

# Dream Journal Template

*Use this template to start tracking your dreams, and progress towards them.*

**The Dream:** \_\_\_\_\_

Short Term / Long Term / Unsure? \_\_\_\_\_

Make a checklist of the steps you need to take in order to achieve this dream:

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**What is 1 thing you can do today to get you closer to this dream?**

**What is 1 thing you can do this month to get you closer to this dream?**

**What is 1 factor you need to brainstorm to get you closer to this dream?**