A/JOURNAL/FOR/YOUR/JOURNEY/  

IMERMAN ANGELS  
Your One-on-One Cancer Support Community  

IMERMAN ANGELS PROVIDES FREE, PERSONALIZED, ONE-ON-ONE CANCER SUPPORT FOR CANCER FIGHTERS, SURVIVORS AND CAREGIVERS.  

THIS IS A CUSTOMIZED, DIGITAL JOURNAL WITH PROMPTS DESIGNED TO HELP SUPPORT, ENCOURAGE, INSPIRE, AND COPE.  

THIS IS FOR THE MOMENTS YOU’D RATHER TURN INWARD THAN OUTWARD.  

IMERMAN ANGELS
HOW TO USE YOUR JOURNAL

HELPING YOU MAKE TIME FOR YOU.

THE GIST.

The Imerman Angels community provides one-on-one cancer support by connecting you with someone who's been there. This journal is for those moments when the strength you're looking for can't be found in others. It can help you create a space for a different kind of one-on-one support: yours with you.

WHAT YOU'LL FIND INSIDE.

This journal is divided into 8 color-coded categories of prompts that are meant to embrace your current mood. The color key is on the next page. The different prompt categories are grouped together like chapters so that you can jump to whichever section best matches what and how you want to write today.

HOW TO USE WHAT'S INSIDE.

Use these prompts to feel, to process, to cope, to uplift, to grieve, to think, to freestyle, to take action, to sit back, to plan the future, to reflect on the past. Use them to write. Use them to heal.

Download and save this journal to your computer, print it, or share it with others. Your responses are meant for you—Imerman Angels provides this resource to be used privately and independently, in any way that it serves you.
TABLE OF CONTENTS
HOW TO PICK THE PAGE YOU WANT FOR THE MOOD AND MOMENT YOU'RE IN.

KEY TO COLOR CODING:

- **NEED TO PROCESS, COPE, & REFLECT**
- **THINKING ABOUT MY PEOPLE, RELATIONSHIPS, & SUPPORT**
- **FEELING LIGHT & BRIGHT**
- **IN THE MOOD TO BE INSPIRED & ENCOURAGED**
- **IN THE MOOD TO FREESTYLE**
- **FEELING CREATIVE & MOTIVATED TO 'DO'**
- **FEELING HEAVY & DARK**
- **WRITE ABOUT MY HEALTHCARE JOURNEY**
PICK A SONG/ALBUM/ARTIST THAT FITS YOUR CURRENT MOOD. WRITE ABOUT HOW IT'S MAKING YOU FEEL AS YOU LISTEN.

[WRITE HERE]
IF YOU COULD REWIND TIME AND TALK TO YOURSELF BEFORE YOU FOUND OUT ABOUT THIS DIAGNOSIS, WHAT WOULD YOU SAY?

[WRITE HERE]
WRITE A LETTER TO A PERSON WHO IS NO LONGER IN YOUR LIFE.

[WRITE HERE]
IDENTIFY AN EMOTION THAT YOU'RE FEELING RIGHT NOW. WRITE ABOUT HOW THAT EMOTION IS PRESENTING ITSELF IN YOUR BODY. (I.E. "MY HEART IS RACING, MY STOMACH MUSCLES FEEL TIGHTENED...")

[WRITE HERE]
HOW HAS THIS DIAGNOSIS
CHANGED YOUR SHORT-TERM GOALS?
LONG-TERM GOALS?

[WRITE HERE]
WHAT ARE YOUR BIGGEST FEARS, SPECIFICALLY ABOUT THIS DIAGNOSIS?

[WRITE HERE]
WHAT ARE SOME WAYS THAT YOU, PERSONALLY, EXPRESS GRIEF AND LOSS?

[WRITE HERE]
ARE YOU COMFORTABLE ASKING FOR HELP? WHY OR WHY NOT?

[WRITE HERE]
WRITE ABOUT SOMEONE YOU LOVE THAT YOU'VE LOST AND 3 WAYS THAT YOU FEEL YOU COULD HONOR THEIR LIFE.

