

# Welcome to your Dream Journal!

“Everybody dreams—at least four to six times a night! Most of us only remember the dream we had right before we woke up, and even then we only remember a small portion of that dream. By writing down your dreams, you will begin to remember more details. The sooner you write down a dream, the more you remember—so keep this journal and a pen right by your bed so you can write down your dreams as soon as possible!

## “Interpreting Your Dreams” “Common Dreams”

“**Chasing:** A chase dream is a very common dream. You may be trying to run away from a problem. On the other hand, if you are chasing someone else, this dream may show that you’re trying to reach a goal.”

“**Falling:** Have you ever felt like you were falling and then woke up with a start? Falling dreams are very common and may suggest that you are feeling overwhelmed or out of control. Hang on! Things will get better.”

“**Forest:** Have you ever heard the expression, “You can’t see the forest for the trees”? It means that you can’t see the big picture because you’re focusing on the details. You’re trying to solve a big problem but little things keep getting in your way.”

“**Flying:** many people love dreaming about flying, whether in a plane or like a superhero. This dream often means that you are celebrating a joyous event or rising above a problem in your life. You are going to be an outstanding success.”

“**Lost:** Dreams about being lost are signals that you are confused about something. The more panicked your dream becomes, the harder it will be to find your way out. Relax and remember that there is a solution to every problem!”

“**Money:** If you see or win money in your dream, this could mean that success is coming your way. Money symbolizes success, self-confidence, and values.”

“**School:** Some dreams just take place in school and others are about school. School dreams may mean that you feel unprepared for a test or forgot a homework assignment. They could also mean that you feel pressure to get an “A.” Are you dealing with popularity or bullying? On the other hand, if you dream about winning a school award or being at the head of your class, you feel pretty confident about school.”

“**Slow-Motion:** Slow-motion dreams are very common. You’re trying to get away from something or someone, but you are hardly moving. Are you feeling helpless, stuck, or trapped in real life?”

# “Animals”

“**Bear:** Your calm strength shines through when a bear visits your dreams.”

“**Bee:** Bees symbolize harmony, good luck, and bliss. Getting stung by a bee in your dream may mean you’ve been recently “stung” by harsh words, or you’re feeling betrayed by someone close to you.”

“**Butterfly:** Butterflies symbolize happiness and good luck, but a butterfly might also indicate a feeling that you need to chill a bit.”

“**Dog:** Dogs symbolize instincts, loyalty, and protection. The final meaning will depend on whether the dog was snarling or happy to see you.”

“**Dove:** Doves are symbols of peace, love, and harmony. You must be feeling great about school and life in general. Fly on, little dove!”

“**Eagle:** An eagle in your dream is a very good symbol. It represents pride, freedom, and courage. These are qualities that are inside you!”

“**Grasshopper:** Grasshoppers in dreams represent freedom, independence, and education.”

“**Horse:** Horses represent strength and energy. If you were riding the horse, did you feel strong and confident? If you saw a herd of horses in your dream, that could represent freedom.”

“**Ladybug:** Ladybugs in your dreams represent beauty and good luck. Did you make a wish and send the ladybug on her way? Your dream wish could come true!”

“**Lion:** A lion in your dream symbolizes strength and power. Your dream is showing you that you have these qualities, too!”

“**Snake:** To see a snake or be bitten by one in your dreams shows that you have a fear or worry in real life. However, a snake dream can be positive, too. It could mean you’ll gain knowledge and wisdom.”

“**Spider:** To see a spider in your dream means that you want to stay away from a situation in your life. It can also be a powerful dream protecting you from doing something you shouldn’t.”

“**Wolf:** To see a wolf in your dream represents survival, beauty, solitude, and confidence. You are able to stay calm in many different social situations, showing grace and ease.”

“**Whale:** Whales symbolize you and your intuition. You are in touch with yourself. Or a whale dream could also represent something that you’re working on that could be too big to handle.”



# “Colors”

“**Black:** Black is a symbol for the unknown, mystery, or even danger.”

“**Blue:** Blue represents truth, wisdom, peacefulness, and loyalty.”

“**Green:** The color green symbolizes nature, wealth, and good fortune. But it can also mean that you are “green with envy,” or jealous.”

“**Pink:** Love, joy, sweetness, and happiness are all represented by the color pink.”

“**Purple:** Purple is devotion, healing, kindness, and compassion. It is the color of royalty.”

“**Red:** If you’re seeing red in your dreams, it means you have courage and power. Or you could be angry. Look at the other symbols in your dream.”

“**White:** If you see white in your dreams, you are showing dignity or new beginnings.”

“**Yellow:** Yellow can be good or bad. If it is a pleasant dream, it represents energy and intellect. If [it] is a nightmare with yellow, it means betrayal and fear.”



## Take time to daydream...

“Imagine that you have a time machine and can go anywhere in the past or the future. What year will you visit and why? Would you take a friend with you? What will you do when you get there?”

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“Write your own fantasy where you’re the star character. Are you in a movie, TV show, book, or game? Write down all the juicy details about who you are and what you do. And don’t forget to pick a name!”

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“What does your ideal future look like? What kind of job do you have? What kind of house, car, and pets? Write down all the awesome details!”

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“Take a little daydream walk through the woods on a winding path next to a little creek. You come upon a beautiful meadow with wildflowers and tall grass. What happens in the meadow? Are there any animals there? Describe the details of what you see in the meadow.”

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“Daydream about the most perfect day EVER! What do you do? What’s your schedule like? Who are you with and where do you go? Write it all down. It just might happen!”

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“Animals dream, too. What do you think they dream about? Choose an animal and write down what you think happens in its dreams.”



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