FREE PRINTABLE COMPANION

The Dream Symbol Starter Kit

Bedside cards, a 30-day tracker, and printable pages for building your own dream symbol dictionary, one honest record at a time.

For readers of Don't Look Up That Dream Yet



START HERE

Record first. Interpret later.

This kit turns the method in *Don't Look Up That Dream Yet* into pages you can print, keep by your bed, and fill in by hand. It follows the book's 30-Day Personal Dream Symbol Plan and uses the same tool names and numbers, so you can move between the book and these pages without translating anything.

The whole method in five steps

1. **Capture.** Within a minute of waking, write what you remember, and keep any explanation separate from the facts. TOOL 1
2. **Add the scene.** A symbol without its place, action, people, and emotion is almost empty. TOOL 2
3. **Build the index.** Gather symbols that repeat in one place, ten entries at most. TOOL 3
4. **Test gently.** Write your own association before any borrowed meaning, add emotion, compare dates, and look for exceptions. TOOLS 4–7
5. **Let meanings change.** Keep, revise, split, wait, or retire. Your table is a first version, never a final verdict. TOOL 8

How to use these pages

- **Print only what you need.** Reprint the logs as often as you like; the cards can live on your nightstand.
- **Keep one home for your records.** This kit plus one notebook or one notes file. Scattered notes are hard to compare.
- **No dream remembered?** Write the date and "no dream remembered." An honest blank is a complete entry. Never invent a fragment to fill a form.
- **Count by dates.** "Count" always means dreams on different dates. An image that repeats inside one dream counts once.
- **Mark your status.** Every meaning stays one of three things: *Observation*, *Tentative hypothesis*, or *Open question*.

When to pause. If recording starts to cost you sleep, if you catch yourself searching symbols nonstop, or if nightmares or anxiety keep affecting your daily life, put the notebook down. Rest comes first. These pages are for self-observation and reflection; they are not a diagnostic tool, and they do not replace professional help.

What's inside

Page	Page title	Use it when
3	Bedside Cards	Every morning, and before you look anything up
4	30-Day Plan Tracker	To see the whole plan and mark your days
5–6	Morning Capture Log · Symbol Scene Cards	Days 1–7, and any morning after
7–8	Personal Dream Symbol Index · Index Additions	Days 8–14
9–10	Meaning & Emotion · Compare and Test	Days 11–27
11–12	Weekly Review & Update · Day 30 Entry	Days 7, 14, 21, 28, and 30
13	Thirty Questions to Ask a Symbol	Whenever you feel the urge to search

✂ Print, cut along the dashed lines, and keep the cards by your bed or inside your notebook.

60-Second Dream Capture

TOOL 1 · BEFORE YOU GET UP

1. Where am I?
2. Who or what is there?
3. What is happening?
4. What is my strongest emotion?
5. What is the clearest detail?
6. Does an explanation come to mind? Write it on a separate line and treat it as a guess, not a fact.

Remember nothing? Write the date and "no dream remembered."

The Four Labels

TOOL 10 · WHEN YOU WRITE A MEANING

OBSERVATION
What happened in the dream I remember.

ASSOCIATION
What it makes me think of.

INTERPRETATION
The meaning I am considering.

BELIEF
What I hold to be true, if anything.

Did I write one kind of sentence as if it were another?

Before You Look It Up

TOOL 4, LAYERS 1–2 · YOUR OWN ANSWER FIRST

1. What did I actually see, and what was it doing?
2. Where, when, and with whom did it appear?
3. What did I feel in the dream, and what did I feel on waking?
4. What does this image already mean in my own life?
5. What is happening in my life right now that might connect?
6. Which detail would not fit a borrowed definition?

Write your own answer first. Outside meanings can wait.

Grounding Check

TOOL 11 · BEFORE YOU ACT ON A DREAM

1. Does this interpretation make me clearer, or more afraid?
2. Does it fit what I actually recorded?
3. Am I liking the dream's answer and overlooking real-world evidence?
4. Even without this dream, would the action still be reasonable?
5. Can a major decision wait a little longer?
6. Am I treating the dream as proof of what someone else is thinking?

If these questions make you uneasy, step back to observation.

THE 30-DAY PLAN

30-Day Plan Tracker

A route, not a contract. A day with no dream still counts. Shaded days are Weekly Review days (Tool 9).

Days	Focus	What to do
Days 1–3	Practice capturing	Record honestly and easily; when you forget, do not force it. TOOL 1
Days 4–7	Add the scene	Complete a Symbol Scene Card when a symbol stands out. TOOL 2
Days 8–10	Build the first index	At most ten entries; do not manufacture a pattern. TOOL 3
Days 11–14	Your own associations first	First association, related memories, life context, family / cultural association. TOOL 3+
Days 15–18	Add emotion	Emotion in the dream and on waking, intensity 0–5, body sensation. TOOL 5
Days 19–21	Compare your records	Compare dreams on different dates; mark each entry's status. TOOL 6
Days 22–24	Look for exceptions	Where does it not fit? Is there an opposite emotion or a different life background?
Days 25–27	Test one meaning	One Five-Question Test, then one small, safe action or reflection. TOOL 7
Days 28–29	Update the index	KEEP / REVISE / SPLIT / WAIT / RETIRE. When unsure, choose WAIT. TOOL 8
Day 30	First version of your table	At most five entries in the Final Entry Format. PAGE 12

1
Capture
☐ Dream recorded
☐ None ☐ Step done

2
Capture
☐ Dream recorded
☐ None ☐ Step done

3
Capture
☐ Dream recorded
☐ None ☐ Step done

4
Add the scene
☐ Dream recorded
☐ None ☐ Step done

5
Add the scene
☐ Dream recorded
☐ None ☐ Step done

6
Add the scene
☐ Dream recorded
☐ None ☐ Step done

7
Add the scene · Review
☐ Dream recorded
☐ None ☐ Step done

8
Build the index
☐ Dream recorded
☐ None ☐ Step done

9
Build the index
☐ Dream recorded
☐ None ☐ Step done

10
Build the index
☐ Dream recorded
☐ None ☐ Step done

11
Own associations
☐ Dream recorded
☐ None ☐ Step done

12
Own associations
☐ Dream recorded
☐ None ☐ Step done

13
Own associations
☐ Dream recorded
☐ None ☐ Step done

14
Own associations · Review
☐ Dream recorded
☐ None ☐ Step done

15
Add emotion
☐ Dream recorded
☐ None ☐ Step done

16
Add emotion
☐ Dream recorded
☐ None ☐ Step done

17
Add emotion
☐ Dream recorded
☐ None ☐ Step done

18
Add emotion
☐ Dream recorded
☐ None ☐ Step done

19
Compare records
☐ Dream recorded
☐ None ☐ Step done

20
Compare records
☐ Dream recorded
☐ None ☐ Step done

21
Compare records · Review
☐ Dream recorded
☐ None ☐ Step done

22
Find exceptions
☐ Dream recorded
☐ None ☐ Step done

23
Find exceptions
☐ Dream recorded
☐ None ☐ Step done

24
Find exceptions
☐ Dream recorded
☐ None ☐ Step done

25
Test one meaning
☐ Dream recorded
☐ None ☐ Step done

26
Test one meaning
☐ Dream recorded
☐ None ☐ Step done

27
Test one meaning
☐ Dream recorded
☐ None ☐ Step done

28
Update the index · Review
☐ Dream recorded
☐ None ☐ Step done

29
Update the index
☐ Dream recorded
☐ None ☐ Step done

30
First table
☐ Dream recorded
☐ None ☐ Step done

What I saw in my own records over these 30 days is...

DAYS 1–3 AND EVERY MORNING AFTER

Morning Capture Log

Facts first. If an explanation pops up, give it the bottom line, where it can wait.

60-SECOND DREAM CAPTURE · TOOL 1 Date _____ Woke at _____ ☐ No dream remembered

Where am I?

Who or what is there?

What is happening?

Strongest emotion

Clearest detail

Explanation that occurs to me (set aside here, not treated as fact)

60-SECOND DREAM CAPTURE · TOOL 1 Date _____ Woke at _____ ☐ No dream remembered

Where am I?

Who or what is there?

What is happening?

Strongest emotion

Clearest detail

Explanation that occurs to me (set aside here, not treated as fact)

60-SECOND DREAM CAPTURE · TOOL 1 Date _____ Woke at _____ ☐ No dream remembered

Where am I?

