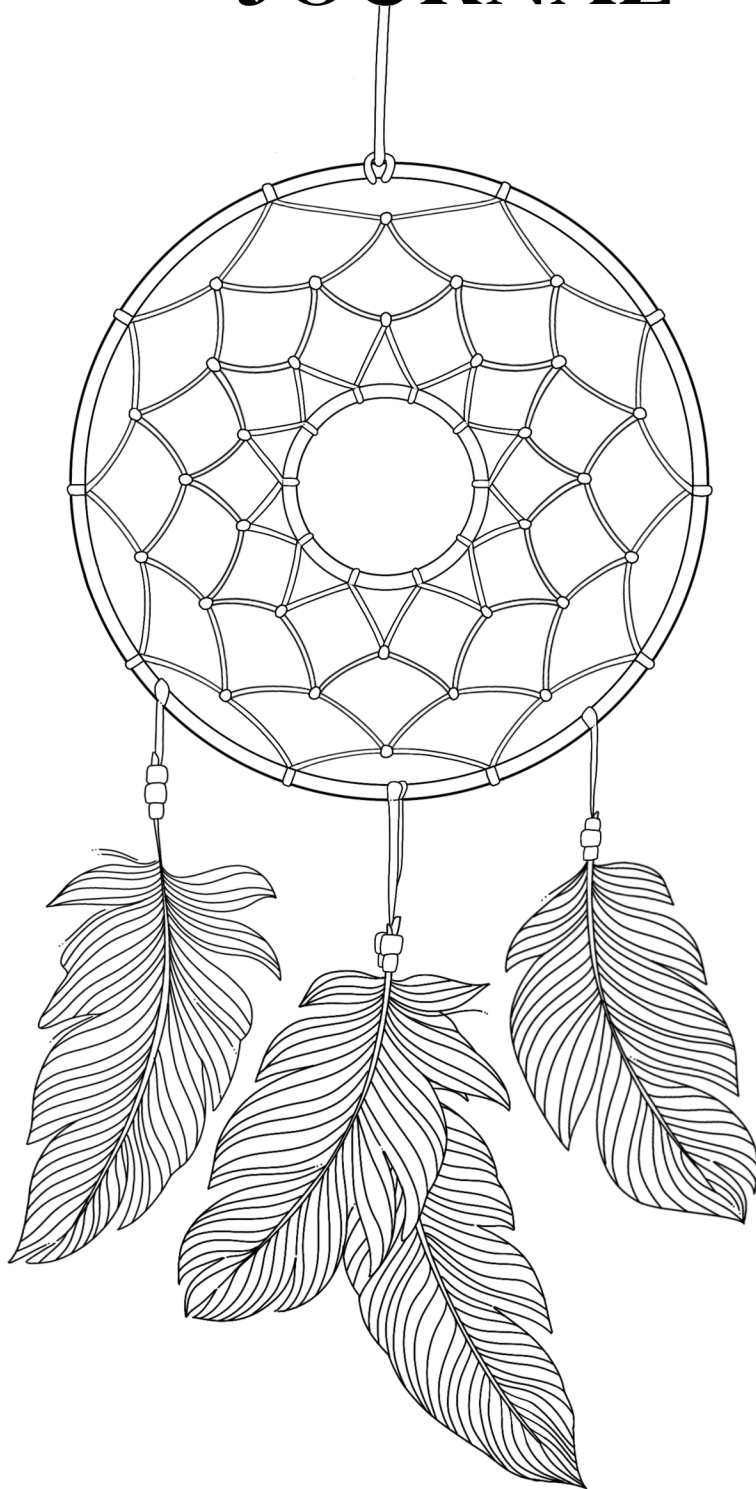


# *dream*

## JOURNAL





**Dream Details**

People / Characters:

Signs / Colors / Smells / Sounds:

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Location / Time of the day:

Weather:

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**Interpretation**

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**My Thoughts After The Dream**

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Day & Date:

S M T W T F S

Sleep Duration

Slept from:..... To:.....

Total sleep time:.....

Sleep Quality

○ Great ○ Good ○ Fitful ○ Restless ○ Poor

Rate: 1 2 3 4 5 6 7 8 9 10

Upon Waking I Felt

○ Inspired ○ Refreshed ○ Tired ○ Groggy ○ Concerned ○ \_\_\_\_\_

Dream Type

○ Mundane

○ Lucid

○ Nightmare

○ Daydream

○ Vivid

○ False awakening

○ Prophetic

○ Recurring

○ \_\_\_\_\_

The Dream

Title:.....

Description:.....

.....

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**Interpretation**

**My Thoughts After The Dream**



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People / Characters:

Signs / Colors / Smells / Sounds:

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Location / Time of the day:

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**Interpretation**

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**My Thoughts After The Dream**

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### Dream Details

People / Characters:

Signs / Colors / Smells / Sounds:

Location / Time of the day:

Weather:

### Interpretation

### My Thoughts After The Dream



**Dream Details**

People / Characters:

Signs / Colors / Smells / Sounds:

Location / Time of the day:

Weather:

**Interpretation**

**My Thoughts After The Dream**



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