[WRITE HERE]
WRITE ABOUT ONE FEELING YOU ARE LOOKING FORWARD TO AND ONE FEELING YOU’D LIKE TO LEAVE BEHIND.

[WRITE HERE]
WHAT ARE SOME WAYS YOU CAN SET BOUNDARIES TO PROTECT YOURSELF FROM BEING EMOTIONALLY DRAINED?

[WRITE HERE]
WHAT ARE SOME WAYS THAT YOU'VE COPED IN
THE PAST WITH FEELINGS SIMILAR TO WHAT YOU'RE
EXPERIENCING NOW? WHAT ONES WORKED AND WHY?
WHAT ONES DIDN'T AND WHY?

[WRITE HERE]
PICK A LYRIC FROM A SONG THAT SPEAKS TO YOU AND YOUR CURRENT MOOD/STATE OF MIND. USE THAT LYRIC AS A PROMPT TO WRITE AND REFLECT.

[WRITE HERE]
WHAT IS ONE FAILURE, ONE SUCCESS, AND ONE STRUGGLE YOU'VE EXPERIENCED IN YOUR LIFE? WHAT DID YOU LEARN FROM EACH?

[WRITE HERE]
CHOOSE ONE NIGHT THIS WEEK TO UNPLUG FROM SOCIAL MEDIA AND NEWS. WRITE ABOUT THE EXPERIENCE AFTERWARDS.

[WRITE HERE]
CLOSE THE JOURNAL FOR A MOMENT, PUT YOUR PHONE AWAY, AND FIND SOMEWHERE QUIET TO SIT. TAKE 10 DEEP BREATHS. COUNT TO 30. REOPEN YOUR JOURNAL AND WRITE ABOUT WHAT YOU'RE FEELING.

[WRITE HERE]
WRITE ABOUT A DREAM YOU HAD RECENTLY (GOOD OR BAD) AND HOW YOU FELT WHEN YOU WOKE UP.

[WRITE HERE]
WHEN YOU LOOK BACK ON THIS TIME IN YOUR LIFE, WHAT DO YOU WANT TO REMEMBER MOST ABOUT YOUR BODY? (IF YOU'RE A CAREGIVER, THINK ABOUT HOW IT’S SERVED YOU IN HELPING SUPPORT YOUR LOVED ONE)

[WRITE HERE]
HOW WOULD YOU DEFINE OR DESCRIBE
YOUR IDENTITY? WHERE DOES YOUR
DIAGNOSIS FIT—OR NOT FIT—INTO THAT?

[WRITE HERE]
WRITE ABOUT A HAPPY MEMORY YOU HAVE FROM CHILDHOOD OR ADOLESCENCE.

[WRITE HERE]
WHAT I LOVE ABOUT MY BODY OR
WHAT I APPRECIATE THAT MY BODY CAN DO OR
AN ASPECT OF MY HEALTH I’M GRATEFUL FOR

[WRITE HERE]
DESCRIBE YOUR FAVORITE PLACE IN THE WORLD IN DETAIL

[WRITE HERE]
WHEN SOMEONE SAYS "IT'S ONE OF LIFE'S SIMPLE PLEASURES," I THINK ABOUT...

[WRITE HERE]
IF YOU HAD A 'MORNING MANTRA' TO HELP YOU START EACH DAY OFF ON THE RIGHT FOOT, WHAT WOULD IT BE?

[WRITE HERE]
IMAGINE YOUR PERFECT DAY - REALISTIC
OR NOT - WHAT WOULD IT LOOK LIKE?

[WRITE HERE]
LIST 5 LITTLE VICTORIES YOU ACCOMPLISHED THIS WEEK (NO MATTER HOW SMALL!)

[WRITE HERE]
WRITE YOURSELF A LOVE LETTER.

[WRITE HERE]
WRITE ABOUT A FEAR YOU'VE BEEN ABLE TO OVERCOME.

