

Worksheet



**Use these pages as
prompts for writing in
your journals!**

Council of Self Dream Journal Methods

Time to begin using your Wake/Dream Journal

Go into your past memories & write out any recurring dreams or dreams that stand out & shifted your life

What Type of Dream do you have the most? If you don't remember your dreams yet, what type of dream do you want to have the most?

Script your ritual for impressing on your dream self that you are now paying attention.

What words will you add to your dream journal when you do not dream?