



**start here ...** noting down the basic information in form of categorizing and documenting important dream parameters

### basic informations

date	<input type="text" value="01.01.2018"/>	day	<input type="text" value="Tuesday"/>
duration	<input type="text" value="8 hours"/>	period	<input type="text" value="10 pm"/> <input type="text" value="6 am"/>
interruptions	<input type="checkbox"/> yes   <input checked="" type="checkbox"/> no	feeling	<input checked="" type="checkbox"/>   <input type="checkbox"/>
dream type	<input type="checkbox"/> daydream	<input type="checkbox"/> lucid	<input type="checkbox"/> recurring
	<input checked="" type="checkbox"/> signal	<input type="checkbox"/> nightmare	<input type="checkbox"/> epic

- daydream** = dream you have during daytime
- lucid dream** = dream in which you realize that you are dreaming
- recurring** = recurring dream
- signal dream** = dream that you feel has some kind of deeper message packed for you
- nightmare** = dream that frightens you to the point that you may even wake up
- epic dream** = dream that potentially has a life changing character for you

### dream description

*I was standing on a hill and the sky was lit by fireworks in all colors. I felt that this was a special moment and in the distance I could see a dog waiting for me.....*

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*I love animals and they are the sign of love without any expectations for me. I believe that the dream was expressing my wish for a similar relationship to a friend.*

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**continue ...** writing down details of your dream that you can remember and start to do an interpretation afterwards



### dream interpretation

## dream journal

*The future belongs to those who believe in the beauty of their dreams.*

- ELENOR ROOSEVELT -

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dream type

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recurring

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epic

### dream description

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### dream interpretation