

gratitude.*

30-day reflection journal

A colorectal cancer diagnosis is challenging enough. When the effects of grueling treatment and surgery are added into the equation, it may be difficult to remain positive and hopeful.

We get it: It can be really hard to feel grateful some days. But the reality is a diagnosis makes all of us realize that time is fleeting and precious. ***Finding joy each day, wherever and however you can, will enrich the quality of your life as well as the lives of those you love.***

Life ebbs and flows, and it continues to do so after you or a loved one is diagnosed with cancer. Some days, you may find appreciation of the little things: like a satisfying cup of coffee or seeing the colors in the leaves as they change.

Other days, you may have to dig really deep to find one thing to be grateful for: sometimes the best you can do is to say, "Today I'm thankful for getting out of bed." or "Today I'm thankful for plastic forks, so I don't taste the metal in the regular one I use."

If you struggle one day and cannot find one thing to be thankful for, consider this: "Today I am grateful for being relentless." You are a relentless champion of hope. You are getting through one day at a time. That is enough some days when you don't have energy or motivation to think of "one more thing" to be grateful for.

Habits can be formed in 21 to 28 days, and we hope that over the next 30 days, as you journal, you feel joy, gratitude, inspiration, and encouragement. And that it becomes a habit.



Make it yours! Write, doodle, bullet point... there's no wrong way to use this journal!

This is
your space.

Pause. Reflect. ***Write.***

DAY 1

Today I am grateful for...

A large rectangular area filled with a light blue dotted grid pattern, intended for writing a response to the prompt above.

DAY 2

Today I am enjoying...

A large rectangular area filled with a light blue dotted grid pattern, intended for writing a response to the prompt above.

DAY 3

Today I am grateful for...

A large rectangular area filled with a light blue dotted grid pattern, intended for writing a response to the prompt above.

DAY 4

Today I accept...



DAY 5

Today I allow myself...



DAY 6

Today I find hope...



DAY 7

Today I am inspired by...



DAY 8

Today I choose to...



DAY 9

Today I release...



DAY 10

Today I acknowledge...

A grid of dotted lines for writing, consisting of 20 rows and 100 columns of small dots.

DAY 11

Today I am aware...

A grid of dotted lines for writing, consisting of 20 rows and 100 columns of small dots.

DAY 12

Today I celebrate...

A grid of dotted lines for writing, consisting of 20 rows and 100 columns of small dots.

DAY 13

Today I am encouraged...

A grid of dotted lines for writing, consisting of 20 rows and 100 columns of small dots.

DAY 14

Today I am strong...

A grid of dotted lines for writing, consisting of 20 rows and 100 columns of small dots.

DAY 15

Today I wonder...

A grid of dotted lines for writing, consisting of 20 rows and 100 columns of small dots.

DAY 16

Today I own...



DAY 17

Today I validate...



DAY 18

Today the most simple pleasure is...



DAY 19

Today the joy I experience is...

A large rectangular area filled with a grid of small, light blue dots, intended for writing a response to the prompt above.

DAY 20

Today I move and am active by...

A large rectangular area filled with a grid of small, light blue dots, intended for writing a response to the prompt above.


DAY 21

Today I am so proud...

A large rectangular area filled with a grid of small, light blue dots, intended for writing a response to the prompt above.

DAY 22

Today I am mindful...



DAY 23

Today I practice self-care by...



DAY 24

Today I am indulging myself by...



DAY 25

Today I feel inspired by...

A large rectangular area filled with a grid of small, light blue dots, intended for writing a response to the prompt above.

DAY 26

Today I feel peaceful about...

A large rectangular area filled with a grid of small, light blue dots, intended for writing a response to the prompt above.

DAY 27

Today I feel joyful for...

A large rectangular area filled with a grid of small, light blue dots, intended for writing a response to the prompt above.

DAY 28

Today my greatest satisfaction is...

A grid of dotted lines for writing, consisting of 20 rows and 100 columns of small dots.

DAY 29

Today I feel confident that...

A grid of dotted lines for writing, consisting of 20 rows and 100 columns of small dots.

DAY 30

Today I can see I'm a relentless champion of hope because...

A grid of dotted lines for writing, consisting of 20 rows and 100 columns of small dots.

Reflection Space

Congratulations! You've successfully completed your 30 day gratitude journal!

- * Did you find this journal helpful?
- * Were you able to find gratitude daily or some certain days more challenging than others?
- * What surprised you during the past month?
- * How do you feel right now?

A large rectangular area with a light blue dotted grid pattern, intended for writing reflections.

Keep Your *Positive Momentum*

You took a great step forward during these past 30 days. Keep it going! Here are more ways to continue to improve and keep positive:

- 1. Continue journaling.** Reflecting and making meaning out of your experiences helps you process and cope. If you want to keep journaling, request another Gratitude Journal at Shop.FightCRC.org.
- 2. Build community.** It's never easy to face hard things alone. Community is often a game-changer. Whether through in-person support groups or online social media groups, finding others who face similar things can be helpful and healing. To connect with others facing colorectal cancer, join us at a Fight CRC event. We have lots to choose from. Get started at FightCRC.org/Events or you can simply
- 3. Share Your Story** and inspire and encourage people so they see that no one fights alone.
- 4. Get creative.** Write a letter to someone you are grateful for. Paint inspiring words or phrases on a "gratitude rock." Keep a gratitude jar by adding positive notes one at a time to the jar and reviewing weekly.
- 5. Get more resources.** This journal is one of MANY resources Fight CRC offers for psychosocial needs. Our library is full of webinars, podcasts, and free downloadables with advice from psychologists, social workers, counselors and more. To access, go to **FightCRC.org/Resources.**

Helpful **Resources**

It's not only hard to ask for help, it's also hard to recognize when you need it. These are signs you may be struggling:

- * Persistent sadness, empty feelings
- * Loss of interest in daily activities
- * Fatigue
- * Feelings of guilt, worthlessness
- * Loss of concentration
- * Sleep problems
- * Marked weight loss or gain
- * Suicidal thoughts, hopelessness

If you are having a difficult time, you could benefit from meeting with a mental health professional. Today, many health plans include coverage for these visits. Check with your providers for details.



Don't Hesitate
to **Call 988**

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress.

These include:

- * Thoughts of suicide
- * Mental health or substance use crisis, or
- * Any other kind of emotional distress

Call or text 988, or chat 988lifeline.org, for yourself or if you are worried about a loved one who may need crisis support.

No matter where you live in the United States, 988 enables you to reach a trained crisis counselor who can help.



SCAN HERE
to for resources

Resource Info at
FIGHTCRC.ORG/RESOURCES



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