— Title:	Date:	
	—— What happened ———	Lucid 🗖
	——— Dream signs ————	
	—— How did you feel ———	
🗌 Нарру	Anxious Free Depressed	1
Frustrated	Confused Humiliated	
Sad Sad	Terrified Surprised	•

SLeep-Wake up time:

Dream type:

🗌 Nightmare	🗌 False awakening
Recurring	Normal
Sleep paralysis	Lucid
Used techniques:	

– Sketch your dream ——

Notes: