THE SMALL RESET
Cultivating Human Essence

FREE GUIDE · THE SMALL RESET

The Jungian Dream Journal Guide

A 7-Minute Morning Practice for Dream Clarity Through Your Unconscious

What your dreams know about you — and how to start listening.



INTRODUCTION

Most people wake up, check their phone, and let the night disappear.

That's a significant loss — not sentimentally, but practically. While you were asleep, your unconscious was working. Processing. Compensating. Showing you exactly what your waking mind is too busy, too defended, or too comfortable to see.

Carl Jung called dreams the royal road to the unconscious. Not a metaphor — a method. Dreams don't flatter you. They don't optimize for your self-image. They show you what's actually there.

> *"Until you make the unconscious conscious, it will direct your life and you will call it fate." — Carl Jung*

For midlife professionals navigating career transitions, that kind of unfiltered signal is rare and valuable. This guide gives you a simple, repeatable morning practice to start reading it.

Seven minutes. A journal. No interpretation expertise required.

THE FOUNDATION

Why Dreams Matter for Career Clarity

Jung's core insight about dreams was this: **they compensate.** When your conscious life is out of balance — when you're playing a role that doesn't fit, suppressing a quality you actually need, or moving in a direction that conflicts with who you are — your unconscious pushes back through dreams.

This is different from Freud's view of dreams as wish fulfillment. For Jung, dreams are *corrective*. They show you the parts of yourself you've left behind.

> *In midlife, this becomes particularly relevant. Many professionals at 40 or 50 have built careers around what they were good at, what was expected, or what paid well — not necessarily around what they are.*
>
> *I experienced this myself during my own midlife transition. Dreams showed me where I was still playing a role that no longer fit — and revealed the parts of myself I had left behind.*

The shadow — Jung's term for the unconscious, rejected parts of the self — accumulates over decades. Dreams are often where it surfaces first.

You don't need to become a dream analyst. You need to become a better listener to yourself. The practice in this guide is designed for exactly that.

Three Things Dreams Reveal

THE GAP

The distance between the role you're playing and the person underneath it.

THE SHADOW

Qualities and capacities you've suppressed to build your career.

THE DIRECTION

What your deeper self is moving toward — even when your conscious mind resists.

THE METHOD

The 7-Minute Morning Practice

Do this immediately after waking up — before your phone, before coffee if possible. Dreams fade fast. The window is short.

1 **Write Everything Down** (3 minutes)

Don't filter. Don't evaluate. Write in present tense ("I am walking through a building I don't recognize..."). Include fragments. Include the emotion, even if the image is gone. A feeling without a scene is still useful data.

2 **Identify One Symbol or Image** (1 minute)

Not the most dramatic moment —the one that stays with you. The image that lingers slightly longer than the rest. Circle it or write it separately.

3 **Ask One Clarity Question** (3 minutes)

Choose one of the five questions on the next page. Write your response without overthinking. The first answer is usually the most honest.

> *That's it. Seven minutes. The practice compounds over time — patterns emerge after a week or two that a single entry won't show you.*

"The dream is a little hidden door in the innermost and most secret recesses of the soul."

— CARL JUNG

THE CORE TOOL

The 5 Clarity Questions

Use one per morning. Rotate through them, or return to the one that feels most alive. The first answer is usually the most honest.

QUESTION 01

Which part of me is trying to be seen through this dream?

Not a character in the dream — a quality. Ambition. Vulnerability. Creativity. The part you've been keeping quiet.

QUESTION 02

Where in my career am I living someone else's version of me?

The dream often surfaces the gap between the role you're playing and the person underneath it. What does this dream suggest about that gap?

QUESTION 03

What quality have I been suppressing — and what would change if I stopped?

The shadow isn't only what we fear. It also contains what we've been told isn't practical, appropriate, or safe to express.

QUESTION 04

What am I avoiding — and what would actually happen if I stopped?

Dreams frequently circle the thing we're not addressing. Not to punish us, but because it needs attention. What is this dream pointing toward?

QUESTION 05

What would my integrated self — five years from now — want me to understand?

This question creates distance from the immediate anxiety and connects the dream to the longer arc of who you're becoming.

DAILY PRACTICE

Dream Journal Template

Print this page and use it daily. Complete immediately after waking — before checking your phone.

Dream Journal — Daily Entry

DATE

SLEEP QUALITY

☐ Poor ☐ Fair ☐ Good ☐ Excellent

CURRENT LIFE CONTEXT (ONE LINE — WHAT'S ON YOUR MIND RIGHT NOW)

DREAM NARRATIVE (PRESENT TENSE, NO FILTERING)

KEY SYMBOL / IMAGE — ASSOCIATION — FEELING

SYMBOL / IMAGE	MY PERSONAL ASSOCIATION	FEELING IT EVOKES

DOMINANT EMOTION IN THE DREAM

UPON WAKING, I FELT

CLARITY QUESTION I USED TODAY (CIRCLE ONE): Q1 · Q2 · Q3 · Q4 · Q5

WHAT CAME UP

NEXT STEPS

What Comes Next

After seven days of consistent practice, something shifts. You start noticing patterns — recurring symbols, recurring emotions, recurring questions your unconscious keeps returning to. That's when the real work begins.

The **Career Archetype Test** is the natural next step. Where dream journaling shows you what's moving beneath the surface, the archetype framework gives you language for it — a way to understand the deeper patterns shaping how you work, what you need, and where you're most alive.

If you want to go deeper — into shadow integration, individuation, and what it actually means to build a career around who you are rather than who you've been — that's the work I do with people directly.

Take the Career Archetype Test

Discover the deeper patterns shaping your work, your needs, and where you're most alive.

Take the Career Archetype Test

ABOUT THE AUTHOR



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PRACTITIONER · THE SMALL RESET

After 25 years in corporate life and a personal breakdown at 42, Ingo left the conventional path to pursue genuine individuation. He brings 25 years of deep study of Jung and Nietzsche, combined with relentless real-world application — 12-day fasts, 1,500 km solo rides, 6 Ironman finishes, and a complete midlife reinvention. He's not a guru. He's a practitioner — someone who is still doing the work every day, still learning, and still pushing his own edges.