[WRITE HERE]
WHAT UNIQUE TRAITS DO YOU THINK YOUR FRIENDS/FAMILY ENVY ABOUT YOU?

[WRITE HERE]
WHAT HAS YOUR BEST EXPERIENCE OR CONVERSATION BEEN SO FAR WITH YOUR IMERMAN ANGELS MENTOR/MENTEE?
WHAT BRINGS YOU THE MOST JOY IN LIFE LATELY?

[WRITE HERE]
THINK OF A TIME YOU HAD A POSITIVE IMPACT ON SOMEONE ELSE’S LIFE. WRITE ABOUT WHAT THAT MEANT TO YOU AND WHAT YOU THINK IT MEANT TO THEM.

[WRITE HERE]
WHAT IN THE WEATHER MAKES YOU THANKFUL?
E.G. SUNSHINE ON YOUR SKIN,
RAIN TO WATER YOUR PLANTS,
THE SOUND OF WIND IN THE TREES,
STAR-FILLED NIGHTS, SAND IN YOUR TOES...

[WRITE HERE]
JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]
JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]
JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]
JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]
JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]
JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]
JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]
JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]
JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]
TRY THE 54321 GROUNDING TECHNIQUE.

WRITE 5 THINGS AROUND YOU THAT YOU CAN SEE.
[WRITE HERE]

WRITE 4 THINGS THAT YOU CAN TOUCH.
[WRITE HERE]

WRITE 3 THINGS THAT YOU CAN HEAR.
[WRITE HERE]

WRITE 2 THINGS THAT YOU CAN SMELL.
[WRITE HERE]

WRITE 1 THING THAT YOU CAN TASTE.
[WRITE HERE]

BREATHE IN FOR A COUNT OF 5.
BREATHE OUT FOR A COUNT OF 5.
WRITE 3 WAYS THAT YOU CAN BE COMPASSIONATE TOWARD YOURSELF TODAY.

[WRITE HERE]
WRITE ABOUT WHY THIS DIAGNOSIS IS FLAT-OUT AWFUL OR HOW/WHY POSITIVITY CAN GET ON YOUR NERVES

[WRITE HERE]
I THINK PEOPLE MEAN WELL WHEN THEY SAY_______, BUT IT COMES ACROSS AS _______.

[WRITE HERE]
WHAT DOES ‘SELF-CARE’ MEAN TO YOU?
WHAT DOES IT HELP WITH?
WHAT DOES IT NOT HELP WITH?

[WRITE HERE]
“TOXIC POSITIVITY” CAN BE COMMON IN CONVERSATIONS ABOUT CANCER...HOW DOES IT MAKE YOU FEEL WHEN SOMEONE ASKS YOU TO BE POSITIVE BUT YOU AREN’T ABLE OR DON’T WANT TO BE?

[WRITE HERE]
WHAT GETS BLOOD BOILING?
WRITE ABOUT IT HERE – WHY YOU THINK IT ANGERS YOU, HOW YOU FEEL IN THOSE CIRCUMSTANCES. AND WHAT YOU WISH YOU COULD CHANGE.

[WRITE HERE]
WRITE 3 REASONS YOU FEEL DOWN RIGHT NOW AND 5 REASONS YOU DESERVE TO BE LOVED.

[WRITE HERE]
WHAT MADE YOU UPSET TODAY?

[WRITE HERE]
IF YOU COULD REPRESENT YOUR GRIEF, LOSS, OR FEAR AS A COLOR, SHAPE, METAPHOR, OR OBJECT, WHAT WOULD IT BE AND WHY? (EX. A BOAT ON THE SEA, A BLACK BLOB, A BACKPACK FULL OF ROCKS...) [WRITE HERE]
WRITE A LIST OF THE PEOPLE IN YOUR 'SUPPORT SYSTEM,' THEN WRITE 1 THING (EACH) THAT THEY BRING TO YOUR SYSTEM.

