The background of the page is a vibrant, impressionistic painting of a forest. It features a dense canopy of green and yellow leaves, with sunlight filtering through to create a dappled light effect on the ground. The brushstrokes are visible and energetic, giving the scene a sense of movement and life. The colors are rich and varied, with shades of emerald, lime, and golden yellow dominating the palette.

Beginnings and Endings

Write about a friendship or family relationship that has changed or ended. Describe what happened and how it has affected you.

The background is a vibrant, abstract collage. At the top and bottom, there are rows of stylized, colorful faces in shades of red, orange, and yellow. The central area is filled with various patterns, including a repeating diamond pattern with star-like motifs and a pattern of small, stylized figures. The overall style is folk-art inspired and highly decorative.

Unique or Different Friends

Describe your unique or different friends. What have they brought to your life?

Talking, Listening, and Hearing

At times, it may seem like your family and friends just don't understand. Who can you talk to? Who doesn't hear or listen to you? Write about what you would like to tell those who are not listening so that they could understand.



Reaching Out

Who are the people that reach out to you? What do they do or say that makes you feel cared for and supported? Write about the times when you have felt alone. In what ways have you been able to ask for help?



My Armor

There are times when people feel that they need to protect themselves from something or someone. When do you put your guard up and why?

An abstract painting with a central yellow rectangle containing text. The background is a mix of blue, green, red, and black brushstrokes. The yellow rectangle is a solid color, providing a clear space for the text.

Mean Spirits

Sometimes people, even friends, can be mean. Write about an incident when someone was mean or made fun of you because you were different. Describe your reaction.




Letters of Forgiveness

Write a letter to someone who has hurt you, someone you would like to forgive but don't know how. Express any hurt or sadness in a letter you will write but not send. Often, after writing this kind of letter, we feel a sense of peace and resolution.

You can create your own envelope or pocket for your unsent letters, then glue it here.

Good Fortunes

I imagine that everyone on your support team wrote positive thoughts about how great you are and put them into fortune cookies for you to open. What would they say? Close your eyes and listen to what you imagine, and write what you hear in the spaces.



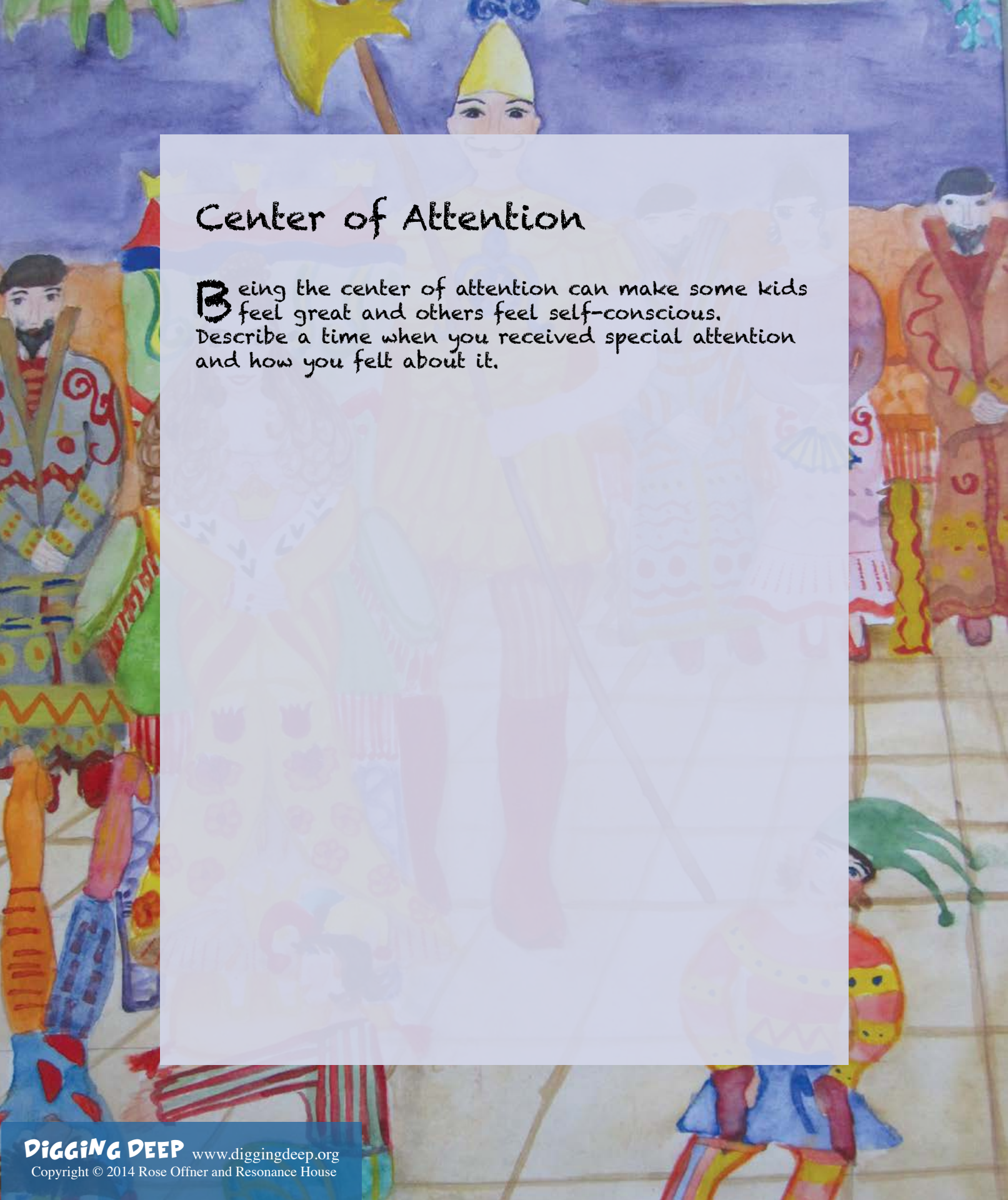
Family Matters

When someone in a family is sick or has a special need, the whole family is affected. How do you think your family life is the same, or different, from that of other families?



Difficult People

When people are grouchy, mean, or hurtful, their outrageous behavior is beyond your control. The next time you're up against a bully, choose how you will react. You could say something positive to yourself to help counter their meanness, or choose to let it go. Just don't take it personally! After trying one or more of these strategies, write about the outcome.

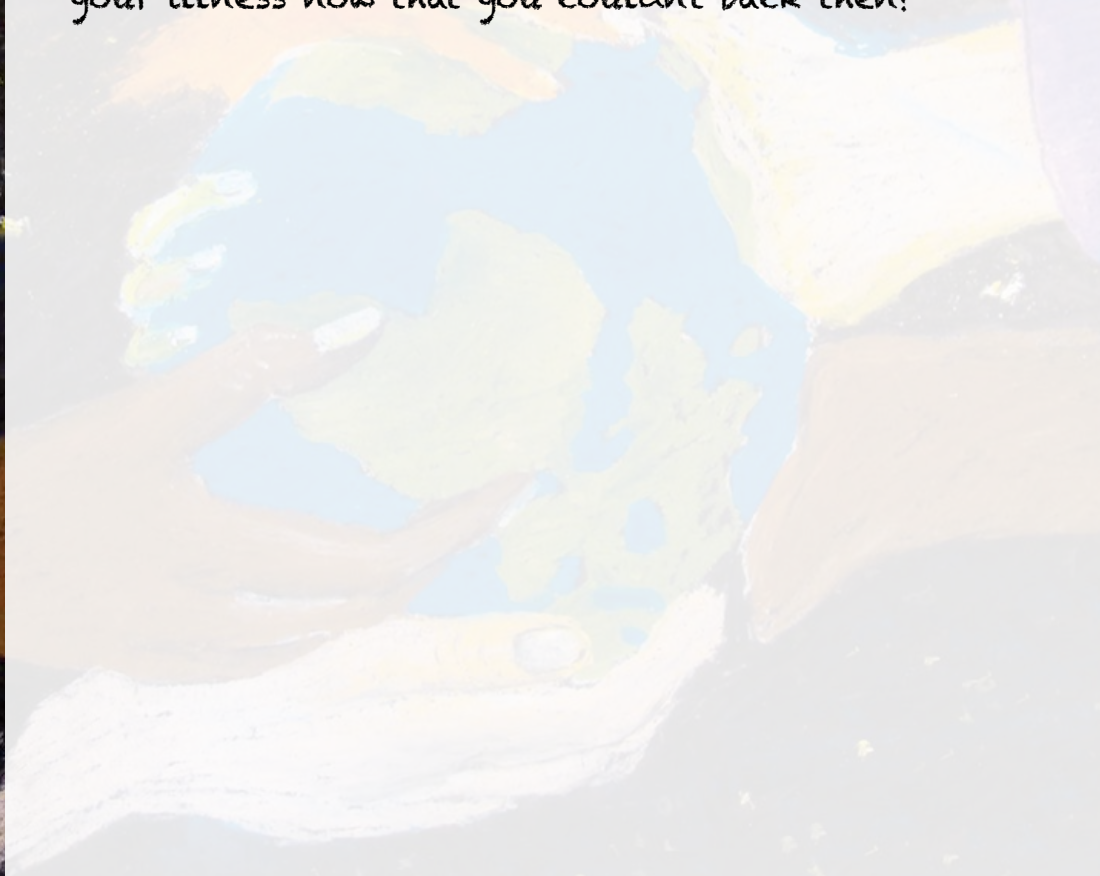


Center of Attention

Being the center of attention can make some kids feel great and others feel self-conscious. Describe a time when you received special attention and how you felt about it.

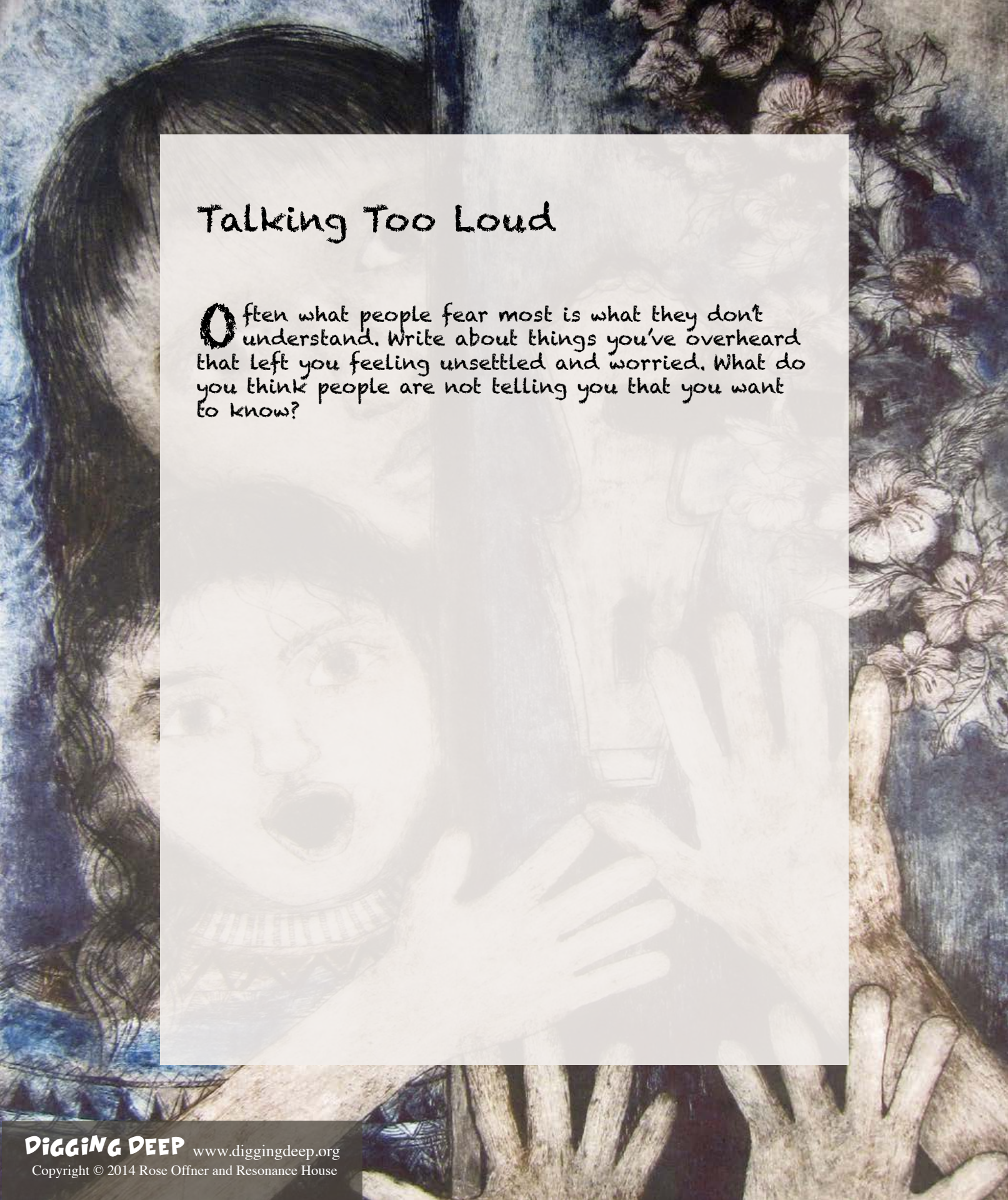
An Upside-Down World

Sometimes life isn't fair and things happen that we can't immediately understand. Have you ever wondered, "Why Me?" Describe what you felt the day you were diagnosed. What do you understand about your illness now that you couldn't back then?



