

DREAMEVALUATOR



# The 7-Day Dream Journal Starter

*Catch your dreams before they fade — a one-week guided journal for noticing what your sleeping mind is trying to tell you.*

[dreamevaluator.com](https://dreamevaluator.com)

BEFORE YOU BEGIN

## How to Use This Journal

You don't need to remember epic, cinematic dreams to start. Even a fragment — a face, a hallway, a feeling — is enough. This journal works best as a small morning habit, not a big project.

- **Keep it by your bed.** Dreams fade within minutes of waking. The closer this journal is, the more you'll catch.
- **Write immediately on waking** — before your phone, before the news, before the day starts talking. Even three scribbled lines count.
- **There are no wrong answers.** Spelling doesn't matter. Logic doesn't matter. You're capturing raw material, not writing literature.
- **Five minutes is plenty.** Fill in what comes easily and skip what doesn't. Consistency beats completeness — every single time.
- **Notice patterns, not just nights.** By day 4 or 5, flip back and look for repeating people, places, or feelings. That's where the interesting stuff lives.

One gentle note: everything in this journal is an invitation to reflect, not a diagnosis. Your dreams are yours — treat every interpretation as a possibility to sit with, never a verdict.

DAY 1

# Your First Night

Date:

**Last night I dreamed...** — *write whatever you remember, in any order*

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**Key symbols I noticed** — *people, animals, places, objects that stood out*

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**Strongest emotion in the dream**

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**What this might be telling me**

- If this dream had a title, like a movie, what would you call it?
- Does anything in it remind you of something happening in your waking life right now?
- The strongest emotion you felt — where else have you felt that lately?

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**Tonight's intention** — *one line, e.g. "I will remember my dreams."*

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DAY 2

# Following the Feeling

Date:

Last night I dreamed...

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Key symbols I noticed

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Strongest emotion in the dream

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What this might be telling me

- Forget the plot for a moment — what was the *mood* of the dream? Calm? Urgent? Strange?
- Emotions in dreams often point to something unprocessed. What might yours be connected to?
- Was there a moment the feeling shifted? What happened right before it changed?

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Tonight's intention

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DAY 3

# The People in Your Dreams

Date:

Last night I dreamed...

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Key symbols I noticed

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Strongest emotion in the dream

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What this might be telling me

- Who appeared in this dream? What is your real-life relationship with them like right now?
- Sometimes dream characters represent parts of ourselves. What quality does this person embody to you?
- If a stranger appeared, what stood out about them — and what might that trait mirror in your own life?

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Tonight's intention

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DAY 4

## Places and Settings

Date:

Last night I dreamed...

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Key symbols I noticed

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Strongest emotion in the dream

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What this might be telling me

- Where did the dream take place? Was it familiar, strange, or a mix of both?
- Settings often reflect your inner landscape. A house might point to your sense of self; a road might point to where you feel headed.
- Did the setting change? What might the shift from one place to another suggest about a transition in your life?

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Tonight's intention

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DAY 5

## Spotting the Pattern

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Key symbols I noticed

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Strongest emotion in the dream

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What this might be telling me

- Flip back through days 1–4. Has any symbol, person, place, or feeling repeated?
- Recurring elements are often your mind's way of waving a flag. What might it be trying to get your attention about?
- If the same theme keeps showing up, what small step in waking life might address it?

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Tonight's intention

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DAY 6

# The Unfinished Dream

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Last night I dreamed...

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Key symbols I noticed

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Strongest emotion in the dream

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What this might be telling me

- Was there anything unresolved in the dream — a door unopened, a conversation cut short, a task unfinished?
- Unfinished dream business often mirrors unfinished waking business. What feels incomplete for you right now?
- If you could re-enter the dream and change one thing, what would you do differently?

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Tonight's intention

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DAY 7

# Your Week in Dreams

Date:

Last night I dreamed...

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Key symbols I noticed

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Strongest emotion in the dream

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What this might be telling me

- Looking back at the whole week: what is the single biggest theme or message you notice?
- Which night's dream surprised you most — and what made it stand out?
- What's one insight from this week you want to carry into your waking life?

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**Tonight's intention** — *keep going? Write your commitment for week two.*

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## You Did It — Seven Nights of Dreaming

Seven days ago, your dreams were probably slipping away before breakfast. Now you have a week of them captured on paper — the symbols, the emotions, the patterns only you could notice.

Here's the exciting part: you're just getting started. Every symbol you wrote down this week — the teeth, the chases, the flights, the familiar faces — has a deeper story. And learning to read those stories is a skill that keeps growing the longer you practice.

To keep going, grab our free guide:



### **The 50 Most Common Dream Symbols — Free Guide**

Look up the exact symbols from your journal and discover what they often point to — plus join the DreamEvaluator mailing list for weekly dream insights.

[dreamevaluator.com/free-dream-symbols-guide/](https://dreamevaluator.com/free-dream-symbols-guide/)

Keep the journal by your bed. Keep writing. Your dreams have been talking to you all along — now you're finally listening. 🌙

*DreamEvaluator content is for reflection and entertainment. It isn't medical, psychological, or professional advice, and dream interpretations are perspectives to consider — never certainties or predictions about your life.*