
ASTRALAWAKEN
The
7-Night
Dream Log
A gentle week-long ritual to remember,
record & explore your dreams
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WELCOME, DREAMER

Your nights are full of stories

Every night your mind writes a little film, and most mornings it fades before you've even opened your eyes. This log is a simple, seven-night practice to catch those stories, notice your patterns, and get to know your dreaming self.

How to use this log

1. **Set a bedtime intention.** Each night has a theme and a short intention. Read it once or twice as you settle in.
2. **Keep it by your bed.** Print it or keep it open on your phone, with a pen within reach.
3. **Write the moment you wake.** Before you check anything, jot down fragments, feelings, colors, even a single word.
4. **Don't judge it.** Weird, boring, or blank are all welcome. A night with no dream recalled still counts.

There's no wrong way to dream. This is a journaling practice for curiosity and self-reflection, nothing more serious than that.

BEFORE YOU BEGIN

Gentle dream-recall tips

Wake slowly

Stay still for a moment with your eyes closed. Moving or reaching for your phone can scatter a dream fast.

Start with feelings

If the story is gone, ask: how do I feel? Emotions often pull the images back.

Write fragments

A color, a face, a place. Small pieces often unlock bigger memories.

Keep a steady rhythm

Regular sleep and wake times can make mornings calmer and dreams easier to catch.

Go easy on screens

A screen-free wind-down before bed leaves room for your intention.

Be patient

Recall tends to grow with practice. Seven nights is a lovely start.



Seven nights · seven themes · one week to meet your dreaming self

NIGHT I

The Open Door

TONIGHT'S INTENTION

"Tonight I'm open to remembering whatever my dreams want to show me."

DATE _____ BEDTIME _____ WAKE TIME _____

DREAM NOTES

Mood	low	○ ○ ○ ○ ○	bright
Vividness	faint	○ ○ ○ ○ ○	vivid
Lucidity	none	○ ○ ○ ○ ○	fully aware

DREAM SYMBOLS

Morning reflection · What feeling did you wake up with?

NIGHT II

The Quiet Sea

TONIGHT'S INTENTION

"I drift into sleep calm and curious, like floating on still water."

DATE _____ BEDTIME _____ WAKE TIME _____

DREAM NOTES

Mood	low	○	○	○	○	○	bright
Vividness	faint	○	○	○	○	○	vivid
Lucidity	none	○	○	○	○	○	fully aware

DREAM SYMBOLS

Morning reflection · Was there water, weather, or movement anywhere in your dreams?

NIGHT III

The Lantern

TONIGHT'S INTENTION

"I'll notice one small detail tonight and carry it back with me."

DATE _____ BEDTIME _____ WAKE TIME _____

DREAM NOTES

Mood	low	○	○	○	○	○	bright
Vividness	faint	○	○	○	○	○	vivid
Lucidity	none	○	○	○	○	○	fully aware

DREAM SYMBOLS

Morning reflection · What one detail stands out most, even if it's tiny?

NIGHT IV

The Familiar Faces

TONIGHT'S INTENTION

"I welcome the people and places my dreams want to visit."

DATE _____ BEDTIME _____ WAKE TIME _____

DREAM NOTES

Mood	low	○	○	○	○	○	bright
Vividness	faint	○	○	○	○	○	vivid
Lucidity	none	○	○	○	○	○	fully aware

DREAM SYMBOLS

Morning reflection · Who or what showed up? What might they mean to you right now?

NIGHT V

The Mirror Lake

TONIGHT'S INTENTION

"Tonight I'll pause in my dream and ask: am I dreaming?"

DATE _____ BEDTIME _____ WAKE TIME _____

DREAM NOTES

Mood	low	○ ○ ○ ○ ○	bright
Vividness	faint	○ ○ ○ ○ ○	vivid
Lucidity	none	○ ○ ○ ○ ○	fully aware

DREAM SYMBOLS

Morning reflection · Did anything feel strange enough to make you wonder if you were dreaming?

NIGHT VI

The Starlit Path

TONIGHT'S INTENTION

"I follow my dreams wherever they lead, gently and with wonder."

DATE _____ BEDTIME _____ WAKE TIME _____

DREAM NOTES

Mood	low ○ ○ ○ ○ ○	bright
Vividness	faint ○ ○ ○ ○ ○	vivid
Lucidity	none ○ ○ ○ ○ ○	fully aware

DREAM SYMBOLS

Morning reflection · If your dream had a title, what would it be?

NIGHT VII

The Return

TONIGHT'S INTENTION

"I thank my dreaming mind and welcome whatever comes tonight."

DATE _____ BEDTIME _____ WAKE TIME _____

DREAM NOTES

Mood	low	○	○	○	○	○	bright
Vividness	faint	○	○	○	○	○	vivid
Lucidity	none	○	○	○	○	○	fully aware

DREAM SYMBOLS

Morning reflection · What has this week of dream journaling shown you about yourself?

AFTER NIGHT VII

Patterns I noticed

Flip back through your seven nights. Circle anything that showed up more than once.

RECURRING PEOPLE & PLACES

RECURRING SYMBOLS & OBJECTS

FEELINGS THAT KEPT COMING UP

MY MOST VIVID NIGHT & WHY

WHAT I WANT TO EXPLORE NEXT IN MY DREAMS

My week at a glance

I II III IV V VI VII

Shade a moon for each night you remembered a dream

KEEP THE DOOR OPEN

Seven nights down. Where to next?

If this week sparked something, keep going. Our full journals give you more room, more prompts, and a deeper rhythm.

Lucid Evening

30-NIGHT DREAM JOURNAL

A month of evening intentions and morning pages to build steady dream recall.

Dream Door

90-NIGHT DREAM JOURNAL

A season-long companion for noticing patterns and exploring your dream world.

astralawaken.com

Share your favorite dream moments and find nightly prompts at
@astroawaken.official

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