



DREAM JOURNALING WORKSHEET



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



DREAM JOURNALING

When we are sleeping our unconscious mind takes the wheel. This is when our subconscious is working away trying to resolve difficult or confusing situations in our life. Neuroscientists estimate your unconscious database outweighs your conscious database over 10 million:1.

One of the ways our subconscious tries to communicate its wisdom to us is through our dreams. During dream time our ego and conscious mind is taking a break and our subconscious has a chance to communicate with us. There can be so much value gained from our dreams. We can often wake up in the middle of the night with a solution to something that's been nagging at us. The problem is that often when we awake in the morning we've forgotten our middle of the night ah ha moment.

The best way to really connect with your subconscious and its wisdom is by keeping a dream journal.

Enjoy!

Christa Potter





EXERCISE - Give Dream Journaling a try tonight. Gather your supplies and put them by your bedside. I'm so excited for you to discover what your dreams are trying to tell you.

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Notes

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