



FREE PRINTABLE

Reality Check Log

Track your daily reality checks — the essential first step to achieving lucid dreams.

Perform a reality check 5-10 times a day. Building the habit while awake helps it carry into your dreams.

A SIMPLE REALITY CHECK

Look at your hands closely. Count your fingers. Look away, then look again — have they changed?

Try to push a finger through your palm. In a dream it may pass through; while awake it won't.

Ask yourself genuinely: "Could I be dreaming right now?" Look around and check for anything unusual.

TWO WEEK LOG

DAY	CHECKS DONE	DREAM RECALL?	NOTES / DREAM SIGNS
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			