Who or what is there?

What is happening?

Strongest emotion

Clearest detail

Explanation that occurs to me (set aside here, not treated as fact)

DAYS 4–7

Symbol Scene Cards

Complete a card whenever one image stands out. On Day 7, lay your cards side by side and underline anything that repeated.

A filled example. *Symbol:* a white dog. *Place:* the exit of a train station. *Action:* it walks ahead of me, then stops and waits. *People:* no one I know. *Emotion:* calm, slightly curious. *First waking association:* my neighbor's dog, which I walked last week. *Scene, facts only:* "A white dog led me to a station exit and waited." Notice what is missing: any sentence about what the dog "means."

SYMBOL SCENE CARD · TOOL 2

Date of dream: _____

Symbol

Place

Action (what the symbol was doing; verbs, not only nouns)

People

Emotion

First waking association

One-sentence description of the scene (facts only)

Images or conversations I encountered recently (possible sources, not answers)

SYMBOL SCENE CARD · TOOL 2

Date of dream: _____

Symbol

Place

Action (what the symbol was doing; verbs, not only nouns)

People

Emotion

First waking association

One-sentence description of the scene (facts only)

Images or conversations I encountered recently (possible sources, not answers)

DAYS 8–10

Personal Dream Symbol Index

Ten entries at most, one symbol per row. People, places, objects, and situations all count. Leave a field blank rather than invent something to fill it.

#	Symbol	First seen	Count (dates)	Common emotions	Common settings	Current observation
ex.	*Elevator*	*Mar 3*	*2*	*Pressure, impatience*	*Office building*	*Skipped the floor I needed both times*

"Count" means dreams on different dates. Write only what is in your records; "current observation" describes what you saw, not what it means.

DAYS 11–14

Index Additions: Your Own Associations First

For the first three days, write only your own material. On Day 14 you may add one outside angle to one or two entries, with its source, on page 9.

Symbol	First association	Related memories	Current life context	Family / cultural association
Elevator	*Being rushed to decide*	*The old office with the slow lift*	*Choosing between two job offers*	*My parents valued quick decisions*

An association is not a conclusion. If a column has nothing honest to say, leave it empty.

DAYS 11–18

Meaning and Emotion

Two tools on one page: the Three-Layer Meaning Test keeps your own meaning ahead of borrowed meaning, and the Emotion Matrix keeps feeling and scene apart.

THREE-LAYER MEANING TEST · TOOL 4

Symbol _____

Layer 1 · My immediate association

Layer 2 · My life context

Layer 3 · Outside meanings I am willing to consider (cite the source)

Which detail in the dream does not fit the outside account?

Do the three layers overlap? Where?

DREAM EMOTION MATRIX · TOOL 5

Symbol _____ **Date** _____

Emotion in the dream **Intensity**

0 1 2 3 4 5

Emotion on waking **Intensity**

0 1 2 3 4 5

Body sensation

Same as when it appeared before? ☐ Yes ☐ No ☐ Not enough data

Strong emotion is information about your experience. It is not evidence that an interpretation is correct.

DAYS 19–27

Compare, Then Test One Meaning

Compare only dreams on different dates. With three or more records you may write a tentative hypothesis; with one or two, write a question instead.

COMPARING DREAM RECORDS · TOOL 6

Symbol _____

	First time	Second time	Third time
Date			
Scene			
Emotion			
What repeated?			
What changed?			

Tentative hypothesis: "In my dreams, it may often appear when..."

Exceptions: where does it not fit?

Status ☐ Observation ☐ Tentative hypothesis ☐ Open question

FIVE-QUESTION TEST · TOOL 7

1. What exactly did I observe?

2. What interpretation am I considering?

3. What real-life support is there? Is there a more ordinary source?

4. What evidence does not fit?

5. Even if the interpretation is wrong, what small action is still reasonable?

DAYS 7, 14, 21, 28

Weekly Review and Symbol Update

Review the week, not every dream. Fifteen minutes is enough. Close the notebook when the time is up.