[WRITE HERE]
PICK ONE PERSON IN YOUR SUPPORT SYSTEM, CALL/TEXT THEM, THEN WRITE ABOUT YOUR CONVERSATION.

[WRITE HERE]
WHAT ARE A FEW WAYS YOU COULD SURROUND YOURSELF WITH MORE OF WHAT UPLIFTS YOU?

[WRITE HERE]
WHO IS THE MOST POSITIVE PERSON YOU KNOW? WHAT DO YOU FEEL WHEN YOU'RE AROUND THEM?

[WRITE HERE]
WHAT IS THE BEST COMPLIMENT YOU'VE EVER RECEIVED? WRITE ABOUT WHAT THEY SAID, WHO SAID IT, AND HOW IT MADE YOU FEEL.

[WRITE HERE]
THINK BACK TO A MEMORABLE HOLIDAY THAT YOU SPENT WITH (A) LOVED ONE(S). DESCRIBE IT IN DETAIL.

[WRITE HERE]
DRAFT A THANK YOU LETTER TO SOMEONE YOU LOVE.

[WRITE HERE]
HOW DO YOU THINK SOMEONE WOULD DESCRIBE YOU TO A COMPLETE STRANGER? WHAT IMPRESSION DO YOU LIKE TO LEAVE WITH SOMEONE NEW?

[WRITE HERE]
HOW WOULD YOUR BEST FRIEND DESCRIBE YOU?

[WRITE HERE]
THINK OF A FAMILY MEMBER WITH WHOM YOU HAVE A CLOSE RELATIONSHIP. WHAT IS YOUR FAVORITE MEMORY WITH THEM?

[WRITE HERE]
TALK ABOUT A ROLE MODEL OF YOURS
AND WHAT MAKES THEM SO SPECIAL TO YOU.

[WRITE HERE]
THINK ABOUT (A) LOVED ONE(S) WHO HAS HELPED YOU THROUGH THIS DIAGNOSIS, WHETHER THAT'S YOURS OR SOMEONE YOU CARE FOR. WHAT ARE 3 THINGS YOU COULD ASK THEM TO DO FOR YOU THAT WOULD HELP?

[WRITE HERE]
“HOPE IS LIKE THE SUN, WHICH, AS WE JOURNEY TOWARD IT, CASTS THE SHADOW OF OUR BURDEN BEHIND US.” — SAMUEL SMILES

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]
“WHEN WE LONG FOR LIFE WITHOUT DIFFICULTIES, REMIND US THAT OAKS GROW STRONG IN CONTRARY WINDS, AND DIAMONDS ARE MADE UNDER PRESSURE.” — PETER MARSHALL

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]
“CANCER IS A WORD, NOT A SENTENCE.”
— JOHNN DIAMOND

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]
“COURAGE DOESN’T ALWAYS ROAR. SOMETIMES COURAGE IS THE LITTLE VOICE AT THE END OF THE DAY THAT SAYS, ‘I’LL TRY AGAIN TOMORROW.’” — MARY ANNE RADMACHER

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]
“HOPE IS THE PHYSICIAN OF EACH MISERY.”
— IRISH PROVERB
THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]
“THE MOST COMMON WAY PEOPLE GIVE UP THEIR POWER IS BY THINKING THEY DON’T HAVE ANY.” — ALICE WALKER

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]
“ACCEPTANCE OF DEATH AND CANCER DID NOT MEAN I INTENDED TO GIVE UP, JUST THE OPPOSITE. I WAS PREPARED TO FIGHT CANCER NOT OUT OF FEAR OF DYING, BUT OUT OF JOY OF LIVING.”
— EDIE LITTLEFIELD SUNDBY, THE MISSION WALKER

THoughtS, FEELINGs, RESPONSE TO THIS

[WRITE HERE]
“WHEN YOU HAVE EXHAUSTED ALL POSSIBILITIES, REMEMBER THIS: YOU HAVEN’T.”
— THOMAS EDISON

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]
“SOMETIMES EVEN TO LIVE IS AN ACT OF COURAGE.” — LUCIUS ANNAEUS SENEC

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]
GO TO HTTPS://WWW.GOODNEWSNETWORK.ORG/
PICK A FEW ARTICLES TO READ AND THEN WRITE
ABOUT WHY YOU CHOSE THEM AND WHAT
YOU ENJOYED MOST ABOUT THOSE STORIES.

