



# Your life after a blood cancer diagnosis

*Self-reflection journal*

This journal is dedicated to

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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](https://scanada.org/journal).

I plan to use this journal to support myself with...

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

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

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*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...

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Yesterday I felt...

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Tomorrow I want to feel...

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In this moment, I choose...

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Draw, tape or glue a picture here that inspires you.





*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...

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I am strong because...

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*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...

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because...

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Right now I feel hopeful about...

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Draw or attach a photo of something that represents what your experience with a blood cancer has been like.





*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)

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Sad

Anxious

Cautious

Frustrated

Nervous

Skeptical

Angry

Scared

Confused

This feeling comes up for me when...

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Here are the people I can count on when I feel like this:

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

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Hopeful

Optimistic

Compassionate

Excited

Thoughtful

Engaged

Empowered

Confident

Curious

This feeling comes up for me when...

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

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



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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.

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2.

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3.

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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?

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

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*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.*



Aberhjani

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.*



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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...

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*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...

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

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How can I practice even more kindness and gentleness with myself?

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*Don't be afraid  
to be you.  
The world needs your  
unique brand of  
awesomeness.*



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Louise Hay

My favourite kind of art is...

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To me it means...

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When I experience this art, I feel...

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*I no longer live  
in fear;  
I live in gratitude.*



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Cookie, Leukemia Survivor

Something I have done to make a difference in someone else's life:

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I am grateful for...

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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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