

The Dream Journal

Remember a little more.
Notice what matters to you.

A FEW PAGES TO BEGIN

Your dreams do not need a perfect explanation.
These pages give them a place to land.

A small morning ritual.

01 / Remember

Before you reach for the day, pause. Write any image, place, person or feeling you remember. Fragments are welcome.

02 / Reflect

Use your own associations. A symbol can bring different things to mind for different people. There is no single answer you have to find.

03 / Return

Look back once a week. Notice repeated feelings or settings without forcing a conclusion. Skip any question that does not feel useful.

Curiosity, without certainty.

These pages are yours

You can write a sentence, sketch a scene or leave a page blank. Store completed pages somewhere private; dreams can contain personal details.

A reflection tool

This journal is for personal reflection. It does not diagnose a condition, predict events or provide medical care. If distressing dreams keep affecting you, consider speaking with a qualified health professional.

Your starting intention

What would you like to notice over the next 30 days? Take your time. You do not need a special goal to begin.

What stayed with you?

Date: _____ Woke at: _____ Dream title: _____

THE DREAM / Fragments count. A place, a person or one image is enough.

THE FEELING / What did you feel in the dream, and after waking?

ONE DETAIL / What does it bring to mind for you personally?

A GENTLE PROMPT

If this dream had a title, what would it be?

Nothing remembered? Write how you feel this morning. That is a useful place to start.

What stayed with you?

Date: _____ Woke at: _____ Dream title: _____

THE DREAM / Fragments count. A place, a person or one image is enough.

THE FEELING / What did you feel in the dream, and after waking?

ONE DETAIL / What does it bring to mind for you personally?

A GENTLE PROMPT

What feeling arrived before any details?

Nothing remembered? Write how you feel this morning. That is a useful place to start.

Look back with curiosity.

What images, places or feelings appeared more than once?

What connections do you notice with everyday life?

What would you like to explore or leave alone next week?