




Dream Journal



A 30-Day Guided Journal



Daily Entry

Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Write your dream immediately upon waking
 - Note key symbols and characters
 - Reflect on emotions and possible meanings



Scan for a detailed guide on how to use this journal

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Dream title *(name it like a short film)*

Dream narrative *(in present tense: 'i am standing...' fragments are valuable too)*

Dream emotions *(during the dream and upon waking)*

Dream symbols *(people, places, objects that stood out)*

Waking life connection *(what in your life might this dream be reflecting?)*

Dream interpretation *(what does this mean personally to you?)*

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