Tricks up My Sleeve

With health challenges, it's often difficult to manage all the responsibilities and information you have to keep track of. What have you figured out or learned to make taking care of yourself easier? Are there parts of your treatment where you take charge?



Talking Too Loud

Often what people fear most is what they don't understand. Write about things you've overheard that left you feeling unsettled and worried. What do you think people are not telling you that you want to know?

Oh No, Not Again!

Getting sick again can be really heartbreaking. How are you able to rally and fight back? What have you learned that can make it easier for you this time?

Medicine Time

If you are like many young people with health challenges, you take medicine, have treatments, or both. How do medicines and treatments make you feel? How do they affect your life?



Life Awards You

Give yourself an award that you truly deserve.

In honor and recognition of your courage, we hereby present

Write about your award here.

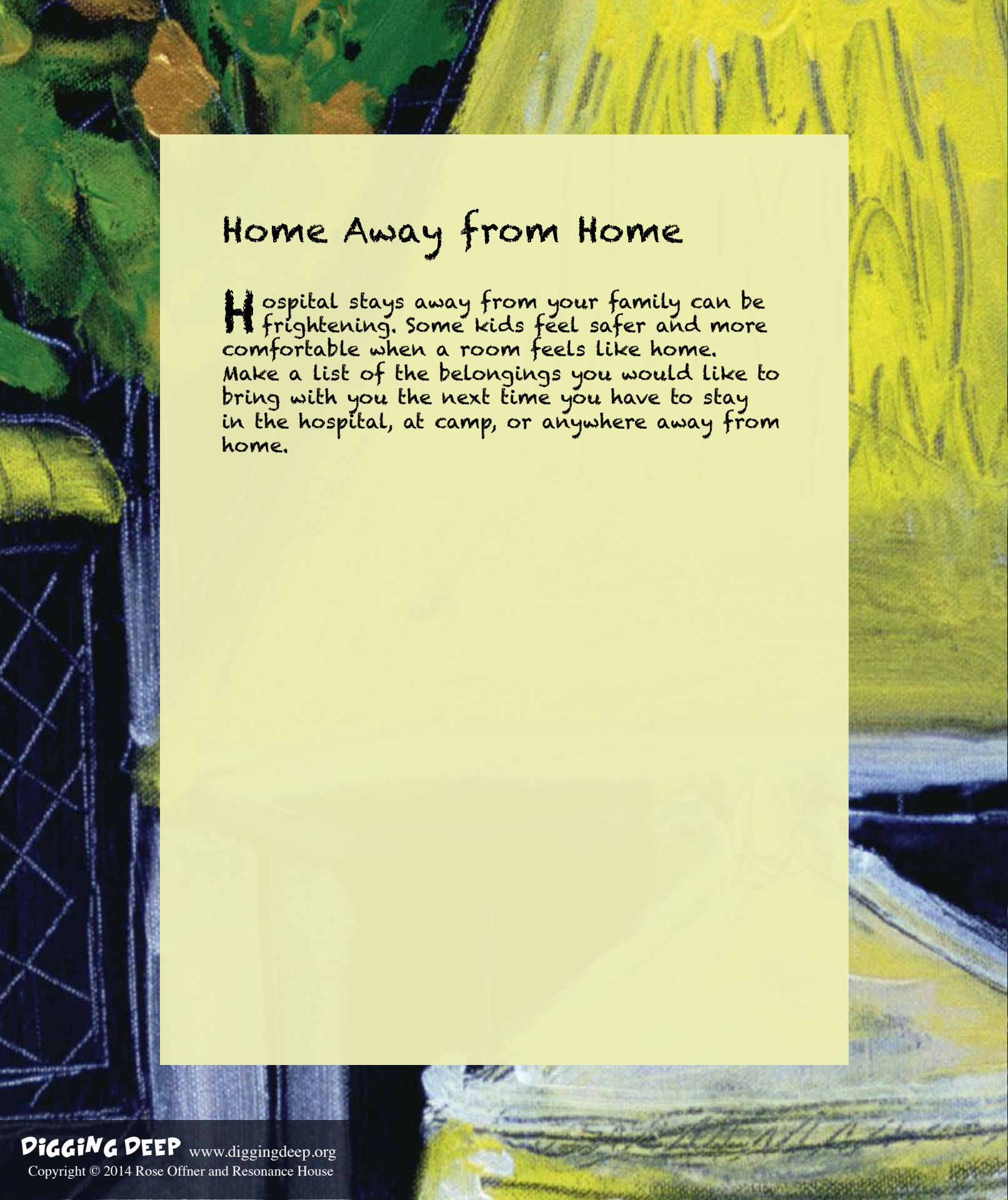
Editable form here

(Your Name)

With this award for:

Just the Opposite

Do you ever feel like you just don't want to do what the doctor says? Write about a time when you didn't follow the doctor's orders and explain what happened. Who helps you to take care of yourself?



