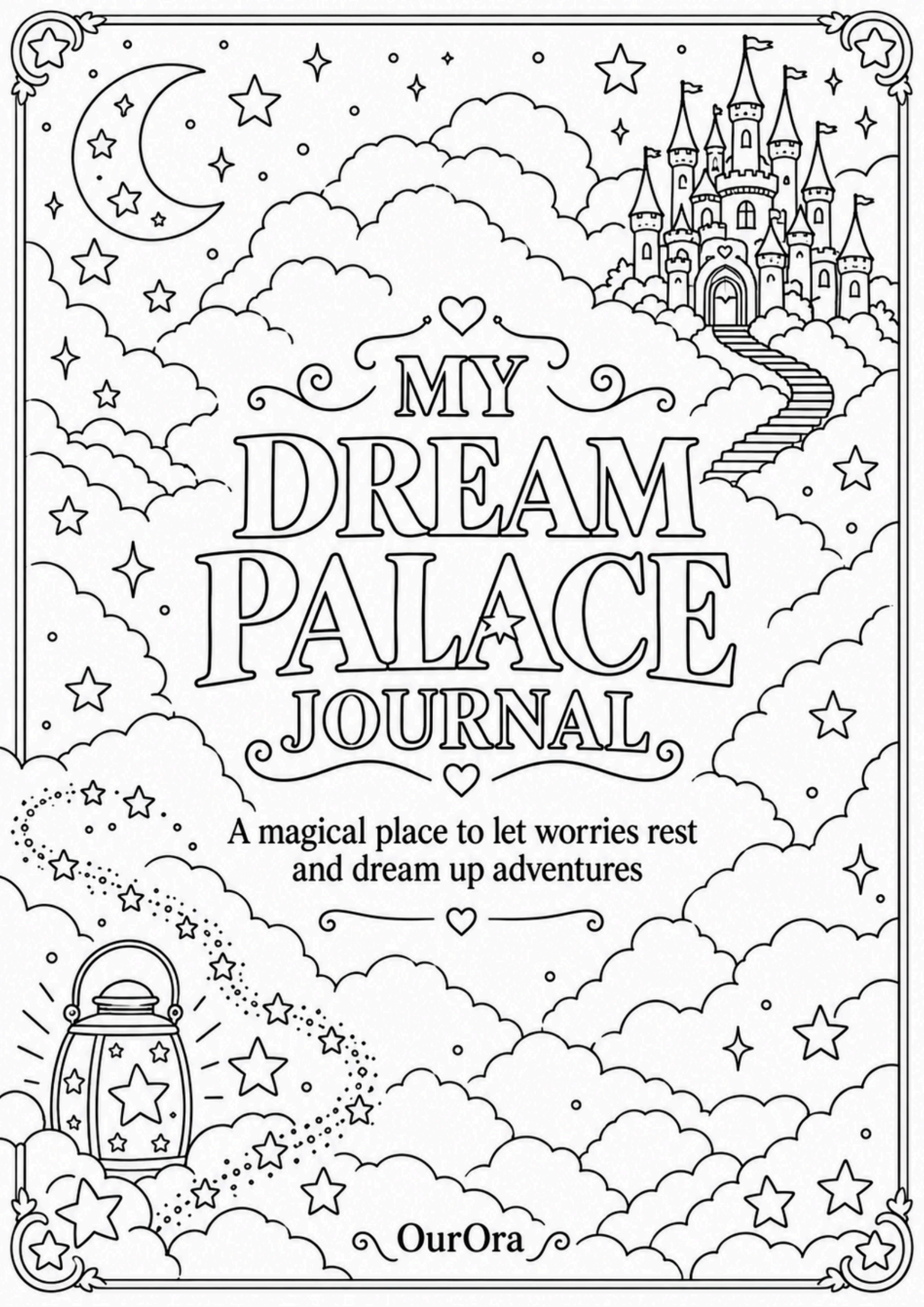
