

Dream journal

A simple template to write down your dreams, remember more and notice patterns.

How to use it

- 1 Keep the journal and a pen next to your bed.
- 2 When you wake up, stay still for a few seconds with your eyes closed and replay the scene.
- 3 Write down whatever you remember first, even in fragments: a single word helps.
- 4 Then fill in people, places, objects and how you felt when you woke up.
- 5 Print the entry page as many times as you like: one per dream.
- 6 At the end of the month, use the review page to see what repeats.

What to write down

☐ date and time☐ scenes☐ people☐ places☐ objects☐ feeling on waking☐ intensity☐ what happened that day

A dream journal is a personal record, not a diagnosis or a prediction. If nightmares are frequent or disturb your sleep or your day, talk to a health professional.

Read the full guide at conectarhoje.blog/en/articles/dream-journal-how-to-keep-one-and-printable-template.html



DATE

TIME I WOKE UP

HOURS OF SLEEP (APPROX.)

THE DREAM, THE WAY I REMEMBER IT

PEOPLE

PLACES

OBJECTS AND SYMBOLS

HOW I FELT WHEN I WOKE UP

☐ fear

☐ joy

☐ sadness

☐ anger

☐ calm

☐ confusion

☐ longing

☐ other

INTENSITY

low ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 high

HOW CLEARLY I REMEMBER IT

low ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 high

WAS IT A NIGHTMARE?

☐ yes

☐ no

HAVE I DREAMED SOMETHING SIMILAR BEFORE?

WHAT HAPPENED YESTERDAY THAT MIGHT BE CONNECTED?



MONTH

	WHAT REPEATED	HOW MANY TIMES	WITH WHAT EMOTION
People			
Places			
Situations			
Objects and symbols			
Nightmares			

WHICH THEME SHOWED UP MOST THIS MONTH?

IN WHICH WEEK WERE THE DREAMS MOST INTENSE? WHAT WAS GOING ON?

DID ANY DREAM BRING AN IDEA OR A FEELING WORTH TAKING INTO YOUR DAY?