Home Away from Home

Hospital stays away from your family can be frightening. Some kids feel safer and more comfortable when a room feels like home. Make a list of the belongings you would like to bring with you the next time you have to stay in the hospital, at camp, or anywhere away from home.

Checkups and Hospitals

When young people have to go to the doctor or hospital, they often feel anxious. That's normal. Describe how you think your medications or treatments work. Then empower yourself by making a list of questions to ask your parents, doctors, or other care providers.

The background of the page is a colorful, stylized illustration. It depicts a child in a red shirt and orange pants digging in a green garden with a shovel. In the background, there is a house with a red roof and a blue sky with white clouds and orange trees.

Angels Fly

I imagine that you have received a message from an angel. Close your eyes, take a deep breath, and begin writing. "Dear (your name)_____."



School Daze

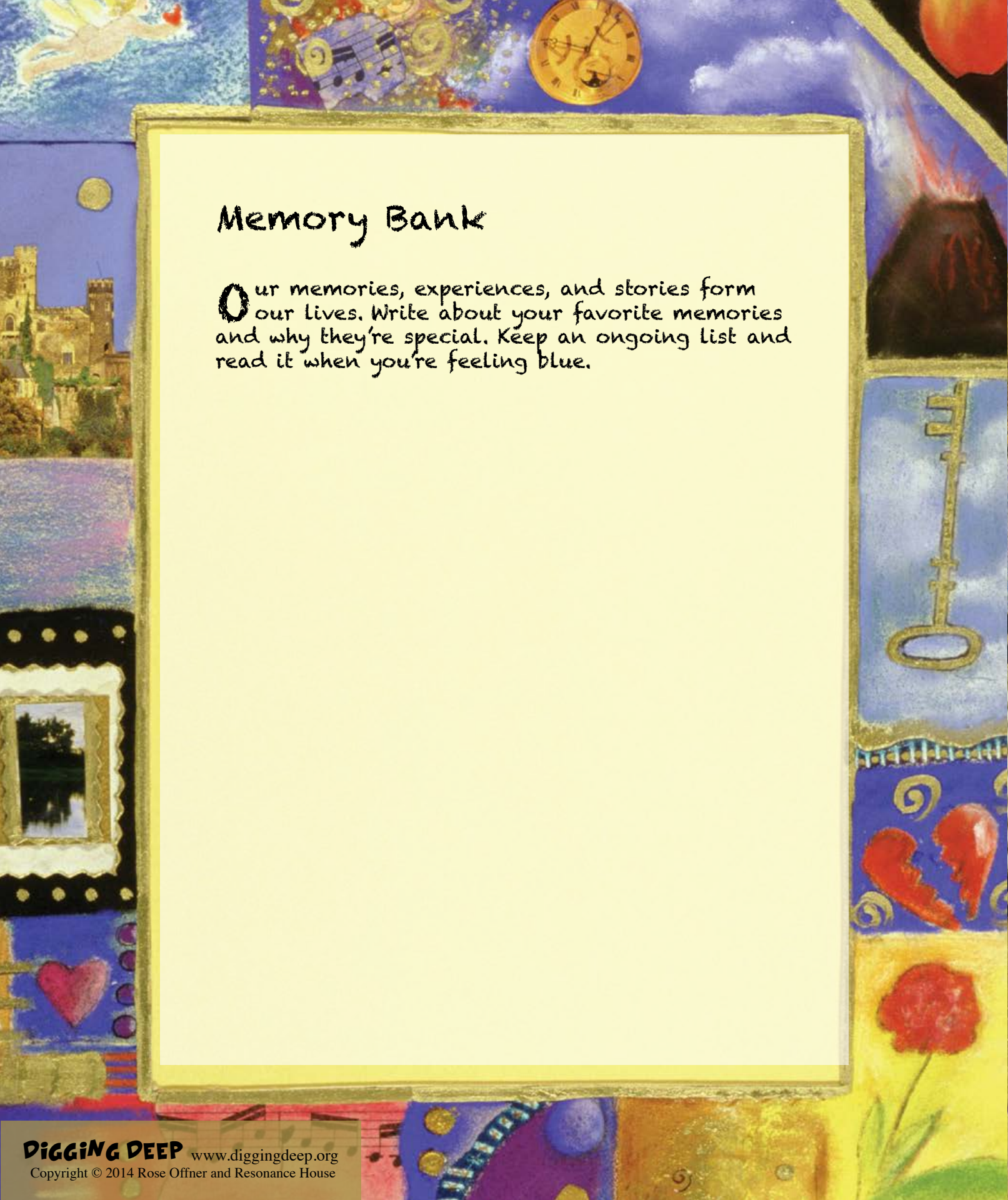
What are your favorite things about school? What challenges have you had to confront? What can make the difficult times easier?

