

My Rauhnächte Dream Journal

12 nights · 12 months · December 24 to January 6

This journal belongs to _____

First night _____

MY RAUHNÄCHTE DREAM JOURNAL

How to use the twelve nights

In a popular modern custom, each of the twelve nights stands for one month of the new year. Write down your dream every morning, then read it back as the year goes on.

1 **Keep it by the bed**

Put this journal and a pen within reach so you can write the moment you wake up.

2 **Write before you move**

Dreams fade within minutes. Write first, then check your phone.

3 **Fragments count**

One image, one color or one feeling is enough. No dream? Note how you woke up.

4 **Note the feeling**

How did the dream feel? That often says more than the plot.

5 **Read it back each month**

At the start of each month, open the matching night and see what was on your mind.

Night 1

Date _____ Woke at _____

DECEMBER 24–25 · STANDS FOR JANUARY

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 2

Date _____ Woke at _____

DECEMBER 25–26 · STANDS FOR FEBRUARY

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 3

Date _____ Woke at _____

DECEMBER 26–27 · STANDS FOR MARCH

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 4

Date _____ Woke at _____

DECEMBER 27–28 · STANDS FOR APRIL

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 _____

DECEMBER 28–29 · STANDS FOR MAY

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 6

Date _____ Woke at _____

DECEMBER 29–30 · STANDS FOR JUNE

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 7

Date _____ Woke at _____

DECEMBER 30–31 · STANDS FOR JULY

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 8

Date _____ Woke at _____

DECEMBER 31 – JANUARY 1 · STANDS FOR AUGUST

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 9

Date _____ Woke at _____

JANUARY 1–2 · STANDS FOR SEPTEMBER

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 10

Date _____ Woke at _____

JANUARY 2–3 · STANDS FOR OCTOBER

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 11

Date _____ Woke at _____

JANUARY 3–4 · STANDS FOR NOVEMBER

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 12

Date _____ Woke at _____

JANUARY 4–5 · STANDS FOR DECEMBER

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?

Happy New Year

Want to know what a Rauhnächte dream could mean? Get a free reading at

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