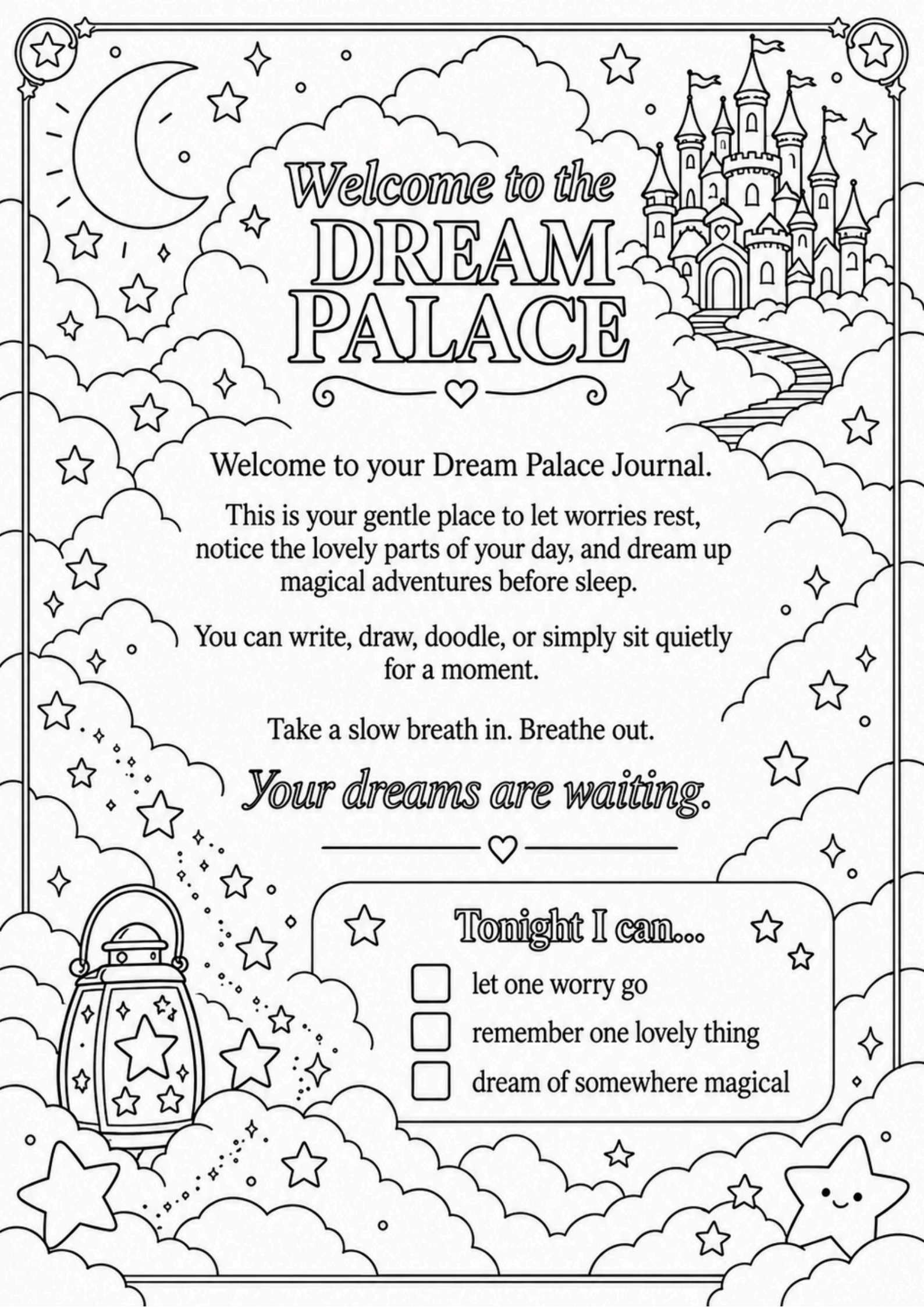




