

Courage Against Cancer: 21-Day Healing Journal Prompts

This bonus resource provides daily journal prompts to deepen your emotional and spiritual healing during the Courageous Transformation 21-Day Protocol. Use these prompts to reflect, set intentions, and celebrate your progress.

Introduction

Journaling is a powerful tool to process emotions, set intentions, and track your healing journey. Each day, take 5–10 minutes to respond to the prompt in a notebook or digital app. Let your thoughts flow freely—there are no wrong answers.

Week 1: Build Your Foundation (Gratitude Focus)

- **Day 1:** What am I grateful for as I start this healing journey?
 - **Day 2:** How did I show my body love today through my choices?
 - **Day 3:** What small win am I proud of today, no matter how small?
 - **Day 4:** What brings me a sense of peace or joy right now?
 - **Day 5:** How can I thank my body for its strength and resilience?
 - **Day 6:** What support system am I grateful for in my life?
 - **Day 7:** How have I grown this week, and what am I thankful for?
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Week 2: Deepen Your Healing (Visualization Focus)

- **Day 8:** Picture my body healing—what does it look like, feel like, and sound like?
 - **Day 9:** What does a day filled with vibrant health look like for me?
 - **Day 10:** Imagine a wave of calm washing over me—how does it feel?
 - **Day 11:** Visualize my body glowing with energy—what am I doing in this vision?
 - **Day 12:** What does inner peace look like for me right now?
 - **Day 13:** Imagine my body in perfect balance—what do I notice?
 - **Day 14:** Picture myself at the end of this protocol—how do I feel?
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Week 3: Reflect & Strengthen (Reflection Focus)

- **Day 15:** What have I learned about myself during this journey so far?
 - **Day 16:** How have I shown courage in my healing process?
 - **Day 17:** What challenges have I overcome, and how did I do it?
 - **Day 18:** What am I most proud of achieving in this protocol?
 - **Day 19:** How has my mindset shifted over these 21 days?
 - **Day 20:** What new habits will I carry forward into my future?
 - **Day 21:** How will I celebrate my incredible healing journey today?
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Tips for Journaling

- Find a quiet space where you feel safe and relaxed.
- Set a timer for 5–10 minutes to keep it manageable.
- Don't overthink—just write what comes to mind.
- Revisit your entries at the end of the protocol to see how far you've come.

Notes:
