

# Notes & Reflections

*A space to pause, think, and gather your thoughts*

Your journey, or the journey of someone you love, may feel overwhelming at times.

Writing things down can bring clarity and a sense of control.

Use the following pages for anything that feels important: your thoughts, worries, hopes, questions for your medical team, or simple reminders to yourself.

There is no right or wrong way to reflect.

Just write what feels true in the moment.

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## What I want to remember:

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## What am I learning about myself through this experience?

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## What I'm grateful for today:

**Who or what has been my biggest source of support?**

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**Questions I want to ask my doctor or nurse:**

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**What small victory or achievement can I celebrate today (no matter how small)?**

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**What helped me relax recently:**

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**What brings me comfort or peace?**

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**What do I need to let go of or release right now?**

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## A message to my future self: