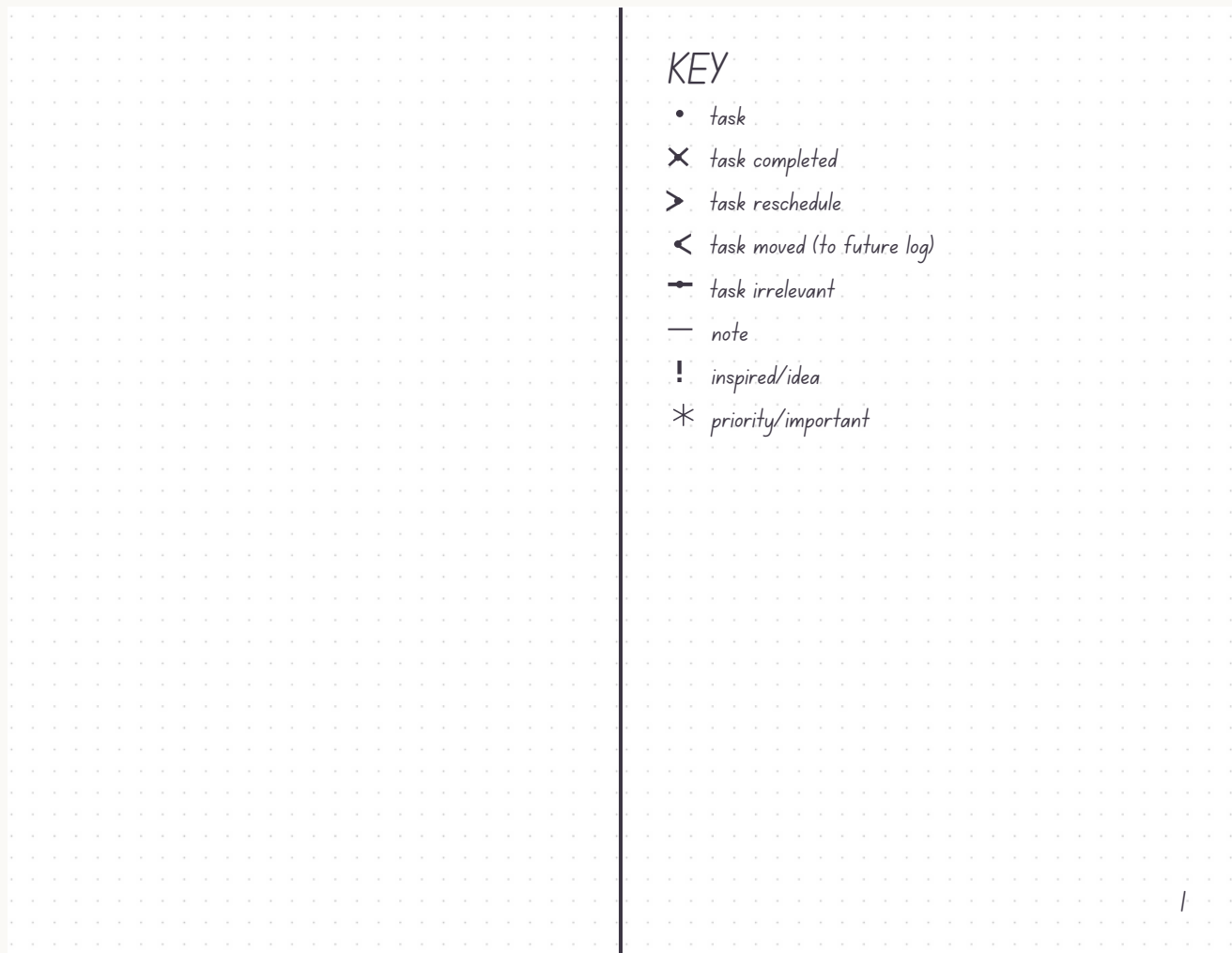
## NOTOLUX Journals

My journals are:

- Hardcover (with a matte finish).
- 200 numbered pages.
- Feature a title page and index.
- Dotted/bullet pages.
- White paper.



# Step 2: The Key



## What icons will you use?

In the example above, I've shown the icons and signifiers I use on a regular basis. Now, the Key is an optional feature, but it can be quite beneficial as it helps streamline your use of your journal. Different symbols correspond to different purposes.