[WRITE HERE]
WHAT DOES THE WORD BRAVE MEAN TO YOU?

[WRITE HERE]
“YOU GUYS DESERVE THIS. EVERY SURVIVOR DESERVES THIS. EVERYONE DESERVES TO GO THROUGH THIS JOURNEY WITH SOMEBODY ELSE. I HOPE THAT I CAN TELL THE ENTIRE FIGHTERS/SURVIVORS WORLD OF CANCER THAT THERE IS SOMEBODY OUT THERE THAT HAS WALKED THIS SAME WALK THAT YOU HAVE.”
– HECTOR, HEAD AND NECK CANCER SURVIVOR AND IMERMAN ANGELS MENTEE.

[WRITE HERE]
WHAT ARE 4 AFFIRMATIONS YOU WISH OTHERS WOULD TELL YOU RIGHT NOW? WRITE THEM ON POST-IT NOTES, PLACE THEM YOUR HOME IN PLACES THAT YOU VISIT FREQUENTLY. WHENEVER YOU PASS BY OR SEE ONE, TAKE A MOMENT TO INTERNALIZE IT. COME BACK TO THIS 1 WEEK LATER AND WRITE ABOUT HOW THEY HAVE OR HAVEN'T CHANGED YOUR DAILY MINDSET.

[WRITE HERE]
IF YOU HAD MORE TIME AND/OR ENERGY TO DO MORE OF WHAT YOU LOVE, WHAT WOULD YOU DO?

[WRITE HERE]
WRITE DOWN A FAVORITE RECIPE OF YOURS HERE AND CHOOSE A NIGHT IN THE NEXT 2 WEEKS TO COOK IT.

[WRITE HERE]
GRAB A BOOK—ANY BOOK IS FINE, OPEN TO A RANDOM PAGE, AND PICK 3 NOUNS (PERSON, PLACE, OR THING) FROM THAT PAGE. WRITE A 1-PAGE STORY USING THOSE 3 WORDS AS A PROMPT.

[WRITE HERE]
CALL YOUR IMERMAN ANGELS MENTOR/MENTEE
AND CATCH UP. COME BACK TO THIS AND
REFLECT ON THE CONVERSATION.

[WRITE HERE]
DO SOMETHING YOU'VE BEEN PUTTING OFF.
WRITE ABOUT WHY YOU THINK YOU WERE
AVOIDING IT AND HOW YOU FEEL AFTER DOING IT.

[WRITE HERE]
THE NEXT TIME YOU'RE AT A PARK, GROCERY STORE, WAITING ROOM, ETC., STRIKE UP A CONVERSATION WITH A STRANGER. WHAT DID YOU TALK ABOUT? HOW WAS THE EXPERIENCE?

[WRITE HERE]

V
PRINT THIS PAGE (OR USE A DRAWING TOOL) AND DRAW SOMETHING THAT REPRESENTS YOUR CURRENT MOOD.

[WRITE HERE]
TEACH SOMEONE SOMETHING NEW (A SKILL, A HOBBY, A RECIPE, AN INSTRUMENT, A SPORT, ETC.). WRITE ABOUT WHAT YOU GAINED FROM THE EXPERIENCE AND HOW IT MADE YOU FEEL.

[WRITE HERE]
IF YOU OR YOUR LOVED ONE HAS A MAJOR SURGERY OR PROCEDURE COMING UP:
WRITE A LIST OF THINGS YOU/THEY WOULD LIKE TO HAVE FOR AFTER THE SURGERY.
E.G., CERTAIN BOOKS, FOODS, CLOTHES, ETC.