MY DREAM PALACE JOURNAL

A magical place to let worries rest
and dream up adventures

OurOra



Welcome to the DREAM PALACE

Welcome to your Dream Palace Journal.

This is your gentle place to let worries rest,
notice the lovely parts of your day, and dream up
magical adventures before sleep.

You can write, draw, doodle, or simply sit quietly
for a moment.

Take a slow breath in. Breathe out.

Your dreams are waiting.



Tonight I can...

☐

let one worry go

☐

remember one lovely thing

☐

dream of somewhere magical

Moonbeam Check-In

How do I feel tonight?



calm

☐

excited

☐

tired

☐

worried

☐

My body feels:



My heart feels:



One kind thing I can tell myself is:



*Brighten
Dreams
Tomorrow*



Kind Words for Me

Gentle words to carry into sleep

1

Tonight I am proud of...

2

One brave thing I did today:

3

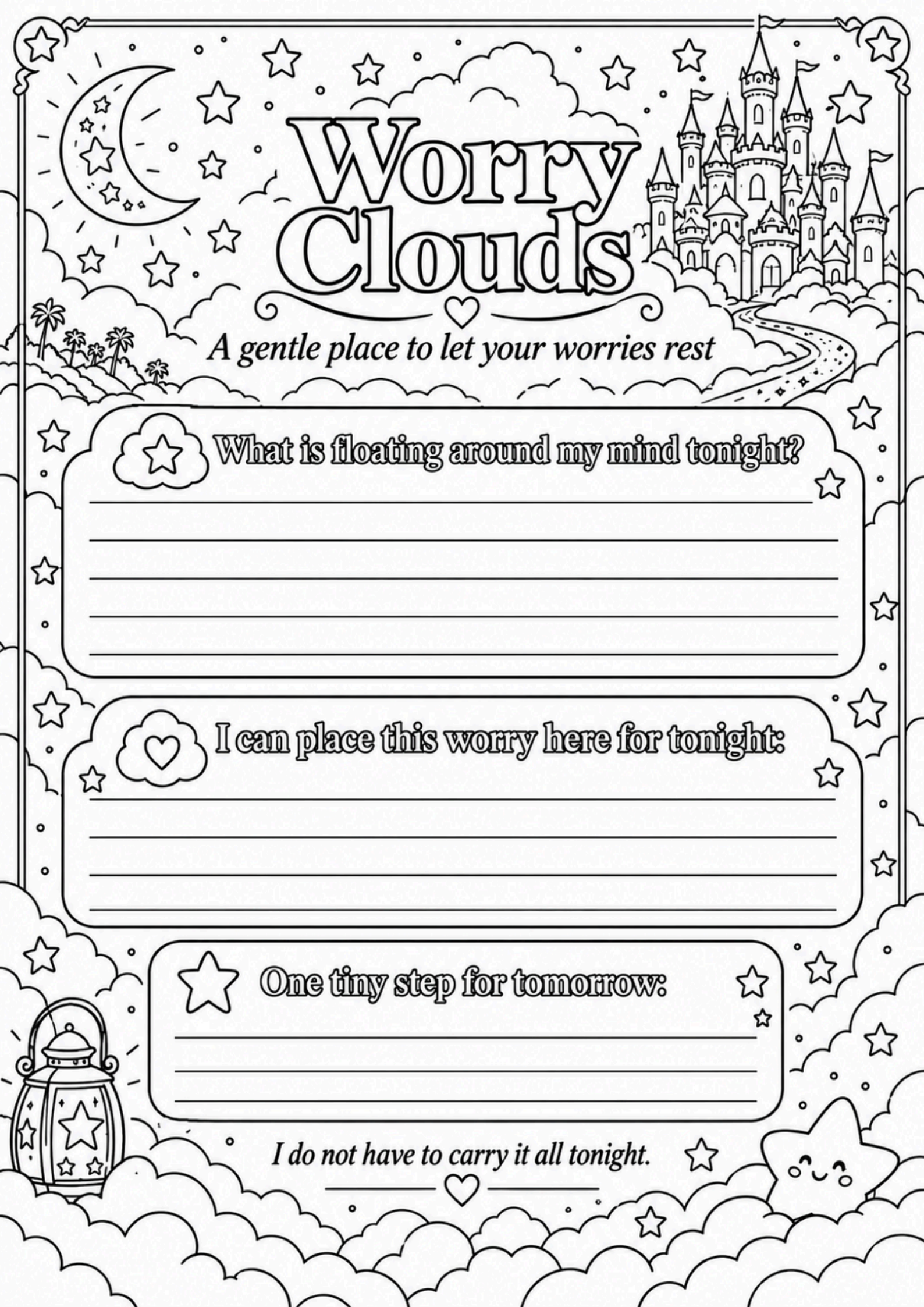
One kind thing I can say
to myself:

4

Tomorrow I want to remember...

