

Dream Journal Entry

Date: ____ / ____ / ____

Time of Waking: ____:____ ____ (AM/PM)

Give your dream a quick title (optional):

Describe everything you remember about the dream (the story, characters, places, objects, symbols):

(Write down anything that comes to mind, even if it seems random or doesn't make sense. Don't worry about perfect grammar or order!)

How did you *feel* during the dream? How did you feel immediately after waking up?

(Circle or list emotions like: happy, scared, anxious, peaceful, confused, excited, sad, angry, curious, etc. Describe them if you can.)

How might this dream connect to what's happening in your waking life right now?

(Are there any symbols, feelings, or events that feel familiar or relate to current situations, challenges, or thoughts?)

Initial Thoughts or Reflections on the dream's possible meaning:

*(This is where you can just sit with the dream for a moment. What first comes to mind?
Any intuitive hits?)*
