

# Checklist

## Dream journal as writing practice

---

### 1

#### The Dream Journal

Pick the journal you want to use as your dream journal

List and paragraph any dreams you can remember first thing in the morning

Pick one of those dreams to focus on for the next part. You can do this either daily or weekly

### 2

#### The Writing Practice

Connect to the atmosphere from the dream you chose to focus on

Instead of writing the whole dream out in detail focus on *one* specific detail or character that embodies this atmosphere

Choose two senses you want to engage and connect them with *one* action (from the dream or made up) that includes the detail or character

Now write a scene or put it on an index card as a writing prompt