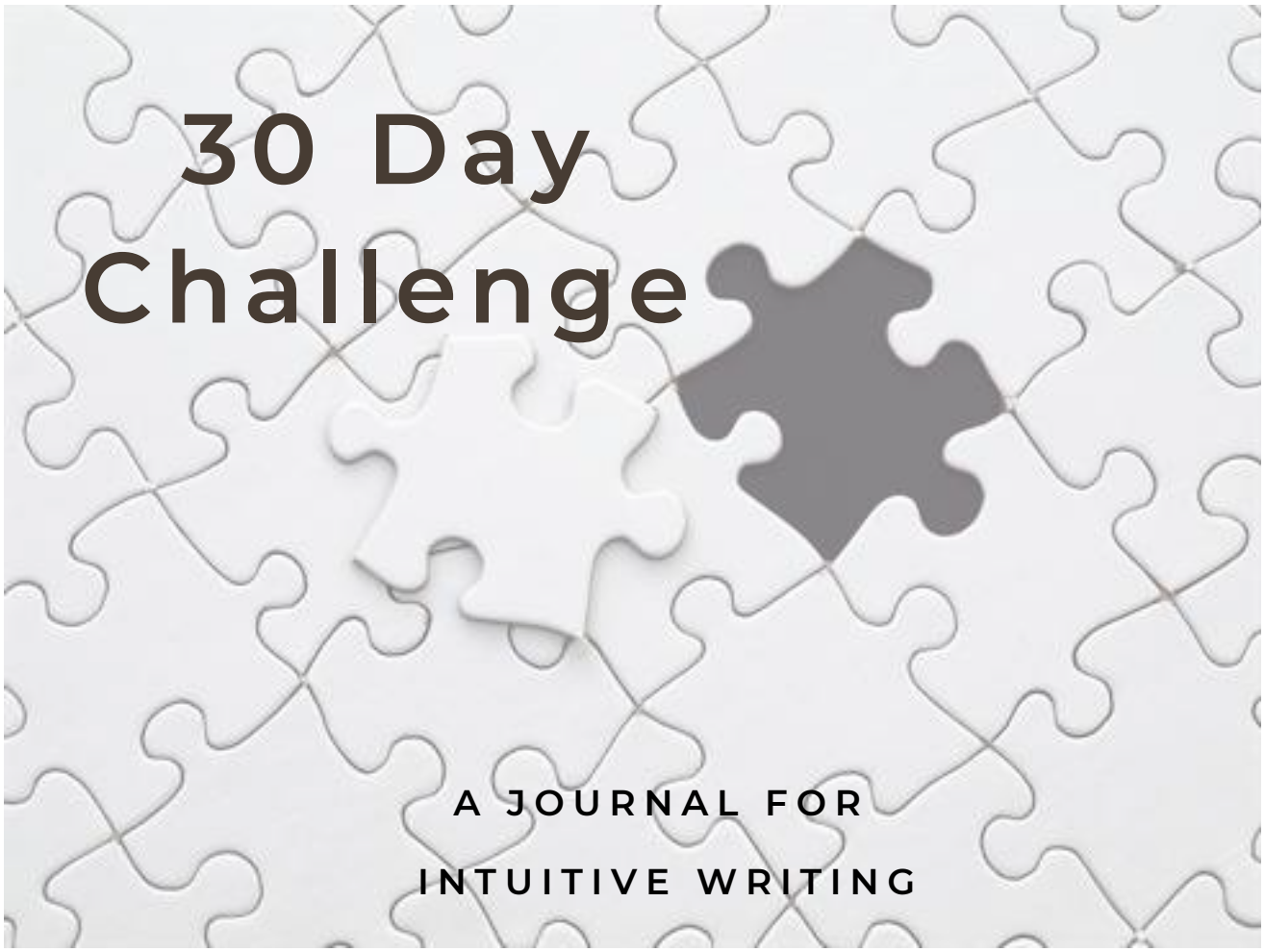
DREAM THE ANSWER



30 Day Challenge

A JOURNAL FOR INTUITIVE WRITING

dreamtheanswer.com

This Journal belongs to ~

"At least once a day, allow yourself the freedom to think and dream for yourself." ~ Albert Einstein

THREE Dream Incubation Rituals

- Write the question on a piece of paper and place it on your nightstand. As you lay down to sleep, silently chant the question you posed. Repeat it to yourself many times as you breathe in deeply and drift off to sleep.
- Drink some water as you focus on the question you want answered. Place the rest of the water on your nightstand and trust that the magic current of the water will assist you in remembering your dream for guidance.
- Create your own meditation to relax your body and mind while focusing on what you want to know about. You can spontaneously create a meditation as you are snuggled into bed or record it ahead of time and listen to your own voice OR - choose to do this as a daytime meditation instead.

For each day in this challenge, there is a blank section for drawing & doodling. Sometimes drawing out what we see or writing down significant words helps with the remembering and the interpretation of the dream.

TOOLS TO ASSIST YOU:

- Consider adding in some background music for the meditations you record for yourself.
- Use essential oils such as lavender.
- Enjoy a dream pillow filled with dream enhancing herbs.
- Use crystals such as Selenite and/or an assortment of Gemstones.

Use the next few pages to jot down ideas of what you want to know about and the dreams/goals for your life.

Choose a Magic word for each day

FOCUS

Dream / Goal

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____

Notes

Day One

Day Two

Day Three

Day Four

Day Five

Day Six

Day Seven

Day Eight

Day Nine

Day Ten

Day Eleven

Day Twelve

Day Thirteen

Day Fourteen

Day Fifteen

Day Sixteen

Day Seventeen

Day Eighteen

Day Nineteen

Day Twenty

Day Twenty One

Day Twenty Two

Day Twenty Three

Day Twenty Five

Day Twenty Six

Day Twenty Seven

Day Twenty Eight

Day Twenty Nine

Day Thirty

Notes

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