

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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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.

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.

Words that ignite my inner spark:

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

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

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

I am grateful for...



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



Cookie, Leukemia Survivor

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.

My favourite kind of art is...

To me it means...

When I experience this art, I feel...



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



Louise Hay

What does this image mean to me?



*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

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?



*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

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

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...



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



Unknown

Today what's real and present for me is...

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



*Grow.
It's a big world.
There's room.
You fit.
I promise.*



Owen Lindley

My favourite ways to move my body are:

The songs that always lift me up are:



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



Aberhjani

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.

Here's what I am noticing in the world around me:

My thoughts on this are:



*Integrity is
choosing courage
over comfort.*



Brené Brown

I chose this image because...



*The wound
is the place
where
the light
enters you.*



Rumi

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?



*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

Right now, I am resisting...

I am uncomfortable talking about/sharing...

This is because...

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:

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

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



*I didn't
transcend
my ego.
We became
partners.
We became
teammates.*



East Forest

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:



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



Confucius

The top 3 emotions I feel lately are:

1. _____

2. _____

3. _____

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



*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

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

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...



*Your legacy
is every life
you have
touched.*



Maya Angelou

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

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



*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:

This is what they add to my life:
