

Last Night I Dreamt

Dream Journal Template

Date:

Write the date of your dream.

Dream Description:

Describe your dream in as much detail as possible. What happened? Who was there? What did it look like? What did it feel like? Try to include as many details as you can remember.

Emotions:

What emotions did you feel during the dream? Were you happy, scared, confused, or excited?

Interpretation:

What do you think the dream means? Is there a message or lesson that you can take away from it? If you're not sure, try to think about any recent events or feelings that might be related to the dream.

Reflection:

How do you feel about the dream now that you've had time to reflect on it? Has your interpretation changed? Is there anything else that you've realized or remembered since writing about the dream?

Actions:

Is there anything you want to do or change as a result of this dream? Do you want to talk to someone about it, do more research on its meaning, or take some other action?

Feel free to use this template as a guide for writing your own dream diary. Remember, the more detail you include, the easier it will be to analyze your dreams and find patterns or messages in them. **Happy dreaming! -Joe**

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