

# My Thoughts

Journaling is a way of discovering inner feelings, thoughts, aspirations and goals. It helps you to uncover vulnerabilities and fears. It guides us to find our inner strength. We hope this journal inspires self-reflection and encourages you to begin your self-discovery journey.

## Why should I keep a journal?

Keeping a journal is a good way to capture your thoughts, and hopes as you move through your healing journey. These pages provide space to capture that information. Journaling helps you reflect on your experiences create a lasting memory. Often, patients say they recall little of their experience while in the hospital. Many wish they had written down their thoughts and feelings so they could remember later.

## How should I use this journal?

These pages are for your personal use and are considered confidential. You may or may not choose to share some of your thoughts with others. It may provide useful reflections upon your return to health and home. You may even want to continue this journaling process, and add pages to this section.

- Be creative! Express your feelings and thoughts in words, stories, symbols, pictures or poems.
- Write down your dreams, a good joke or doodle a picture
- Write a letter to yourself describing your experience.
- Use the journal whenever it strikes you as being useful to capture your feelings and thoughts on paper.
- Use this journal to help you remember a conversation or discussion.

Journaling is private. You are encouraged to focus inward. Try not to censor, edit or judge the content. The same would be true for others you invite to use the journal.

**I cannot prevent  
the birds of sorrow from  
passing over my head,  
but I can keep them  
from building a nest  
in my hair.**

**– Chinese proverb**

## Why are Journals helpful to family members and loved ones?

Journals may also provide a way for family members and loved ones to leave messages for each other. This can include what happened that day in the hospital or at home, or questions to ask your doctors or other healthcare providers about your treatment, care or illness.

Family can also use the journal to simply to write you a note of encouragement or send a message of caring and concern. Often, family members visit at different times of the day. The journal can help families and loved ones improve and ensure good communication.

## When is a good time to use these Journal pages?

When you are able, make daily entries. Use the Journal at times that you have to yourself. Capture a thought as it occurs. The same is true for family members or friends who may have something to share with you or with each other.



**A candle loses  
nothing of its light  
by lighting others.**

– Anonymous





*My Thoughts*