If you're not in school, what do you miss about it?
What do you think it will be like when you go back?
What would make it easier?



Missing Out

When we feel we're missing out, it's a great opportunity to try something new. Write a paragraph about what you are missing out on, and then make a list of activities, hobbies, and experiences that you could enjoy.



Memory Bank

Our memories, experiences, and stories form our lives. Write about your favorite memories and why they're special. Keep an ongoing list and read it when you're feeling blue.



Heart Songs

There are so many ways to have fun. What makes your heart sing? What brings you joy, lifts your spirits, and makes you happy?



Good Energy

What gives you energy and what wears you out?
How can you create opportunities to enjoy
the friends or activities that boost your spirits on
low-energy days?

100 Dreams and Desires

To get what you want in life, you must know what you desire. Write a list of your heart's desires, dreams, and goals. Put a check next to each as it comes true. It is empowering to know you can create what you want in life.

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The Power of Peace

Peace comes from accepting your situation even though you don't like it. With illness, acceptance means you can still put up a fight, but can quit struggling over what you can't change. What are you currently grappling with and how might you find peace?

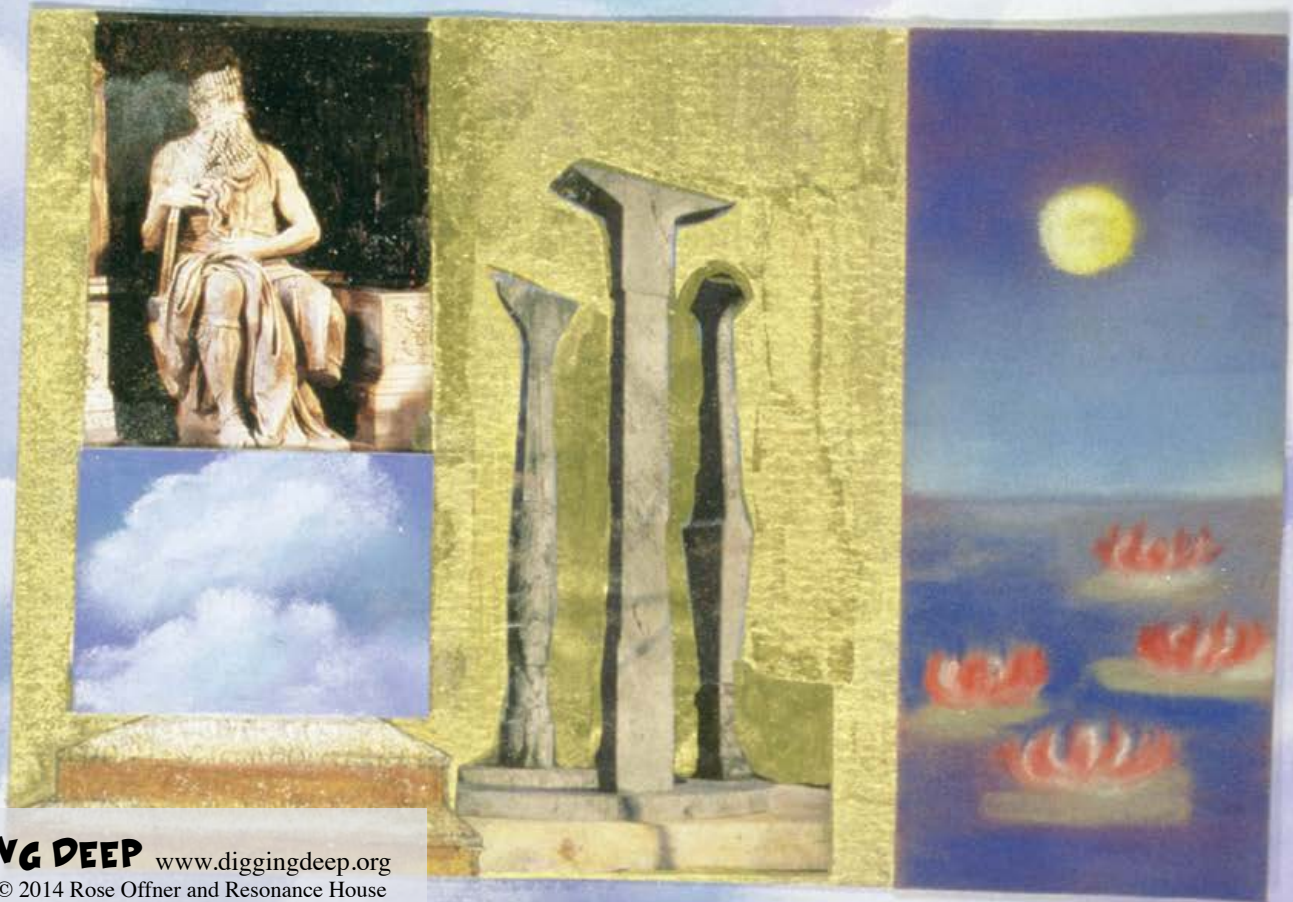


The Key

Young people with health challenges often refocus their priorities to reflect what's really important. What in your life is just not as important as it used to be? Where do you devote your time and energy now? What do you most appreciate in life?

Sharing My Wisdom

You have been through a lot and may be the wiser for it. What wisdom would you share with other young people?





Once upon a Time

Write a fairy tale or short story about a challenge you've overcome, the lessons you've learned, and the gifts you've received. Show how you triumphed in the end.

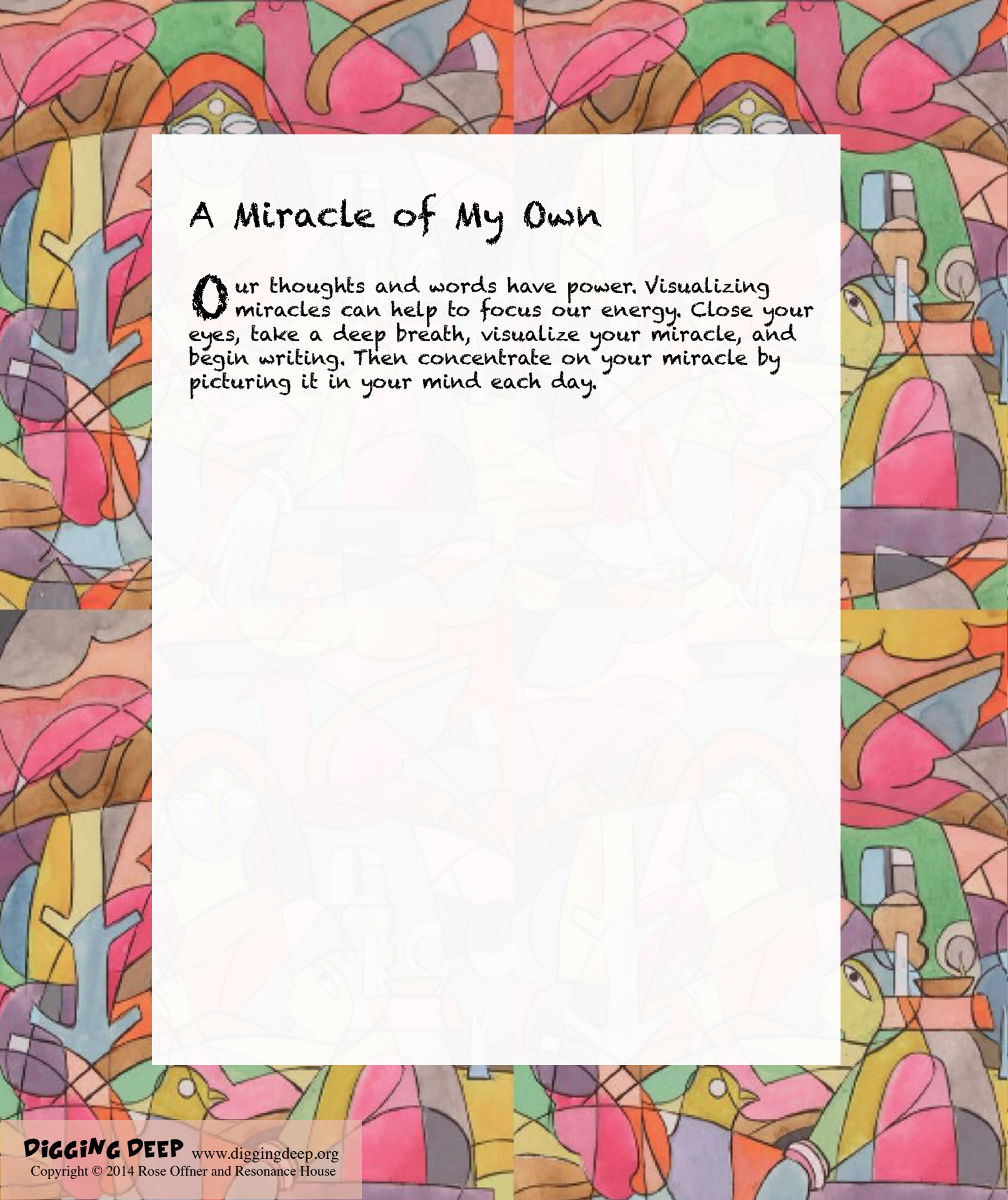


Finding the Answers

You may have other questions that have been weighing on you. Write your own questions here and imagine that you know the answers.

