

Dream Journal

Date of dream:

1. Describe your dream. Include everything you saw or heard or felt or thought.

2. How did you Feel when you were having the dream? Circle one or more and describe your feeling in words. Happy? Angry? Sad? Worried? Curious? Describe how you were feeling in the dream?

3. Who were the Characters (People and Animals) in your dream? Describe them.

4. Where did the dream take place?

5. What is a good Title for this dream?