



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.





Woke at _____

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

Calm Happy Curious Hopeful Anxious Scared Sad Confused



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Woke at _____

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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 5

Date _____

Woke at _____

SLEEP QUALITY

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

THE DREAM

MAIN FEELING · circle any

Calm

Happy

Curious

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Sad

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WHAT MIGHT IT BE TELLING ME?



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?



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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							
	1	2	3	4	5	6	7

ONE INSIGHT FROM THIS WEEK

SOMETHING TO WATCH FOR NEXT WEEK



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

MAIN FEELING · circle any

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heavy							
	8	9	10	11	12	13	14

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light							
heavy							
	15	16	17	18	19	20	21

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○ Night 27

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light							
heavy							
	22	23	24	25	26	27	28

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Sweet dreams



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

fassir.ai/en