



My Dream Journal

— — — — —
30 nights of dreams

This journal belongs to _____

First night _____

How to use this journal

Five small habits make the difference between a blank page and a dream you can actually read back.

1

Write before you move

Keep this journal and a pen by your bed. Dreams fade within minutes, so write before you check your phone or get up.

2

Start with the feeling

Before the story, note how the dream felt. Feelings stay longer than details and often carry the meaning.

3

Catch colors, people and places

A red door, your old school, a stranger's face: small details are often the symbols that come back.

4

Don't judge, just write

Strange, silly or uncomfortable dreams are all welcome. Fragments count too: one image is enough.

5

Review every week

Every seven nights, a review page helps you spot recurring symbols and how your feelings shift.





Date

Woke at

SLEEP QUALITY

restless (1) (2) (3) (4) (5) deep

THE DREAM

MAIN FEELING · circle any

Calm

Happy

Curious

Hopeful

Anxious

Scared

Sad

Confused

SYMBOLS I NOTICED

PEOPLE

PLACES

COLORS

WHAT MIGHT IT BE TELLING ME?

Date _____

Woke at _____

SLEEP QUALITY

restless (1) (2) (3) (4) (5) deep

THE DREAM

MAIN FEELING · circle any

Calm

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WHAT MIGHT IT BE TELLING ME?

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THE DREAM

MAIN FEELING · circle any

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SYMBOLS I NOTICED

PEOPLE

PLACES

COLORS

WHAT MIGHT IT BE TELLING ME?

Night 4

Woke at

SLEEP QUALITY

restless

1

2

3

4

5

deep

THE DREAM

MAIN FEELING · circle any

- circle any

Calm

Happy

Curious

Hopeful

Anxious

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Confused

SYMBOLS I NOTICED

PEOPLE

PLACES

COLORS

WHAT MIGHT IT BE TELLING ME?



Night 5

Date

Woke at

SLEEP QUALITY

restless

1

2

3

4

5

deep

THE DREAM

MAIN FEELING · circle any

Calm

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Curious

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WHAT MIGHT IT BE TELLING ME?



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WHAT MIGHT IT BE TELLING ME?

WEEK 1 • NIGHTS 1-7

Weekly review

SYMBOLS THAT CAME BACK · and how many times

HOW MY FEELINGS CHANGED · one dot per night

ONE INSIGHT FROM THIS WEEK

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has rounded corners on the left side and a small tab on the right edge. The background is a light gray gradient.

SOMETHING TO WATCH FOR NEXT WEEK



Date _____

Woke at

SLEEP QUALITY

restless (1) (2) (3) (4) (5) deep

THE DREAM

MAIN FEELING · circle any

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Calm Happy Curious Hopeful Anxious Scared Sad Confused

COLORS



Woke at

restless (1) (2) (3) (4) (5) deep

Calm Happy Curious Hopeful Anxious Scared Sad Confused

COLORS

Weekly review

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has rounded corners on the left side and a slightly irregular edge on the right, suggesting it might be from a notebook or a loose-leaf binder. The background is a solid light gray.



Woke at

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Calm Happy Curious Hopeful Anxious Scared Sad Confused

COLORS



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PEOPLE

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COLORS

WHAT MIGHT IT BE TELLING ME?

WEEK 3 • NIGHTS 15-21

Weekly review

SYMBOLS THAT CAME BACK · and how many times

HOW MY FEELINGS CHANGED · one dot per night

ONE INSIGHT FROM THIS WEEK

SOMETHING TO WATCH FOR NEXT WEEK



Date

Woke at

SLEEP QUALITY

restless (1) (2) (3) (4) (5) deep

THE DREAM

MAIN FEELING · circle any

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SLEEP QUALITY

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1

2

3

4

5

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PEOPLE

PLACES

COLORS

WHAT MIGHT IT BE TELLING ME?

Night 26

Date _____

Woke at _____

SLEEP QUALITY

restless (1) (2) (3) (4) (5) deep

THE DREAM

MAIN FEELING · circle any

Calm

Happy

Curious

Hopeful

Anxious

Scared

Sad

Confused

SYMBOLS I NOTICED

PEOPLE

PLACES

COLORS

WHAT MIGHT IT BE TELLING ME?

○ Night 27

Date _____

Woke at _____

SLEEP QUALITY

restless (1) (2) (3) (4) (5) deep

THE DREAM

MAIN FEELING · circle any

Calm

Happy

Curious

Hopeful

Anxious

Scared

Sad

Confused

SYMBOLS I NOTICED

PEOPLE

PLACES

COLORS

WHAT MIGHT IT BE TELLING ME?

○ Night 28

Date _____

Woke at

SLEEP QUALITY

restless

1

2

3

4

5

deep

THE DREAM

MAIN FEELING · circle any

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WHAT MIGHT IT BE TELLING ME?

Weekly review

SYMBOLS THAT CAME BACK · and how many times

HOW MY FEELINGS CHANGED · one dot per night

light							
heavy							
	22	23	24	25	26	27	28

ONE INSIGHT FROM THIS WEEK

SOMETHING TO WATCH FOR NEXT WEEK

Woke at

SLEEP QUALITY

restless

1

2

3

4

5

deep

THE DREAM

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Sweet dreams



Want to explore a dream's meaning? Try a free reading at

fassir.ai/en