



# Inside Health Cancer Program

## Week 1: Journal Prompts

On a separate page (minimum of 3 pages) write down everything that is not working for you in your life right now, what is holding you back, anything from childhood, any trauma, and significant events. Please also write down what you would like to feel instead, regarding your life, your health, and yourself.

\*please do NOT edit the pages, just steady stream of how you feel, no one is going to read or judge this.

What is your road map? What are all the things you need to do to close the gap between where you are and where you want to be? How will you know you are there, what do you see, what does it feel like?

Rituals are key! Consistent routines and habits make our brain happy. A ritual is key to keep you consistently moving forwards your dreams, so think about the structure you will implement every single day. (e.g. journaling in the morning about what you're going to eat today, meditating at a specific time when stress is the highest, etc)



What is your compelling purpose? List all the reasons that will keep you jumping over all the hurdles that will be thrown in your way (and you know the will). What is your reason to keep fighting every day for your goal?

What is ONE THING you can commit to RIGHT NOW and put into place immediately? Who do you need to call, what do you need to book, what do you need to schedule or plan for so that you're taking steps to towards your goals immediately?

Write a list of 10 things you absolutely love about yourself. What are you in awe of? How are you powerful and strong? What things might people notice and absolutely love about you when they see you? When are you most proud of you? What do you love most?