

Journaling

What is your personal story?

Everyone has a unique journey through life that tells of his or her personal triumphs and sorrows. Writing your own biography can be a tool to explore and release life events. It can also be used as a means to record important events in one's life to be shared with family members and future generations.

Where do I begin?

Start by listing the ten most important, memorable or emotional events in your life. Next pick an event and write about it from start to finish. When writing try to imagine yourself telling the story to your best friend who is very interested in your point of view. Try not to edit your thoughts, but just write them down as you have them even if they seem irrelevant. People often find that if they just start writing anything that is on their mind they become inspired to express deeper thoughts and feelings.

When and where should I write?

Bring the journal with you everywhere so that it is readily available to write in whenever you become inspired. An excellent place to journal is in the quiet of your own home.

Questions to consider:

- Write the ten most valuable lessons you learned from your family, friends or life. Why do you consider them important?
- List at least ten ways in which the world and the lives of those around you are better because of you.
- List three goals you are most inspired to accomplish. These are three things your heart longs for. Create a plan and a realistic time line for completing these goals. Share these goals with a loved one and make a resolve for success.
- List five positive and five negative things that have happened due to your diagnosis. How has your life changed since your diagnosis and how has the lives of those around you been impacted?
- Who are or have been the most influential people in your life and why. Write a thank you to each one of these people for the impact they have had on your life.
- If you could change one thing to better the world around you what would it be and how would you do it?
- Who was your first love, how did you meet, how did you know you were in love, how did they make you feel and what did you love about them?
- What is your most favorite activity, why, how does it make you feel and when was the first time you discovered it?
- Why did you choose to try alternative treatments, what are your hopes and fears about treatment? Do your loved ones support your decision and how does their approval or disapproval affect you?