[WRITE HERE]
ARE YOU OR A LOVED ONE SEEING A GENETIC COUNSELOR? IF SO, WRITE A LIST OF QUESTIONS YOU’D LIKE TO ASK THEM. (A FEW EXAMPLES OF FREQUENTLY ASKED QUESTIONS ARE INCLUDED.)

WILL THE RESULTS OF THIS GENETIC TEST AFFECT MY CANCER SCREENING AND TREATMENT PLAN?

WILL KNOWING THIS INFORMATION AFFECT MY FAMILY MEMBERS? HOW?

HOW LONG WILL THE RESULTS TAKE IF I GET THE TEST? HOW WILL YOU INFORM ME OF RESULTS?

IS THERE A CHANCE MY RESULTS WILL BE UNCERTAIN? WHAT DO WE DO THEN?

WILL HEALTH INSURANCE COVER THIS TEST? WILL MY INSURANCE RATES CHANGE IF THE RESULTS ARE POSITIVE?

[WRITE HERE]
WRITE ABOUT SOME CHALLENGING INTERACTIONS YOU'VE HAD WITH A HEALTHCARE PROVIDER. HOW DID THEY MAKE YOU FEEL?

[WRITE HERE]
ARE YOU OR A LOVED ONE SEEING A SPECIALIST OR NEW PROVIDER SOON? IF SO, WRITE A LIST OF QUESTIONS YOU’D LIKE TO ASK THEM. (A FEW EXAMPLES OF FAQS ARE INCLUDED BELOW.)

WHERE AND WHEN DO YOU RECOMMEND GETTING A SECOND OPINION?

WHAT SHOULD I DO IF I’M HAVING TROUBLE COMING TO GRIPS WITH MY/THEIR DIAGNOSIS/PROGNOSIS?

WHAT IS THE GOAL OF THIS TREATMENT OR PLAN?

WHAT WILL THIS TREATMENT COST?

WHAT ARE THE NEXT STEPS AFTER THIS TREATMENT OR PLAN?

[WRITE HERE]
WHAT ARE 4 THINGS YOU COULD BRING WITH YOU TO THE NEXT HEALTHCARE APPOINTMENT TO MAKE THE EXPERIENCE BETTER?

[WRITE HERE]
WHAT I WISH MY/THEIR HEALTHCARE PROVIDER (PHYSICIAN, GENETIC COUNSELOR, OCCUPATIONAL THERAPIST, ETC.) HAD ASKED ME OR TOLD ME...

[WRITE HERE]
WHEN I AM/MY LOVED ONE IS AT THE HOSPITAL OR CLINIC, I THINK ABOUT... MORE THAN ANYTHING, I FEEL...

[WRITE HERE]
WRITE A JOURNAL ENTRY ABOUT HOW YOU'RE FEELING BEFORE YOUR/YOUR LOVED ONE'S NEXT HEALTHCARE APPOINTMENT. WRITE AN ENTRY WHEN YOU RETURN HOME. COMPARE.

[WRITE HERE]
CANCER TREATMENT IS DRAINING, WHETHER OR NOT YOU’RE THE ONE IN TREATMENT. WRITE 3 THINGS THAT YOUR/THEIR HEALTHCARE PROVIDER(S) CAN DO TO MAKE TREATMENT EASIER. ARE YOU COMFORTABLE SHARING THESE IDEAS WITH THEM? WHY/WHY NOT?

[WRITE HERE]
WRITE A NOTE OF GRATITUDE TO A HEALTHCARE PROVIDER WHO MADE A POSITIVE DIFFERENCE IN YOUR LIFE.

[WRITE HERE]
A/JOURNAL/ FOR/YOUR/ JOURNEY/

Thank you for using this journal, for giving back to yourself, and for valuing your mental health.

Imerman Angels is here for you and your loved ones.

Reach out any time:
Email: info@imermanangels.org
Phone: 866-imerman (463-7626)
Website: https://imermanangels.org/get-support/

Imerman Angels