

# MY DREAM LOG

Title:

Date:

Time:

Day:

Key dream details to remember:

Main feeling and atmosphere:

Bright/vivid

Normal daylight

Muted/hazy

Black & white

Dark

Nighttime

For more details on what each section means and what to record visit the original article: [Essential information to include when writing down dreams](https://www.HeavensDreamMessages.com/essential-dream-log)



The dream

What is currently going on in my life?

What did I ask God before I went to sleep?

Initial thoughts about the meaning:



Notes

