🌙 Dream Journal

Date: _____ Woke at: _____ Slept ____h

🌟 DREAM TITLE

✨ THE DREAM (write freely — every detail)

🎭 KEY SYMBOLS & PEOPLE

People:	Places/Objects:

💭 EMOTIONS IN DREAM

- ☐ Joy
- ☐ Fear
- ☐ Sadness
- ☐ Anger
- ☐ Peace
- ☐ Confusion
- ☐ Love
- ☐ Anxiety

🔮 POSSIBLE MEANING / REFLECTION

🌙 RECURRING? ☐ Yes ☐ No LUCID? ☐ Yes ☐ No VIVID? ☐ Yes ☐ No