

*Achieving the best of what it means to be human thus creating a kinder world.*

Sleep Journal



# **Text  Description automatically generatedSleep Journal Example Page**

## Brief Dream Summary

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| All I can remember from my dream is falling and waking up startled. I don’t remember hitting the  |
| bottom, but my body jolted. |
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##  Negative Reflection Positive Reflection

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| Worry about what it means | Maybe I should let go of the fear |
| Am I supposed to let go of something?  | Live in the moment |
| Am I failing at something? | Release concern and focus on the positive |
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## Words of Empowerment

*I am in charge of how I feel and today I am choosing happiness*

# Sleep Journal Entry 1:

## Brief Dream Summary

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##  Negative Reflection Positive Reflection

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## Words of Empowerment

*I have the power to create change*

# Text  Description automatically generatedSleep Journal Entry 2:

## Brief Dream Summary

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##  Negative Reflection Positive Reflection

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## Words of Empowerment

*I let go of all that no longer serves me*

# Sleep Journal Entry 3:

## Brief Dream Summary

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##  Negative Reflection Positive Reflection

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## Words of Empowerment

*I am in the right place at the right time, doing the right thing*

# Text  Description automatically generatedSleep Journal Entry 4:

## Brief Dream Summary

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##  Negative Reflection Positive Reflection

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## Words of Empowerment

# *Make way for the unprecedented and watch your reality rearrange itself*

# Text  Description automatically generatedSleep Journal Entry 5:

## Brief Dream Summary

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##  Negative Reflection Positive Reflection

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## Words of Empowerment

*Nothing can dim the light that shines from within*

# Text  Description automatically generatedSleep Journal Entry 6:

## Brief Dream Summary

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##  Negative Reflection Positive Reflection

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## Words of Empowerment

*You must do the things you think you cannot do*

# Text  Description automatically generatedSleep Journal Entry 7:

## Brief Dream Summary

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##  Negative Reflection Positive Reflection

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## Words of Empowerment

*Good riddance to decisions that don’t support self-care, self-value, and self-worth*

# Text  Description automatically generatedSleep Journal Entry 8:

## Brief Dream Summary

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##  Negative Reflection Positive Reflection

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## Words of Empowerment

*I’m better than I used to be. Better than I was yesterday. But hopefully not as good as I’ll be tomorrow*

# Sleep Journal Entry 9:

## Brief Dream Summary

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##  Negative Reflection Positive Reflection

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## Words of Empowerment

# *We must accept finite disappointment, but never lose infinite hope*

# Text  Description automatically generatedSleep Journal Entry 10:

## Brief Dream Summary

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##  Negative Reflection Positive Reflection

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## Words of Empowerment

*Your life is already a miracle of chance waiting for you to shape its destiny*