Dream Journal

30 nights of dreams, feelings and patterns

This journal belongs to: _____

Started on: _____

Free printable from DreamGuideHub · www.dreamguidehub.com/printable-dream-journal/ · Personal & classroom use (CC BY-NC 4.0)

How to remember more of your dreams

1. Keep this journal and a pen by your bed.
Reaching for a phone pulls you out of the dream state faster.

2. Stay still for a moment when you wake.
Replay the dream with your eyes closed before you move or check anything.

3. Write fragments first.
A color, a face, a place or a feeling is enough to start. The story often comes back as you write.

4. Always record the feeling.
Even when the plot is gone, the emotion is usually the most useful clue.

5. Note what was on your mind yesterday.
Dreams often continue waking concerns, so this column helps you see links.

6. Review once a week.
Circle anything that repeats: people, places, symbols, emotions.

7. Be patient.
Recall usually improves within a week or two of paying attention to it.

This journal is for self-reflection and curiosity. It is not a medical or psychological tool.
If nightmares or poor sleep are affecting your daily life, please talk to a doctor.
Look up any symbol in the free A–Z dictionary at www.dreamguidehub.com

Night 1

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 2

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 3

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 4

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 5

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 6

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 7

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Week 1 review

People who appeared more than once

Places that repeated

Symbols that keep coming back

The feeling that showed up most

What might connect these dreams to my week?

One thing I want to look up or think about

Night 8

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 9

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 10

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 11

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 12

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 13

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 14

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Week 2 review

People who appeared more than once

Places that repeated

Symbols that keep coming back

The feeling that showed up most

What might connect these dreams to my week?

One thing I want to look up or think about

Night 15

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 16

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 17

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 18

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 19

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 20

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 21

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Week 3 review

People who appeared more than once

Places that repeated

Symbols that keep coming back

The feeling that showed up most

What might connect these dreams to my week?

One thing I want to look up or think about

Night 22

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 23

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 24

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 25

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 26

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 27

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 28

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Week 4 review

People who appeared more than once

Places that repeated

Symbols that keep coming back

The feeling that showed up most

What might connect these dreams to my week?

One thing I want to look up or think about

Night 29

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Night 30

Date: _____ Bedtime: _____ Woke up: _____

The dream, in my own words

People

Places

Symbols and objects I remember

Strongest feeling ☐ calm ☐ joy ☐ fear ☐ sadness ☐ anger ☐ shame ☐ confusion ☐ other: _____

On my mind yesterday

Vividness 1-5: ____ **Recurring?** ☐ **yes** ☐ **no** **Lucid?** ☐ **yes** ☐ **no**

Week 5 review

People who appeared more than once

Places that repeated

Symbols that keep coming back

The feeling that showed up most

What might connect these dreams to my week?

One thing I want to look up or think about

Symbol tracker

Write a symbol once, then add a tally mark each night it returns.

Symbol	Nights seen	Looked it up?