

Dotted Journal Starter Kit & Master Templates

HolisticWellbeingLiving.com — Free Printable PDF Reference Guide

1. JOURNAL INDEX SPREAD

Log page topics & collections to locate entries instantly.

Topic / Content Collection	Page #
Future Log (Jan - Jun)	1–2
Monthly Log & Priorities	3–4
Habit & Sleep Tracker	5
3-3-3 Mindfulness Entries	6–10
Books to Read & Key Insights	11

2. KEY & RAPID LOGGING LEGEND

Standard bullet symbols to organize action items quickly.

- **Task:** Action item to be completed
- X Completed:** Task finished
- > Migrated:** Moved to next log/day
- < Scheduled:** Added to Future Log
- O Event:** Date-bound appointment/occurrence
- Note:** Thought, fact, or observation
- * Priority:** Urgent / high-importance item
- ! Insight:** Key idea or revelation

3. MONTHLY HABIT TRACKER

Track daily habits across 31 days with subtle check boxes.

Habit Name	1	2	3	4	5	6	7	8	9	10
Hydrate (2L)										
15m Reading										
Morning Walk										
Journaling										
Meditation										

4. 5MM DOT GRID PRACTICE AREA

Standard 5mm spacing to test layouts before penning in journal.

