



Cancer Gratitude Journal: Take Back Control of Your Life, With Gratitude!

Lana Doone

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Cancer sucks – we know that. From the minute we got the news our lives changed, often for the worse. The physical impact on us is dramatic, but we often overlook the mental impact. Journaling positive thoughts helped. Use this journal throughout your experience so you can focus on the positive (make yourself find 3 positive things each day plus a meditation). There is also room for a doodle, as well as an inspirational quote. Focusing on the positive will help you recover and heal. Use with my thoughts of healing headed your way!

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Mary James:

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