


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

-
- 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

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*

Date: _____

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

Dream narrative (present tense) *(present tense: 'i am standing...' fragments are fine)*

Emotions — during & upon waking *(in the dream and upon waking)*

Symbols, people & setting *(people, places, objects that stood out)*

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

What might this dream mean? *(what does this mean to you personally?)*