



Survivorship Journal

JOURNAL PROMPTS

Journaling is a great way to connect and sort your thoughts and emotions out on paper, through an email, social media, blogging, or in group chats. There is no wrong way to journal!

What does the word
“Survivor” mean to me?

What are some ways I embrace
self-care on my journey?

What thankful moments
do I want to remember?

What random thoughts do I want
to journal about today?

What worry will I let go
of for the day?

What is something tough I
had to work through this week?

What do I value in this moment?

What is something funny
I like thinking about?

What goals do I have for this week?

What fears can I release
and breathe through?

What are my favorite mantras or
statements of encouragement?

Reference: Journaling Your Way Through Cancer. MD Anderson Cancer Center:
<https://www.mdanderson.org/cancerwise/practicing-self-care-through-journaling>