

MY DREAM LOG

Title:

Date:

Time:

Day:

Key dream details to remember:

Main feeling and atmosphere:

- | | | |
|--|--|-------------------------------------|
| <input type="checkbox"/> Bright/vivid | <input type="checkbox"/> Normal daylight | <input type="checkbox"/> Muted/hazy |
| <input type="checkbox"/> Black & white | <input type="checkbox"/> Dark | <input type="checkbox"/> Nighttime |

The dream (continue over page):

The dream continued...

What is currently going on in my life?

What did I ask God before I went to sleep?

Initial thoughts about the meaning: