

Dream Journal

Date: _____ Day of the Week _____

Time to Bed _____ Time Awake _____

Describe your dream(s) that you had in the spaces below. Use a separate sheet of paper to write down the dreams you had each night. Include as much detail as you can remember. If you need more space, use the back of this paper.

Dream 1 _____

Dream 2 _____

Dream 3 _____

