DREAM RECORDER

Record Your Dreams

Free printable from myebooksbuy.com

Words to Keep

"Dream journals keep the subconscious door open."

"Dreams are the mind's way of telling us what matters."

"Write it down to own it; a written dream is halfway alive."

Day 1

Date: Time woke up:

Dream Summary:

Prompt: Was there a recurring symbol?

Emotions felt:

Possible meaning:

Day 2

Date: Time woke up:

Dream Summary:

Prompt: What was the most vivid part?

Emotions felt:

Possible meaning:

Day 3

Date: Time woke up:

Dream Summary:

Prompt: What emotions did you feel?

Emotions felt:

Possible meaning:

Day 4

Date: Time woke up:

Dream Summary:

Prompt: What emotions did you feel?

Emotions felt:

Possible meaning:

Day 5

Date: Time woke up:

Dream Summary:

Prompt: Describe the colours in the dream

Emotions felt:

Possible meaning:

Day 6

Date: Time woke up:

Dream Summary:

Prompt: Describe the setting of your dream

Emotions felt:

Possible meaning:

Day 7

Date: Time woke up:

Dream Summary:

Prompt: What emotions did you feel?

Emotions felt:

Possible meaning:

Day 8

Date: Time woke up:

Dream Summary:

Prompt: Who were the people in the dream?

Emotions felt:

Possible meaning:

Day 9

Date: Time woke up:

Dream Summary:

Prompt: What time of day was it?

Emotions felt:

Possible meaning:

Day 10

Date: Time woke up:

Dream Summary:

Prompt: Describe the colours in the dream

Emotions felt:

Possible meaning:

Day 11

Date: Time woke up:

Dream Summary:

Prompt: Did you fly or move in an unusual way?

Emotions felt:

Possible meaning:

Day 12

Date: Time woke up:

Dream Summary:

Prompt: Was there a recurring symbol?

Emotions felt:

Possible meaning:

Day 13

Date: Time woke up:

Dream Summary:

Prompt: What emotions did you feel?

Emotions felt:

Possible meaning:

Day 14

Date: Time woke up:

Dream Summary:

Prompt: What time of day was it?

Emotions felt:

Possible meaning:

Day 15

Date: Time woke up:

Dream Summary:

Prompt: Who were the people in the dream?

Emotions felt:

Possible meaning:

Day 16

Date: Time woke up:

Dream Summary:

Prompt: Describe the setting of your dream

Emotions felt:

Possible meaning:

Day 17

Date: Time woke up:

Dream Summary:

Prompt: What time of day was it?

Emotions felt:

Possible meaning:

Day 18

Date: Time woke up:

Dream Summary:

Prompt: What time of day was it?

Emotions felt:

Possible meaning:

Day 19

Date: Time woke up:

Dream Summary:

Prompt: Describe the colours in the dream

Emotions felt:

Possible meaning:

Day 20

Date: Time woke up:

Dream Summary:

Prompt: What time of day was it?

Emotions felt:

Possible meaning:

Day 21

Date: Time woke up:

Dream Summary:

Prompt: What time of day was it?

Emotions felt:

Possible meaning:

Day 22

Date: Time woke up:

Dream Summary:

Prompt: Was there a recurring symbol?

Emotions felt:

Possible meaning:

Day 23

Date: Time woke up:

Dream Summary:

Prompt: What time of day was it?

Emotions felt:

Possible meaning:

Day 24

Date: Time woke up:

Dream Summary:

Prompt: Was there a recurring symbol?

Emotions felt:

Possible meaning:

Day 25

Date: Time woke up:

Dream Summary:

Prompt: Who were the people in the dream?

Emotions felt:

Possible meaning:

Day 26

Date: Time woke up:

Dream Summary:

Prompt: Who were the people in the dream?

Emotions felt:

Possible meaning:

Day 27

Date: Time woke up:

Dream Summary:

Prompt: Did you fly or move in an unusual way?

Emotions felt:

Possible meaning:

Day 28

Date: Time woke up:

Dream Summary:

Prompt: What time of day was it?

Emotions felt:

Possible meaning:

Day 29

Date: Time woke up:

Dream Summary:

Prompt: Who were the people in the dream?

Emotions felt:

Possible meaning:

Day 30

Date: Time woke up:

Dream Summary:

Prompt: Did the dream have a message?

Emotions felt:

Possible meaning:

About This Printable

DREAM RECORDER

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Please do not resell it.

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