NIGHT THOUGHTS LOG

Record Your Dreams

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Words to Keep

"Dream journals keep the subconscious door open."

"The dreams you forget are still shaping you; writing them makes them yours."

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

Day 1

Date: Time woke up:

Dream Summary:

Prompt: Describe the colours in the dream

Emotions felt:

Possible meaning:

Day 2

Date: Time woke up:

Dream Summary:

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

Emotions felt:

Possible meaning:

Day 3

Date: Time woke up:

Dream Summary:

Prompt: What was the most vivid part?

Emotions felt:

Possible meaning:

Day 4

Date: Time woke up:

Dream Summary:

Prompt: What was unusual or surreal?

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 colours in the dream

Emotions felt:

Possible meaning:

Day 7

Date: Time woke up:

Dream Summary:

Prompt: What was the most vivid part?

Emotions felt:

Possible meaning:

Day 8

Date: Time woke up:

Dream Summary:

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

Emotions felt:

Possible meaning:

Day 9

Date: Time woke up:

Dream Summary:

Prompt: What was the most vivid part?

Emotions felt:

Possible meaning:

Day 10

Date: Time woke up:

Dream Summary:

Prompt: Was there a recurring symbol?

Emotions felt:

Possible meaning:

Day 11

Date: Time woke up:

Dream Summary:

Prompt: What was the most vivid part?

Emotions felt:

Possible meaning:

Day 12

Date: Time woke up:

Dream Summary:

Prompt: Who were the people in the dream?

Emotions felt:

Possible meaning:

Day 13

Date: Time woke up:

Dream Summary:

Prompt: Did the dream have a message?

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: What emotions did you feel?

Emotions felt:

Possible meaning:

Day 16

Date: Time woke up:

Dream Summary:

Prompt: What was the most vivid part?

Emotions felt:

Possible meaning:

Day 17

Date: Time woke up:

Dream Summary:

Prompt: Who were the people in the dream?

Emotions felt:

Possible meaning:

Day 18

Date: Time woke up:

Dream Summary:

Prompt: Did the dream have a message?

Emotions felt:

Possible meaning:

Day 19

Date: Time woke up:

Dream Summary:

Prompt: What time of day was it?

Emotions felt:

Possible meaning:

Day 20

Date: Time woke up:

Dream Summary:

Prompt: What was unusual or surreal?

Emotions felt:

Possible meaning:

Day 21

Date: Time woke up:

Dream Summary:

Prompt: Describe the setting of your dream

Emotions felt:

Possible meaning:

Day 22

Date: Time woke up:

Dream Summary:

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

Emotions felt:

Possible meaning:

Day 23

Date: Time woke up:

Dream Summary:

Prompt: Describe the setting of your dream

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: Did you fly or move in an unusual way?

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 the dream have a message?

Emotions felt:

Possible meaning:

Day 28

Date: Time woke up:

Dream Summary:

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

Emotions felt:

Possible meaning:

Day 29

Date: Time woke up:

Dream Summary:

Prompt: Did the dream have a message?

Emotions felt:

Possible meaning:

Day 30

Date: Time woke up:

Dream Summary:

Prompt: Describe the colours in the dream

Emotions felt:

Possible meaning:

About This Printable

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