



DREAM ANALYSIS WORKSHEET

DREAM ANALYSIS WORKSHEET

THE DREAM

Write down everything you can remember about your dream as quickly as possible.

A large rectangular area with a dotted border and horizontal dotted lines for writing. The border is composed of small red dots, and the interior is filled with horizontal teal dotted lines. This area is intended for the user to write down their dream details.

NEXT

Try to identify as many details from your dream as you can, and write them down on the next pages.

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PLACES

Structures, buildings, landscapes, houses, rooms, etc



PEOPLE

Did you recognise the people? What did strangers look like?



OTHER ELEMENTS

Animals, objects, vehicles, and anything else you can think of.



NEXT

Write down what you were feeling.

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FEELINGS

Did your dream have a happy, sad or menacing feel about it?

What was your mood like?

What sensations did you experience?

A large rectangular area with a light gray background, a red dotted border, and horizontal teal dotted lines for writing. The area is intended for the user to write their responses to the questions above.

NEXT

Start free-associating.

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NEW IDEAS

Remember, your ideas don't need to be ground-breaking or fully formed from the get-go. You might have an inkling of something that will mature into a fully fleshed-out idea only after you've learned something else that unlocks its true potential. The important thing is to keep a record of any idea that comes so you can refer back to it. later



I hope this worksheet helps you have fun with your dreams in a way that might lead to new ideas and sparks of inspiration.

HAVE FUN!

**READ THE WHOLE BLOG POST AT:
[HTTP://HERLOVELYHEART.COM/DREAMS](http://herlovelyheart.com/dreams)**



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