WEEKLY DREAM REVIEW · TOOL 9

Week of: _____

Dreams remembered this week (how many, which days)

Most frequent emotion

One clear change

Repeating symbols or themes (at most three)

One possible real-life connection

One interpretation I am not concluding yet

To keep observing next week (at most three; one is fine)

DAYS 28–29 · SYMBOL UPDATE CARD (TOOL 8)

Symbol	Appeared again?	What changed? (emotion, place, action, life context)	Old reading still fits?	Decision
				☐ KEEP ☐ REVISE ☐ SPLIT ☐ WAIT ☐ RETIRE
				☐ KEEP ☐ REVISE ☐ SPLIT ☐ WAIT ☐ RETIRE
				☐ KEEP ☐ REVISE ☐ SPLIT ☐ WAIT ☐ RETIRE
				☐ KEEP ☐ REVISE ☐ SPLIT ☐ WAIT ☐ RETIRE
				☐ KEEP ☐ REVISE ☐ SPLIT ☐ WAIT ☐ RETIRE

When you are unsure, choose WAIT. Retiring an entry is not a failure; it means your records outgrew it.

DAY 30

My Dream Symbol Table: Entry

This is the Final Entry Format from Chapter 8. Complete one page for each of up to five symbols you really recorded. Leave blank any field you have no data for.

Symbol

Date first seen

Count (dreams on different dates)

Date last updated

Common places

Common actions

Common emotions

Personal associations

Family / cultural associations

Outside references (cite the source)

Personal belief (if any)

Current hypothesis

Important exceptions

Interpretation status ☐ Observation ☐ Tentative hypothesis ☐ Open question

This is not the final version. It is only the first version.

BONUS PAGE

Thirty Questions to Ask a Symbol Before You Look It Up

When you feel the urge to search, pick two or three questions from the group that fits your dream. They are questions, not meanings. Write your answers in Layer 1 or Layer 2 of the Three-Layer Meaning Test.

People

1. What is my real relationship with this person, and what is it like right now?
2. Is this person acting like themselves, or like someone else?
3. What three qualities do I connect with them?
4. What role do they play in the dream: helper, obstacle, witness, or stranger?
5. If I remove the person and keep only the role, does it remind me of anyone else?

Places

1. Have I been here in waking life, or is it new?
2. What season or period of my life does this place belong to?
3. Is the place familiar but changed? What changed?
4. Can I move freely here, or am I stuck, lost, or searching?
5. How does the place itself feel: safe, crowded, empty, or unfinished?

Objects

1. What do I actually use this object for when I am awake?
2. Is it mine, someone else's, borrowed, or lost?
3. Is it working, broken, missing, or in the wrong place?
4. What was I trying to do with it?
5. Did I see, buy, or talk about it in the last few days?

Animals

1. How do I feel about this animal when I am awake?
2. Am I watching it, following it, protecting it, avoiding it, or becoming it?
3. What was it doing, and did that change?
4. What happened just before and just after it appeared?
5. Is it an animal I know, or one I have only seen in pictures?

Actions

1. What verb best describes the dream: chasing, waiting, searching, falling, carrying?
2. Did I choose the action, or did it happen to me?
3. Did the action finish, or did I wake in the middle?
4. Where else in my life am I doing something similar?
5. How did my body feel on waking?

Atmosphere

1. What color or light do I remember most?
2. Was it day, night, dusk, or an impossible light?
3. If I keep only the mood and drop the images, what remains?
4. Does this mood belong to a particular memory or time of life?
5. Did the mood change before I woke? When?

A good answer can be "I don't know yet." If a question leads nowhere, skip it. The goal is a clearer record, not a forced explanation.



KEEP IT LIGHT

When you put the pages down

A month of records may change how you see your dreams, but it does not have to become a task that cannot be interrupted.

Keep the steps that truly helped: holding on to fragments, noticing emotion, comparing scenes, or catching yourself believing an interpretation too fast. At the front of your notebook, keep one status page with the date of your last review, two questions worth watching, and one thing you have decided to let go.

When you look back at old records, keep the original date and words, and add today's association beside them. The difference shows how your view has changed.

The dream is yours, and so is the decision about what it means.
You may also choose not to interpret it at all.

About the series

Don't Look Up That Dream Yet is Book 01 in the **Practical Awareness Guides** by Yun Anwei: short, practical handbooks for noticing your inner life without forcing a meaning. Each book focuses on one subject, with tools you can use the same day. New guides are added to the series every week, and each one comes with its own free companion like this kit.

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