I am safe, loved, and growing.





Worry Clouds

A gentle place to let your worries rest



What is floating around my mind tonight?



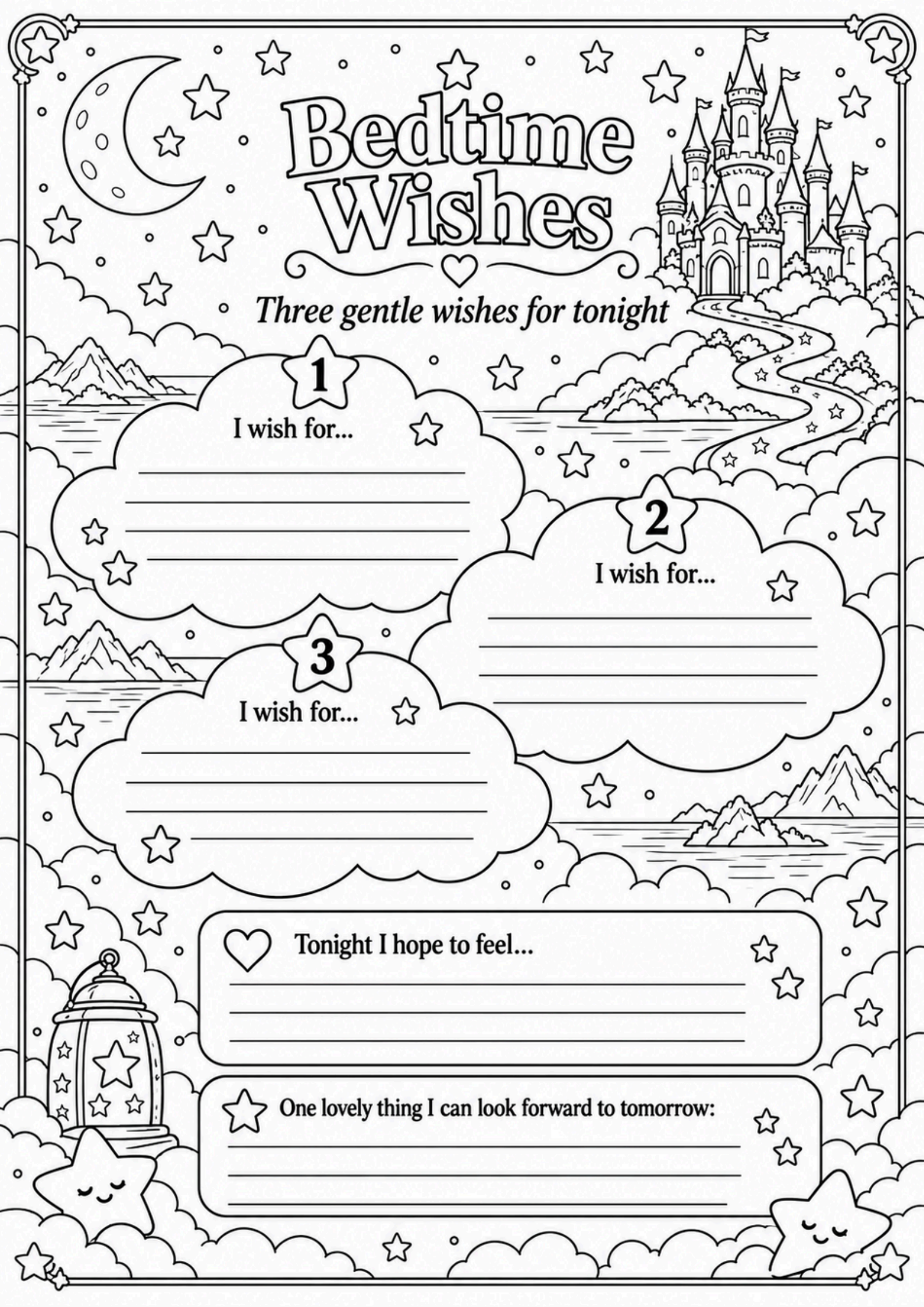
I can place this worry here for tonight:



One tiny step for tomorrow:

I do not have to carry it all tonight.