You can also include different coloured pens/markers for different areas of your life. For example, I use a brown marker to signify spreads for NOTOLUX, and a blue pen for client work.

## Step 3: The Index

[illegible]

## A Backwards Set Up of The Index

Traditionally one would write the page numbers in the left column like this: 1-2, 3-4, etc. However, I found having the page numbers in the right column works much better and takes up less space.

For example, I set up a Daily Log spread every day so, it makes sense to list the pages under the same title. I also record the page number from the right page as that makes up one full "spread."

# Step 4: The Future Log

January	February	March	April	May	June
<div>SMTWTFS</div> <div>1 2 3 4 5 6 7</div> <div>8 9 10 11 12 13 14</div> <div>15 16 17 18 19 20 21</div> <div>22 23 24 25 26 27 28</div> <div>29 30 31</div>					
<div>1 New Year's</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div> <div>4</div>					
					5

## A Yearly Overview

Similar to all spread designs, there are multiple ways to set up a Future Log. In the example above, I've shown how I set up my journal.

This spread gives me a clear overview of the next six months, and lists important tasks that I can then move over to the Monthly Log.

One of my main challenges when I started journaling was looking and planning ahead. This spread gives me the flexibility to do just that.

# Step 5: The Monthly Log

JUNE 2023	Tasks & Goals	Mood & Activity Tracker		
			Energy In	Energy Out
T 1		T 1		
F 2		F 2		
S 3		S 3		
S 4		S 4		
M 5		M 5		
T 6		T 6		
W 7		W 7		
T 8		T 8		
F 9		F 9		
S 10		S 10		
S 11		S 11		
M 12		M 12		
T 13		T 13		
W 14		W 14		
T 15		T 15		
F 16		F 16		
S 17		S 17		
S 18		S 18		
M 19		M 19		
T 20		T 20		
W 21		W 21		
T 22		T 22		
F 23		F 23		
S 24		S 24		
S 25		S 25		
M 26		M 26		
T 27		T 27		
W 28		W 28		
T 29		T 29		
F 30		F 30		
6				7

## Habit Trackers and Logs

The Monthly Log is a full spread with one page acting as a normal calendar with events and tasks, and the other as a habit tracker of log of your choice.

I typically track my mood in the first column on the second page, as well as energy boosting and energy draining activities. You can explore this spread more here: [notolux.ca/post/hacking-the-bujo-method-for-autistics](https://notolux.ca/post/hacking-the-bujo-method-for-autistics).

# Step 6: The Daily Log

<p>Wednesday, June 21st</p> <ul style="list-style-type: none"><li>• b-</li><li>• l-</li><li>• s-</li><li>• sn-</li><li>• make my bed</li><li>• open the curtains</li><li>• get ready</li><li>• write a blog post</li><li>• check email</li><li>• gratitude</li><li>• journal</li></ul> <p>8</p>	<p>I am grateful for...</p> <p>~</p>	<p>Thursday, June 22nd</p> <ul style="list-style-type: none"><li>• b-</li><li>• l-</li><li>• s-</li><li>• sn-</li><li>• gratitude</li><li>• journal</li></ul> <p>9</p>	<p>I am grateful for...</p> <p>~</p>
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## On the Daily

Last, but not least, this is how I set up my Daily Log.

While Weekly Logs are popular, I found over time they took away from the day-to-day. I kept looking ahead instead of focusing on the present.

Therefore, I switched to Daily Logs and found a way to include my to-do-list as well as my gratitude and long form journaling practice.

# About The Creator

Brittany Luckham is a writer, blogger, aspiring author, self-proclaimed life-long learner, and avid reader (that's a mouthful). She is dedicated to creating a space of profound self-acceptance and creative expression that allows us to tell our individual stories.



## About NOTOLUX

NOTOLUX to me means our stories are worth shining a light on. They are worthy of being seen, if only for our own eyes. It means we have the power to create worlds, to heal, to reflect.

Here, we value learning. Learning that is life-long as we continuously discover more about ourselves and the world.

We advocate for autism acceptance, for all diversity, and for our collective mental health. The world does better when it's people are better. When each of us are given the space to tell our stories and feel heard.

## Contact Us



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