

The Inner Record

When you wake, do not try to capture everything. Capture one image that stayed, one emotion you can name, one sentence describing what happened. That is enough. Come back to it later in the day and add what it relates to.

DATE

TIME OF WAKING

DREAM — CAPTURE FREELY

Key elements

People

Place

Emotion

What were you doing, actions

Enduring image

How it relates to current life

What feels significant or repeated

Anything familiar

One dream may be temporary. A pattern is not.