Bedtime Wishes

Three gentle wishes for tonight

1

I wish for...

2

I wish for...

3

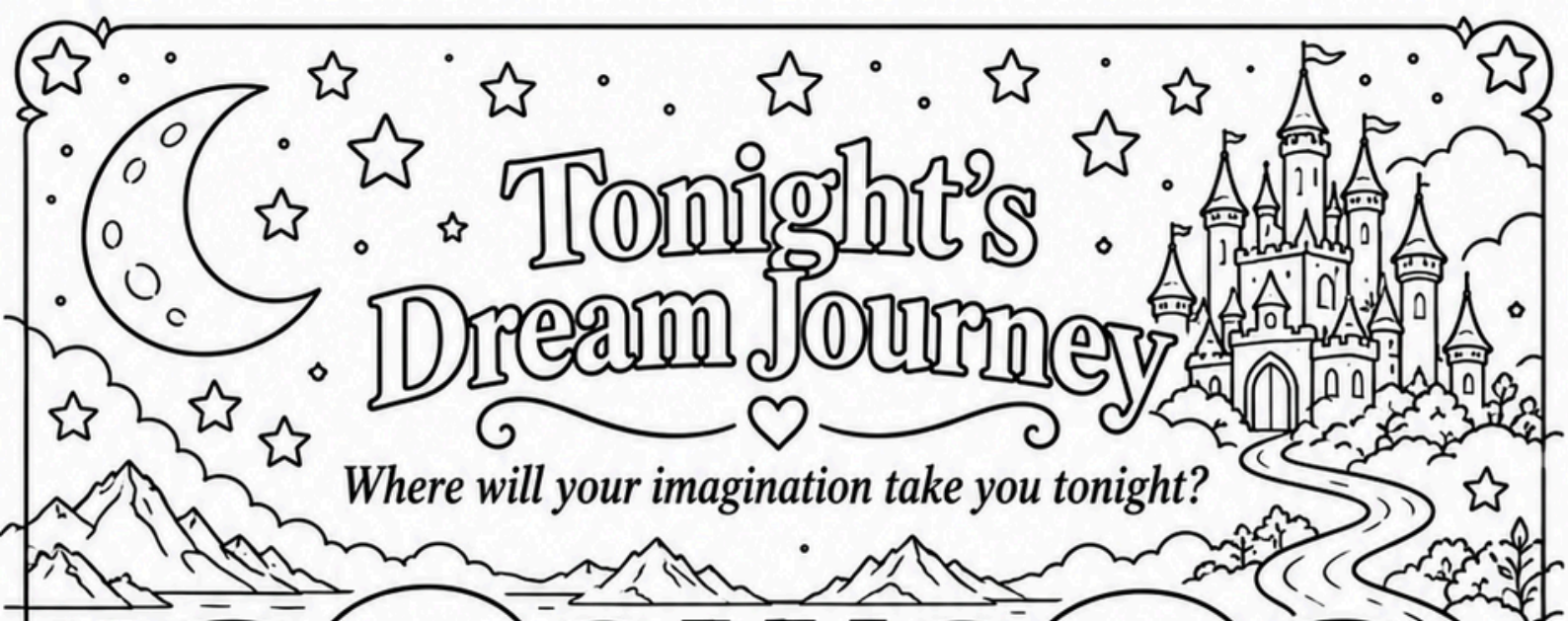
I wish for...



Tonight I hope to feel...



One lovely thing I can look forward to tomorrow:



Tonight's Dream Journey

Where will your imagination take you tonight?

Tonight I am travelling to...

Who is coming with me?

My magical power is...

What will I discover?

