

Dream Journal Template

A printable workbook to help record dreams, notice symbols, track emotions, and reflect on recurring patterns.

Inside this PDF		
Dream Entry Pages	Weekly Review	Symbol + Emotion Tracker
Pattern Notes	Reflection Prompts	Simple printable format

How to Use This Template

Use this journal after waking up to capture the main details of your dream before they fade. Focus on the strongest emotion, the key symbols, and any connection to your daily life. Over time, these pages can help you recognize recurring dream themes and understand your inner patterns more clearly.

- Record your dream as soon as possible after waking.
- Write down the strongest emotion and the most vivid symbol.
- Notice what in your real life may connect to the dream.
- Review your notes weekly to look for repeated patterns.

Dream Entry Page 1

Date	
Dream Title	
Main Emotion	
Main Symbols	
People in the Dream	
Setting or Place	
Main Events	
What Stood Out Most	
Possible Real-Life Connection	
Feeling After Waking	

Quick reflection: What might this dream be inviting you to notice?

Dream Entry Page 2

Date	
Dream Title	
Main Emotion	
Main Symbols	
People in the Dream	
Setting or Place	
Main Events	
What Stood Out Most	
Possible Real-Life Connection	
Feeling After Waking	

Quick reflection: What might this dream be inviting you to notice?

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Weekly Dream Review

Use this page at the end of the week to look for repeated themes across your dream entries.

Most Frequent Emotion	
Most Frequent Symbol	
Recurring People or Places	
Dream Theme This Week	
What May Need Attention	
What Feels Like Growth or Healing	

Dream Symbol and Emotion Tracker

Mark recurring symbols and emotions across multiple dreams to spot patterns more easily.

Date	Dream Title	Main Symbol	Emotion	Possible Meaning

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Quick Reflection Prompts

Use these prompts whenever a dream feels especially strong, recurring, or meaningful.

- What emotion was strongest in the dream?
- What symbol or image stood out most?
- What in my life feels similar to this dream?
- Is this dream connected to stress, change, healing, or uncertainty?
- Does this symbol feel universal, personal, or both?
- Has this same theme appeared in other dreams recently?

Common Symbols to Watch

Symbol	Common Theme
Water	emotion, calm, healing, overwhelm
Road	life direction, movement, choice
Door	opportunity, transition, delay
House	self, inner life, family patterns
Baby	new beginning, vulnerability, care
Snake	fear, hidden tension, transformation
Being Chased	avoidance, pressure, unresolved fear