



## Dream Work Ritual

Use your Dream Time to reduce stress & overwhelm  
in 3 Easy Steps

*~1. Gather Your Things~      ~2. Ask~      ~3. Write It Down~*

**1.** *Before you go to sleep tonight grab these THREE things and keep it by your bedside or on the floor next to your bed.*

*~a pen or pencil*

*~a piece of paper or journal*

*~Dream Work Ritual*

*(Either print out this worksheet or write these 4 steps down before you start)*

**2.** *While you are in bed ask yourself these questions:*

*Ask:*

*"What action can I take to find Peace & Joy throughout my day tomorrow?"*

*"What action can I take to reduce my stress and overwhelm?"*

*"What messages do I need to receive as I sleep?"*

*"What do i need to know?"*

*Chances are, you already know the answers to these questions, write them down.*

**3.** *As soon as you wake up in the morning or if you wake up in the middle of the night, write down your dreams and answers you get.*

*Don't try to translate the dream yet, write down every detail that you remember.*

*Once you are fully awake or a little later in the day, review what you wrote and see if your subconscious answered the question for you.*