



# Dream Journal

The Twelve Days of Christmas start on Christmas Day and continue to the Epiphany (January 5th). There are numerous outlandish beliefs, traditions and superstitions around these twelve days. One of the more interesting has to do with our dreams during these days. According to ancient Pagan traditions, whatever is dreamed during the twelve nights will come to pass in the next twelve months.

If this concept intrigues you, it can be fun to keep a dream journal during these days to track your dreams and how they play out in the coming months. Use this journal to get started recording and remembering. If your dreams are more elaborate, just add more pages.

Enjoy this tradition and share with a friend. Here's to many nights of great sleep and sweet dreams!

Day of Christmas   Date   Dream Notes   Relative Month 2018

*First*

12/25

*January*

*Second*

12/26

*February*

*Third*

12/27

*March*

*Fourth*

12/28

*April*

*Fifth*

12/29

*May*

*Sixth*

12/30

*June*

*Seventh*

12/31

*July*

*Eighth*

1/1

*August*

*Ninth*

1/2

*September*

*Tenth*

1/3

*October*

*Eleventh*

1/4

*November*

*Twelfth*

1/5

*December*