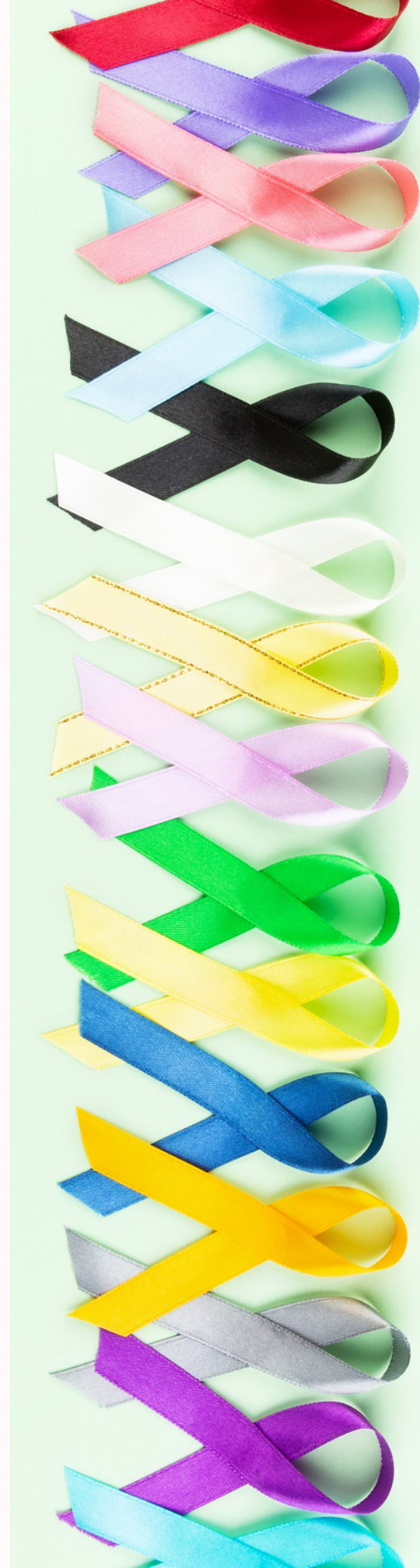


# My Daily Memos

A personal  
tracker for  
**My Journey**



# How to Use This Book of Memo's

This Memo Book has been created to help you through Your "journey"  
- no matter where you are - in your journey.

I was diagnosed just 39 days apart with BOTH *Breast* and *Rectal* Cancer and I really needed help with keeping all of my important information together and a place to jot down my thoughts and emotions of everything that was happening - it's like a roller-coaster!

As you go through this - *things will change* - like your priorities, thoughts, feelings, goals and values. And that's *OK!* This book will help you with all of that!

In the early pages of this book, you will find the information you will need for all your appointments / treatments, (they are different) and personal info.

After that, you will find gratitude - YES - gratitude . Just being thankful for the "little" things makes a huge difference! I know this journey is going to SUCK but there are also good things that can come out of this too - sometimes you just have to look a little harder. That's what the writing prompts are for.

After Gratitude, you will find helpful tips for getting through chemo and radiation, some coping ideas, info on lymphedema and helpful questions to ask your doctor and/or oncologist.

I want to help you get through this! From one Warrior to the next - you can still smile, still have fun, see and be grateful for the little things! Will it be easy? NOPE! But you CAN do this! And through this book, I'll be "with you" every step of the way!

All of my treatments were at The Cross Cancer Institute in Edmonton, Alberta, Canada and one of my ways for saying Thankyou to them, is by giving back a "Loonie" (\$1) (if you live in Canada, you know) :) from every book sold. If you know someone who's just been diagnosed, in the middle of their journey or even approaching the end of treatments (there is still a lot that happens) let them know this book is available ... better yet, buy it for them - you will be helping out- more than you know. Thankyou! 

# Important Information List

|                            |                            |
|----------------------------|----------------------------|
| Name:                      | Name:                      |
| Cell No:                   | Cell No:                   |
| Address:                   | Address:                   |
| Family Emergency Contacts  | Medical Emergency Contacts |
| Name:                      | Doctor/Oncologist:         |
| Relationship:              | Clinic:/Phone No:          |
| Cell No:                   | Address:                   |
| Address:                   | Pharmacy:                  |
|                            |                            |
| Name:                      | Doctor/Oncologist:         |
| Cell No:                   | Clinic/Phone No:           |
| Relationship:              | Address:                   |
| Address:                   | Pharmacy:                  |
| Personal Insurance Details | Hospital/Other Contacts:   |
|                            |                            |
|                            |                            |
|                            |                            |
|                            |                            |
| More Important Notes       |                            |
|                            |                            |
|                            |                            |
|                            |                            |
|                            |                            |



*Just a little reminder . . .*



## Appointments / Treatments

[illegible]

# GRATITUDE

noun - the quality of being thankful; readiness to show appreciation for and to return kindness

Hi – Person Using This,

Writing is a great stress reliever as well as a way to cope with your thoughts, feelings, emotions and fears about your journey but it can also be a little bit intimidating for some (including me) so that's why you will find "prompts" to help you along the way. Studies show that expressing what you're thankful for leads to advantages like better sleep, improved self esteem, reduced stress and so much more.

