

DREAM INTERPRETATION

Date Dream Title

Interpretation

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What were the main emotions?

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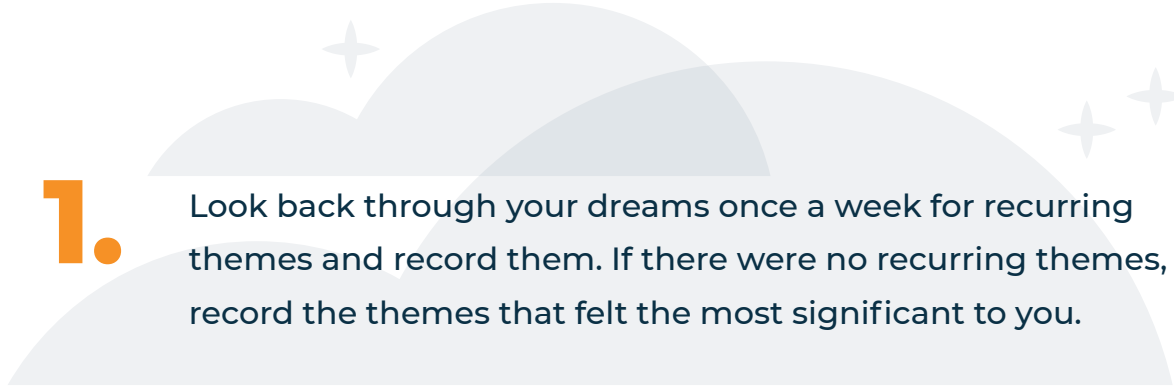
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What colors did you see?

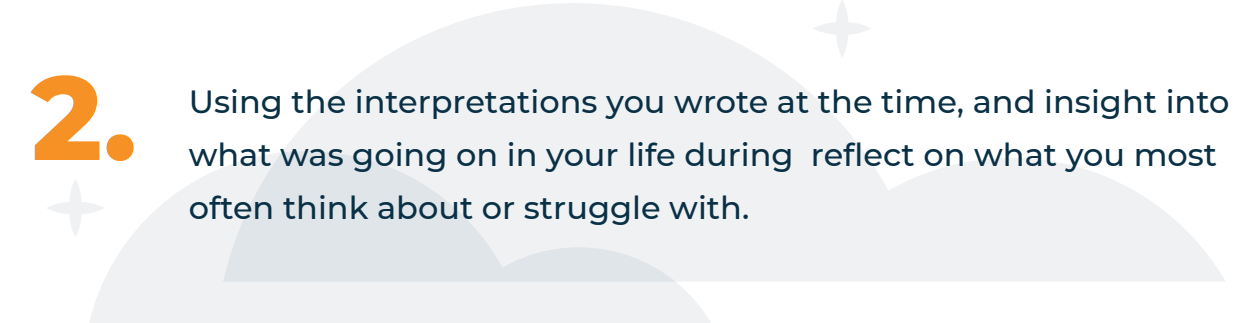
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Use the space below to describe or draw an interesting aspect of your dream

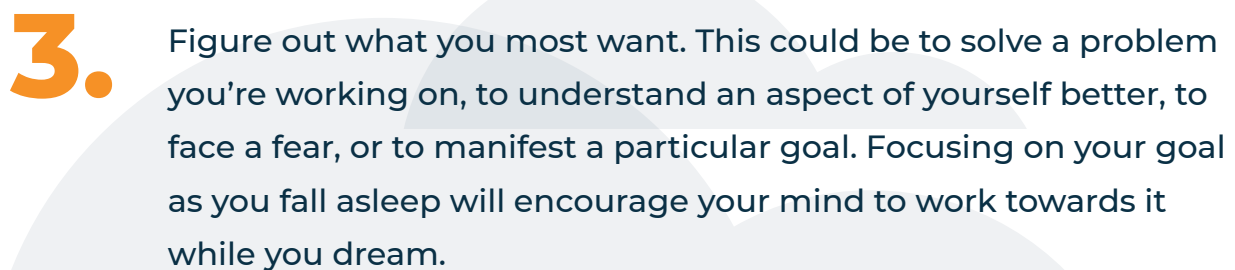
HOW TO USE THIS TEMPLATE



1. Look back through your dreams once a week for recurring themes and record them. If there were no recurring themes, record the themes that felt the most significant to you.



2. Using the interpretations you wrote at the time, and insight into what was going on in your life during reflect on what you most often think about or struggle with.



3. Figure out what you most want. This could be to solve a problem you're working on, to understand an aspect of yourself better, to face a fear, or to manifest a particular goal. Focusing on your goal as you fall asleep will encourage your mind to work towards it while you dream.

USE YOUR DREAMS TO

MANIFEST SUCCESS

Look back through your journal to see any recurring themes that may relate to your current mental landscape:

1. Recurring nightmares may relate to what you most often worry about.
2. Do any unusual or Interesting dreams stick out? These may tell you what you want to experience more of (adventure, creation, responsibility, change, etc.).

BASED ON YOUR DREAMS,

What do you most often worry about?

What are you most afraid of?

What do you look forward to doing each day?

What excites you?

What would you like to better understand?

What is your current goal?

SET AN INTENTION FOR YOUR DREAMS

“Tonight, I will dream about”

DREAM PROMPTS

FOR WRITERS

Write a short dialogue based on your dream

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Write a story about what happens next in the dream

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Describe a character or location from your dream

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Describe the main emotion of your dream

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DREAM PROMPTS

FOR ARTISTS

Draw or paint a character or location from your dream

Convey the main emotion of your dream with only one image

Draw or paint something that only existed in the world of your dream

Show what happened using only images