Draw your dream here

THE DREAM PALACE

Small Stickers for Big Dreams

**Dream
Bigger**

Braver

Calmer

Kinder

**DREAM
PALACE**

Good Dreams ♥

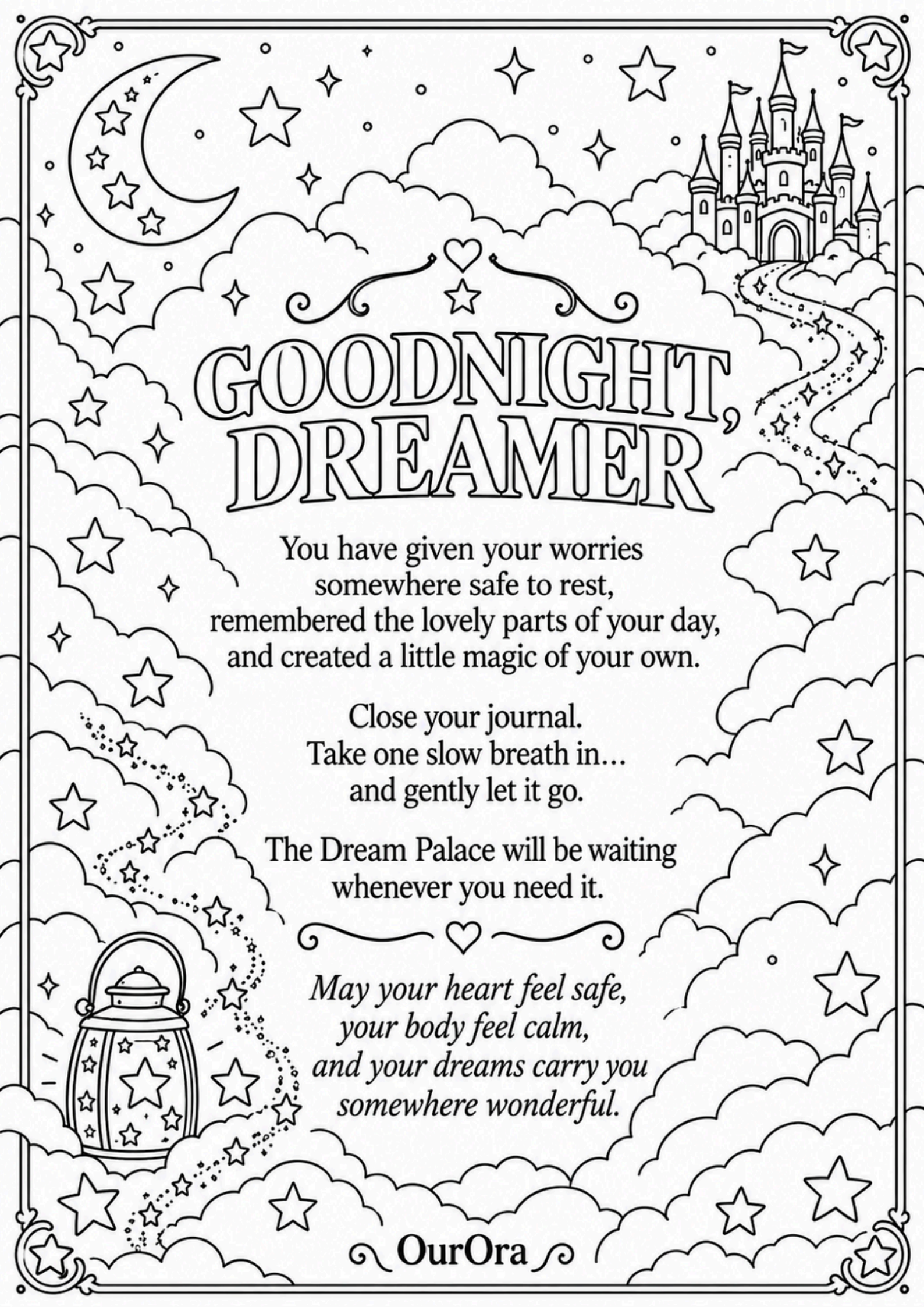
Brighter Tomorrows ♥

Kind Thoughts ♥

Happy You ♥

**Let
Worries Rest**

Sweet Dreams Bright Tomorrows



GOODNIGHT, DREAMER

You have given your worries
somewhere safe to rest,
remembered the lovely parts of your day,
and created a little magic of your own.

Close your journal.
Take one slow breath in...
and gently let it go.

The Dream Palace will be waiting
whenever you need it.

*May your heart feel safe,
your body feel calm,
and your dreams carry you
somewhere wonderful.*

OurOra