



MY DREAM JOURNAL

EXPLORING YOUR DEEPER SELF • PAGE 2

2. PEOPLE, PLACES, & IMPORTANT THINGS

Pick out the most striking symbols or characters from the dream. Write down the absolute first personal memory, thought, or story that comes to your mind when you think about them.

3. THE BALANCING ACT

Carl Jung believed dreams help balance us out by showing us sides of ourselves we ignore during the day. Is this dream showing you a hidden feeling, a different point of view, or a truth you have been avoiding in real life?

4. TAKING ACTION TODAY

What is the main lesson or question this dream leaves you with? Write down one simple, creative action or shift in mindset you will make today to honor this message from your deeper self.
