Dream Journal Entry

Write before you get up. Even one line is worth keeping.

Date _____

Title for this dream A few words, like naming a short story

What happened Quick notes in the order you remember them. Fragments count.

Who and what was there People, animals, places, colors, sounds, objects

How I felt In the dream, and when I woke up

Yesterday What was going on in my waking life

My first impression of what it means Trust it, even if it seems odd

A quick sketch

What keeps coming back

People, places, symbols or feelings I've seen before