



Dream Journal

Write what you remember, in the order it comes back. No judging, no interpreting. Skip any line you don't need.

Date

Title (optional)

Type

Dream

Lucid dream

Other

What I remember

In the order it comes back, even if it's only fragments.

People and places

How it felt

In the dream, and when I woke up.

Anything odd

Something strange I accepted without question.

Before bed (optional)



When you don't know what to write

Pick one or two prompts, not all of them.

When you wake up and remember very little

- 1 What is the last thing you remember, even if it's one image?
- 2 What was the strongest feeling you woke up with?
- 3 Was there a color, a sound or a place that stands out?
- 4 Does anything from the day before connect, without forcing it?
- 5 What would you add if you lay still for one more minute with your eyes closed?
- 6 Did you wake up at an unusual time or from a particular moment?

When you want to go deeper

- 7 Who was there, and how did you know who they were?
- 8 What happened right before the dream changed scenes?
- 9 What did you want in the dream? What was in the way?
- 10 Was anything familiar but slightly wrong, like a room, a face or a street?
- 11 If the dream had a title, what would it be?
- 12 Does the dream remind you of an earlier one? What repeated?

When you're working on lucid dreaming

- 13 Was there a moment you almost realized you were dreaming?
- 14 What was impossible or odd that you accepted anyway?
- 15 What did you do before bed (WBTB, MILD, a quiet intention)?
- 16 If you became lucid, what triggered it, and what happened to the lucidity?
- 17 What dream signs showed up again this week?
- 18 What will you try differently tonight?

A note on interpretation. Keep the entry itself free of it, so you catch the dream before it fades. If you want to explore what a dream might mean to you, do it afterwards as a separate note. In the RealAwake app, Insights is a separate space for that, and you can link an insight to a journal entry.