

FINDING MOMENTS OF REFLECTION

A reflective journal to help you embrace honesty, connection,
and control as you navigate your experience with metastatic cancer.

This journal belongs to:

Name

Phone

Emergency
contact name

Emergency
contact phone

Treatment team

Name

Role

Phone

Email

Name

Role

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Medication tracker

Use this page to help you keep track of any additional medications you have been prescribed.

Medication

Dose

Frequency

With or without food

Medication

Dose

Frequency

With or without food

Medication

Dose

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With or without food

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Medication

Dose

Frequency

With or without food

Notes

Use this space to record your thoughts and questions for your healthcare provider.

YOUR REFLECTION STARTS TODAY

Living with metastatic cancer can be tough. It can feel isolating and provoke a lot of different emotions as you navigate the changes in your day-to-day routine.

This journal is here for you as a safe space to let out your feelings, embrace your truths, and celebrate the love you receive from those around you.

The prompts in this journal will serve as a guide throughout your experience.

Creating a space for honest reflection

The prompts in this journal are designed to guide you in exploring thoughts, releasing emotions, and reclaiming moments that are uniquely yours. This journal is organized into the following 4 focus areas:

Opening Up Through Honest Conversations

Encourages you to explore your thoughts and feelings

Recognizing Appreciation Through Connection

Offers opportunities to celebrate the support and relationships that uplift you

Taking Back Control

Teaches techniques for regaining your feeling of control and focusing on moments of empowerment

Setting Positive Goals

Provides tools for establishing intentions that will support you throughout your experience

Feel free to write additional thoughts alongside each prompt.

OPENING UP THROUGH HONEST CONVERSATIONS

This section invites you to engage in honest conversations about the realities of metastatic cancer. By exploring your thoughts and emotions, you can gain insights that empower your perspective.

These prompts are here to help you understand your feelings better, allowing for a more authentic understanding of yourself.

What is one truth about your metastatic cancer
that you want to acknowledge today?

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What criticism have you held onto recently?
How can you challenge it?

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What was a time when you avoided your emotions,
and what led you to do so?

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What is one truth about your metastatic cancer
that you want to acknowledge today?

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What is one conversation you've had recently
that you're grateful for?

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What is a hard truth you've discovered that
you're ready to embrace?

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What is one truth about your metastatic cancer
that you want to acknowledge today?

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What lie have you told someone about your cancer?
What's the truth behind it?

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When has honesty helped you
embrace your emotions?

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Reflect on a time when you were open about
your feelings about your cancer experience.

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Share a moment of strong emotion related to your
cancer experience and what you learned from it.

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Write down what you have learned
about yourself lately.

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Write down an honest thought you've had.

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Share how you've navigated a difficult conversation.

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Describe how your sense of who you truly are
has changed during this experience.

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RECOGNIZING APPRECIATION THROUGH CONNECTION

This section encourages you to reflect on the loved ones who support you. By exploring your appreciation for these relationships, you can acknowledge the kindness and encouragement that uplifts you during your experience with metastatic cancer.

These prompts are here to help you identify meaningful moments of support that enhance your experience.

What is one thing you appreciate about those close to you today during your experience with cancer?

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What unexpected ways have your friends and family surprised you with their support during your cancer journey?

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Who has stood out recently in your life? What did they do?

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What is one thing you appreciate about those close to you today during your experience with cancer? / /

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What moments in your journey have sparked a sense of gratitude? How might you share that feeling with others? / /

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How can you have more moments of delight with your friends or family? / /

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What is one thing you appreciate about those close to you today during your experience with cancer?/../

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In what ways have your relationships strengthened since your diagnosis?/../

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How can you show your friends and family how much you value their presence in your life, either through words or actions?/../

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Share an example of support you received
that lifted your spirits.

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Reflect on an obstacle related to your cancer experience
that has deepened your appreciation of those around you.

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Share a quality in one of your friends
that inspires you the most.

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Describe a simple gesture that has made a lasting impression on you during your cancer experience.

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Write about a time when someone surprised you with their kindness.

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Reflect on how you can express gratitude to your loved ones.

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TAKING BACK CONTROL

This section focuses on helping you recognize the moments where you reclaim a sense of control in your experience with cancer. Focus on how you can actively shape your experiences and emotions as you navigate your experience with metastatic cancer.

These prompts are here to help you think about how you can take charge of your life.

How did you take back a moment for yourself today?

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When cancer challenges you, how do you respond?

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What is something you did today
that made you feel proud?

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How did you take back a moment for yourself today? / /

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What’s one boundary you can set, either for yourself or others, to help you feel more in control? / /

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What choice have you made during your cancer experience that has empowered you? / /

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How did you take back a moment for yourself today? /../

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What is something you do that helps you feel in control? /../

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What's one decision that you're proud of making
for yourself during your experience with cancer? /../

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Describe what taking control of your life looks like to you. /../

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Share a moment where you surprised yourself /../
by taking initiative.

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Reflect on a time when you turned a challenge /../
into an opportunity for growth.

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Name one thing you won't let cancer take from you. / /

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Describe something that can make you feel like / /
you're taking back a piece of your life from cancer.

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Share a moment where you felt you were / /
the author of your own story.

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SETTING POSITIVE GOALS

This section offers space to set positive goals, define your intentions, and plan for resilience. Take this opportunity to feel empowered as you navigate your experience with metastatic cancer.

These prompts are here to help you express your intentions, embrace your truths, and envision a positive future.

What's one thing you're doing today
that shows your resilience?

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What is a truth you can embrace when facing uncertainty?

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What is a goal you want to hold onto today?

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What's one thing you're doing today
that shows your resilience?

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What positive habit do you want to keep doing?

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What is something new you would like
to try that can help you grow?

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What's one thing you're doing today
that shows your resilience?

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What is one area of your life where
you can take more ownership?

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What can help you stay resilient
when things feel uncertain?

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Share something you want to let go of
as you move forward.

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Think of a lesson you've learned that you want to
carry with you as you navigate challenges.

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Reflect on the untrue stories you've believed and how
letting go of them can help you rediscover your peace.

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Describe a time when taking back control during your cancer experience helped you feel empowered. /../

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Describe a choice you want to make that supports your growth. /../

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Share something you want to be grateful for in the future—not just today. /../

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Whenever you need, return to these prompts as a guide to reflect and express your truth.

You are free to capture whatever feels right in the space provided below.

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Whenever you need, return to these prompts as a guide to reflect and express your truth.

You are free to capture whatever feels right in the space provided below.

YOUR STORY

May this journal help you reclaim your days,
embrace your truth, and find moments of
gratitude as you move through treatment
for metastatic cancer.



Daiichi-Sankyo



AstraZeneca