Finding gratitude or being thankful someday, is going to be tough, believe me, but just have a look around, use the prompts and I know it will get better each day.

"This is a wonderful day. I've never seen this one before."

- Maya Angelou

**Today I'm grateful for...**

**Date:**

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

## 5 MINUTE JOURNALING

I AM PROUD THAT ...

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## TOP 3 STRENGTHS

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WHAT EMOTIONS HAVE YOU FELT TODAY?



HOW WOULD YOU RATE THE DAY?



## WHAT MADE ME FEEL HAPPY

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## 3 THINGS I WISH FOR TOMORROW

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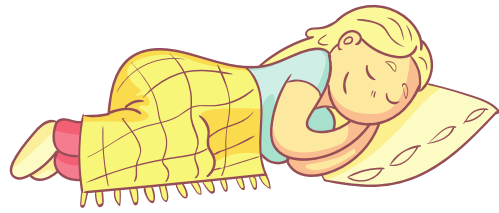
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## Cancer fatigue is normal ...

Take time in your day to rest. Take short naps, read a few pages in a book, stop and listen to a few songs, sit outside ...save your energy for your most important activities.



## Stay Hydrated ...

Have a water bottle (or your choice of beverage) by your side and take sips throughout the day. Staying hydrated is very important as fluids help decrease fatigue, physical weakness, nausea and constipation. Fluids also help the body flush out toxins and waste.

## You are MORE THAN the Scars ...

Everything changes when you have cancer! You may feel self-conscious because you: had surgery, an ostomy, experience limb loss, weight gain or loss, changes in skin-colour, hair loss and the list goes on. You may feel not worthy and/or withdrawn from friends and family. Please take the time to Grieve! You are MORE THAN the scars cancer left behind and you can learn to focus on the ways cancer has made you stronger.



## Journaling ...

What more can I say about journaling? It can help process what is going on. The prompts help to change your mood for the better and increase your self-awareness. These prompts are designed to shift your attention, release worries, anxiety and reduce stress. Focusing on appreciation and gratitude can turn obstacles into opportunities.

## Laughter ...

Believe it or not - it's OK to laugh - especially outloud! Learning to laugh during cancer is Not easy - but if you can find humour in the midst of the pain - it can actually be healing.



# Daily check in

DATE \_\_\_\_\_

TODAY I'M GREATFUL FOR

○

○

○

TODAY'S AFFIRMATION

MUSIC I ENJOYED LISTENING TO  
TODAY

THINGS I DID TODAY THAT MADE  
ME HAPPY

○

○

○

○

TODAY I FELT



LITTLE THINGS THAT MADE MY  
DAY

A REASON TO SMILE RIGHT NOW

MY RANKING OF TODAY



## Keep Receipts for:

- Prescriptions
- Doctor
- Counselling/Therapist
- Massage
- Accupuncture
- Gas/Fuel
- Track Miles/Kilometers to/from appointments
- Hospital Visits
- Food (on treatment day)
- Parking

## Special Items:

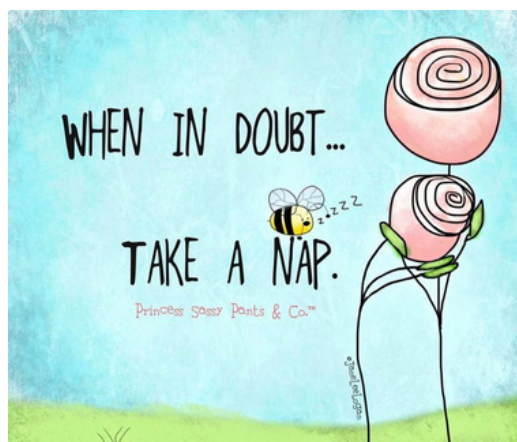
- Adult Underwear
- Creams/Moisturizers (Radiation)
- Medical Bandages
- Drain Holder(s) (Mastectomy)
- Vaginal Creams
- Squatty Potty



BE  
BRAVE

It doesn't  
*matter*  
what's been written  
in your  
*story so far*  
it's how you fill up  
the rest of the  
*pages*  
that counts

I can  
&  
I will



### Warrior.

Remind yourself of what you've been able to overcome. All the times you felt like you weren't going to make it through, you proved yourself wrong. You're more powerful than you think.

*just*  
*breathe*

"I'm proud of me because I've survived  
the days I thought I couldn't"

<https://linktr.ee/tammyrader>