

A person in silhouette is jumping off a cliff edge, with a parachute deployed. The parachute is attached to several lines that extend upwards, where they connect to the silhouettes of birds in flight. The background is a solid yellow color. The text 'Dream WITHOUT Fear' is written in white, with 'Dream' and 'Fear' in a cursive font and 'WITHOUT' in a bold, sans-serif font.

Dream
WITHOUT
Fear

DREAM JOURNAL



Dream Journal

Date: _____

Time: _____

Thoughts Before Sleep

Emotions Before Sleep

Dream

Interpretation

Feeling Upon Awakening

Comments



Dream Journal

Date: _____

Time: _____

Thoughts Before Sleep

Emotions Before Sleep

Dream

Interpretation

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