Your life after a blood cancer diagnosis

Self-reflection journal
This journal is dedicated to

These are some of the ways journaling can benefit my wellness:

- Reduce stress, anxiety, and tension
- Decrease blood pressure
- Elevate mood
- Process/identify emotions
- Release feelings that don’t serve me
- Help memory
- Practice mindfulness and self-reflection
- Expand ideas and creativity

This journal was developed with support from Rachel Hayek. To listen to an accompanying podcast, please visit llscanada.org/journal.
I plan to use this journal to support myself with...


I will revisit this journal when I am reflecting on...


...and I can use it to feel...


Step into the fire of self-discovery. This fire will not burn you. It will only burn what you are not.

Mooji
Right now I feel...


Yesterday I felt...


Tomorrow I want to feel...


In this moment, I choose...


Draw, tape or glue a picture here that inspires you.
What does this image mean to me?

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The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depth. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.

Elizabeth Kubler Ross
I am magnificent because...

I am strong because...
It is an understatement to say that a cancer diagnosis is life changing. The challenge of cancer and subsequent treatments is at times overwhelming, but there are powerful gifts that come with the experience. We have been showered with blessings beyond imagination and my gratitude is immense.

Allan, Lymphoma Survivor
Today what’s real and present for me is...

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Before my diagnosis, what was important to me was...

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"Grow.
It’s a big world.
There’s room.
You fit.
I promise."

Owen Lindley
What scares me right now is...

because...

Right now I feel hopeful about...
Draw or attach a photo of something that represents what your experience with a blood cancer has been like.
I chose this image because...
The wound is the place where the light enters you.

Rumi
Right now, I am resisting...

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I am uncomfortable talking about/sharing...

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This is because...

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Sometimes I am (circle one and write it on this blank space)

Sad   Anxious   Cautious
Frustrated   Nervous   Skeptical
Angry   Scared   Confused

This feeling comes up for me when...

Here are the people I can count on when I feel like this:
Sometimes I am (circle one and write it on this blank space)

- Hopeful
- Optimistic
- Compassionate
- Excited
- Thoughtful
- Engaged
- Empowered
- Confident
- Curious

This feeling comes up for me when...

- 
- 
- 

Here are the people who will encourage me on when I feel like this:

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- 
- 
- 
- 
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Wherever you go, go with all your heart.

Confucius
My top 10 things I love about nature are:

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

When I experience (circle one from the list of 10), I feel...

When I experience this, I think...

When I experience this, I observe...
I help others because I have to. There needs to be a reason why this happened to me and supporting others makes me feel it was all worth it.

Pat, Myeloma Survivor
When I was in treatment, this is something I looked forward to doing when I was well enough:

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How did it feel when I did it? Or why haven’t I done it?

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Love is the absence of judgment.

His Holiness the Dalai Lama
When I think of people in my life, this is who I would add to my inner circle:

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This is what they add to my life:

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________________________________________________________________________
Your legacy is every life you have touched.

Maya Angelou
The 10 best things about me are:

1. 

2. 

3. 

4. 

5. 

6. 

7. 

8. 

9. 

10. 

When I think about “self-love,” I think of...

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“Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tiptoe if you must, but take the step.”

Unknown
The top 3 emotions I feel lately are:

1. 

2. 

3. 

Upon reflection, these are present for me because...

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“I didn’t transcend my ego. We became partners. We became teammates.”

East Forest
What is something positive I have learned about myself since diagnosis?

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What is something positive I have learned about my inner circle since diagnosis?

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This might sound odd but my life is richer and more meaningful. The things in life that should be important are my priority, namely meaningful experiences.

Marla, Lymphoma Survivor
What is something that has changed since diagnosis?  
What is the reason for this?


What is something that has stayed the same?  
How does this impact me?


“Integrity is choosing courage over comfort.”

Brené Brown
Here’s what I am noticing in the world around me:

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My thoughts on this are:

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“Dare to love yourself as if you were a rainbow with gold at both ends.”

Aberjhani
My favourite ways to move my body are:

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The songs that always lift me up are:

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Be tender with yourself. Especially in the midst of great change.

Unknown
On days when I need to stay indoors, some things I like to do are:

1. 

2. 

3. 

4. 

5. 

6. 

7. 

8. 

9. 

10. 

Something I want to try is...

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Not every day was easy. In fact, the hardest days where the tears wouldn’t stop, I held onto my faith and strength as much as I could because the next day was a new day. I had to believe that I could fight this disease.

Susan, Lymphoma Survivor
Forgiveness to me is...

Am I kind to myself? What is the reason for this?

How can I practice even more kindness and gentleness with myself?
Don’t be afraid to be you. The world needs your unique brand of awesomeness.

Louise Hay
My favourite kind of art is...

To me it means...

When I experience this art, I feel...
I no longer live in fear; I live in gratitude.

Cookie, Leukemia Survivor
Something I have done to make a difference in someone else’s life:

I am grateful for...
Circle the most exciting, resonant words on this page. On the next page, begin your own list, starting with the circled words on this page.

shine    sparkle    possibilities    optimism

glow    blessings    happiness    warmth

hope    kindness    compassion

gratitude    generosity    gift    music

love    empathy    ignite    magnificent

bloom    valued    connected    fabulous

mindful    leadership    valor    blossom

vibration    courage    collaboration

warrior    flourish    unfurl    community

trust    fantastic    imagine    light

friendship    passion    growth

encouragement    resilience    strength

bright    grit    powerful    creative

expression    beauty    vulnerability

sunshine    marvelous    wellness

rhythm    harmony    dance

freedom    poetry    melody
Along with the words from the previous page, add any other encouraging and inspiring words to your list. Use different fonts and sizes, and colours to make your list visually pleasing.

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Words that ignite my inner spark:

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About the author

Rachel Hayek

Rachel is committed to helping others feel empowered by tapping into the wisdom of the heart. Professionally trained as a non-directive coach and Hatha yoga instructor, Rachel puts her attention on spreading loving kindness, joy, mindfulness, and nourishment in all its forms. She values growth, creativity, peace, freedom and believes in creating space for all perspectives. She embarked on her journey with natural wellness and mindfulness over 20 years ago and has been in a multitude of roles including assistant, trainer, coordinator, facilitator, and specialist. In awe of the bountiful nature around her home in the city of Vancouver, she spends as much time outside as possible. Rachel spends her time with family and friends traveling and listening to live music and on her own, writing and exploring yogic philosophy, Zen Buddhism, meditation, and mindfulness.

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