



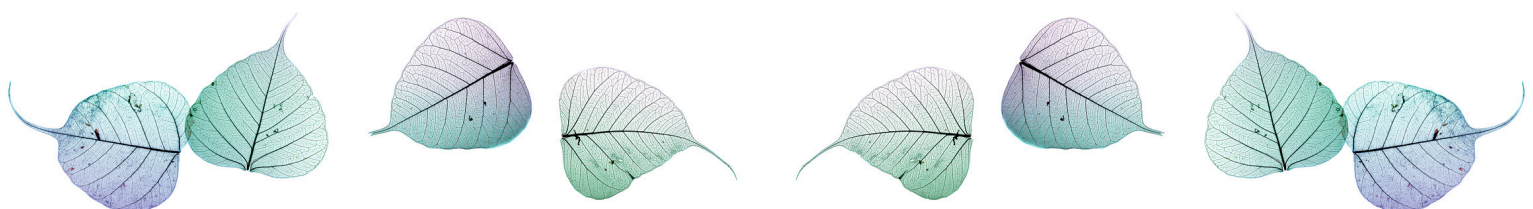
Dream Journal

Date of Dream:

Title of Dream:

Dream Description:

(Describe your dream in **PRESENT TENSE**, in as much detail as possible. Include people, places and significant events.)





Dream Journal

Key Symbols and Elements:

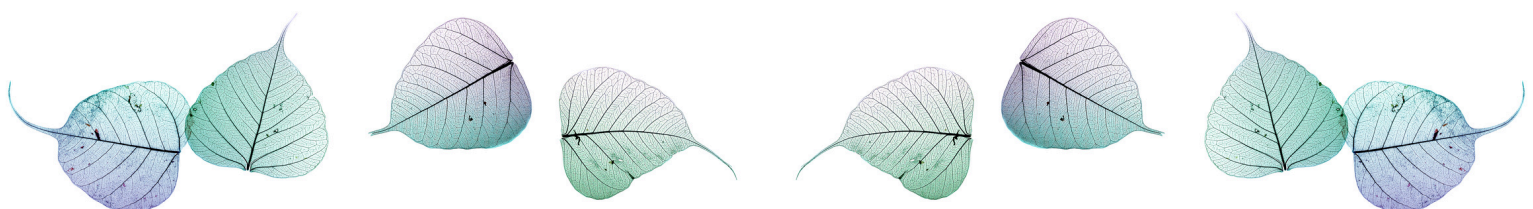
(List any symbols, objects, or elements that stood out in your dream.)

Emotions Felt During the Dream:

(Describe the emotions you experienced during the dream and after you woke up.)

Physical /energetical senzations in the body

(Describe the emotions you experienced during the dream and after you woke up.)





Dream Journal

Type of Dream

(Identifying the types of dreams—such as lucid dreams, recurring dreams, and nightmares—can help you understand which are more common for you and what they might signify.)

Possible Meanings and Associations:

(Reflect on what the dream might mean to you. Consider personal associations, current life situations, and any intuitive insights.)

Action Steps or Reflections:

(Consider any actions you might take, reflections or questions you have based on the dream. This could include journaling further, discussing it with someone, or meditating on its meaning.)

