

# Dream Journal

Date: \_\_\_\_\_ Day of the Week \_\_\_\_\_

Time to Bed \_\_\_\_\_ Time Awake \_\_\_\_\_

Describe your dream(s) that you had in the spaces below. Use a separate sheet of paper to write down the dreams you had each night. Include as much detail as you can remember. If you need more space, use the back of this paper.

Dream 1 \_\_\_\_\_  
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Dream 2 \_\_\_\_\_  
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Dream 3 \_\_\_\_\_  
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