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This dream journal helps you record your dreams and guides you in interpreting their significance with the help of prompting questions and checkboxes. Size: 7" x 10" (17.8 x 25.4 cm) - plenty of space to record your dreams and their

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A dream journal (dream diary) is a notebook in which you record your dreams. It is best to write your dreams immediately after you wake up, and the dream is still fresh in your mind. This can help you analyze the meaning of your dreams while improving your dream recall, which is crucial if you want to learn how to lucid dream.

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A dream journal is a type of reflective diary, where you reminisce on important or unusual things that happen to you and then meditate on what they might mean. Here are some tips on writing reflective journals. Why keep a dream journal? 1. It helps you remember what your dreams are about, and improve your memory in general! Dreams are fleeting.

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