

FREE PRINTABLE

Dream journal

Keep this next to your bed with a pen. Write as soon as you wake up, before you move or check your phone. Dreams fade within minutes, and the details you catch now are the ones that teach you how your dreams work.

1 **Write first, tidy later**
Start with whatever you remember, even one image. More comes back as you write.

2 **Present tense**
"I'm walking through a school" brings back more detail than "I walked".

3 **Fill in the boxes**
Emotions, people, places and anything odd. These are what you'll compare later.

4 **Track your dream signs**
Things that keep coming back go on the tracker page. They're your best clue that you're dreaming.

Emotions on the entry page

Joy
happy, elated

Trust
safe, close

Fear
scared, anxious

Surprise
amazed, confused

Sadness
loss, longing

Disgust
repelled

Anger
frustrated, hurt

Anticipation
waiting, curious

Your first week

Fill in a moon each morning you remember a dream, even a fragment. Most people remember more by the end of the week.

Mon Tue Wed Thu Fri Sat Sun

Dream entry

Print as many as you need

DATE

WENT TO BED

WOKE UP

TITLE OF THE DREAM

THE DREAM

WAS IT LUCID?

- ◯ No
- ◯ Almost
- ◯ Yes, I knew I was dreaming

HOW CLEAR WAS IT?

EMOTIONS

- ☐ Joy
- ☐ Trust
- ☐ Fear
- ☐ Surprise
- ☐ Sadness
- ☐ Disgust
- ☐ Anger
- ☐ Anticipation

PEOPLE

PLACES

DREAM SIGNS: WHAT WAS STRANGE OR IMPOSSIBLE?

Dream sign tracker

Add a mark each time a sign comes back

A dream sign is anything in your dreams that couldn't happen, or that keeps coming back. Once you know yours, seeing one becomes your cue to ask: am I dreaming?

Action you fly, run slowly **Form** a face or body changes **Context** wrong place, wrong time

Awareness odd thoughts or feelings

DREAM SIGN	TYPE	TIMES SEEN