Blessings After a Storm

Blessings can come from difficult situations, just as a beautiful rainbow may follow a storm. When you experience challenges, see if you can find the hidden blessings and write about them here.



A Miracle of My Own

Our thoughts and words have power. Visualizing miracles can help to focus our energy. Close your eyes, take a deep breath, visualize your miracle, and begin writing. Then concentrate on your miracle by picturing it in your mind each day.

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Acts of Love

Being told we are loved is one of the greatest gifts we can receive. Make a list of what makes you feel loved, cared about, and special.

Words of Praise

I imagine that you have received a letter from your parents telling you that they are proud of you. Allow them to express their love and pride in this letter, that you write and receive with an open heart.

You can create your own envelope or pocket for favorite letters and cards from loved ones, then glue it here.

Throwing Out the Trash

Make a "garbage" pocket from a paper bag and glue it here. On separate slips of paper, write down any doubts, fears, or negative thoughts that may be interfering with your happiness. Throw them away in the garbage pocket and let these thoughts and feelings go.



Pieces of Myself

We all have many parts. Together, they make us unique, like a one-of-a-kind puzzle. Any illness or disability is just one part of you. Describe the other aspects of yourself and the various parts of your personality.


My Stellar Self

We're all special. Write about your unique talents, skills, and strengths. What do you do well?



Metamorphosis

Sometimes when we get diagnosed and have to adjust to health challenges, it may be hard to remember who we really are. Describe the changes you're going through now, and how you feel about them.



Loving Yourself

Before you can love others, you have to love yourself. What do you like or dislike about yourself? How might you feel more confident or accepting of who you are?



Letter From My Younger Self

Holding a marker in the hand you don't normally use, write a letter to one or both of your parents. Begin, "Dear Mom" or "Dear Dad" or whatever names you use with your parents. See what comes out.

A Sea of Tears

Sometimes people are afraid that if they start crying they might not be able to stop. Crying is a way of releasing pent-up emotions. When do you find yourself crying? Describe how you feel after you cry, or write about the tears you hold back.

Getting It All Out

It is normal to feel angry and frustrated, given all you are dealing with. Unexpressed anger can take up a lot of energy that could be used for healing. Expressing anger in healthy ways helps clear the air and will give your immune system a boost. What makes you angry? The next time you are angry or frustrated, start by writing: "I am angry/frustrated because_____".

You can create your own envelope or pocket for your private thoughts and anger, then glue it here.

The Wild Ride

A serious illness or disability has ups and downs, with many feelings happening at the same time. Describe your illness or disability as a wild ride.



The Masked Me

Masks are one way of hiding who we truly are. Sometimes we feel one way on the inside but act a different way on the outside. Draw the mask you are showing people and write about it. Then write about how you are really feeling on the inside.

Short Circuit

Often people who are sick or in pain find that they snap at those they are closest to. Do you ever find that you have a "short fuse"? How can you express your impatience and frustration in a better way?

My Boiling Point

It is normal to feel frustrated or angry when you have health challenges. Some people yell, others explode, and some become quiet and withdrawn. List situations that trigger your anger. Put those that make you furious at the top of the list and those that merely annoy you at the bottom. Use this list to keep things in perspective the next time something happens that makes you mad.

Lightening Up the Load

What do you do to help yourself make it through the day? Laughing, joking around, playing video games, reading a good book, or listening to music can help you relax and feel good. Describe a time when you did something to lighten the load. Make a list of the activities, experiences, or people that lift your spirits.



I'm Scared

What's your greatest fear? As you describe it, imagine that each and every word you use diminishes the power of what you are afraid of. Keep going until it's all out on the page and no longer inside you.

Feelings

Writing is a safe way to get your emotions out.
Write a paragraph or more about your three most frequently experienced feelings.

Feeling Different

Everyone can feel sensitive to what others think.
What are you self-conscious or embarrassed about?
Are there aspects of yourself that have grown or
that you appreciate more because of your illness or
condition?



Attitude

An attitude is a message to others about how you're feeling inside. We all have attitudes. What has your attitude been recently?