

Chemo Journal: Example Goals and Steps

Category	Goal Example	Steps to Achieve It
Physical Health	Gain weight in a healthy way	<ul style="list-style-type: none"> - Eat small, frequent meals - Add smoothies with protein - Track weight weekly
Physical Health	Stay active	<ul style="list-style-type: none"> - Gentle walks or stretching - Try short home exercises - Listen to your body and rest as needed
Emotional Well-being	Stay positive	<ul style="list-style-type: none"> - Write 3 good things daily - Spend time with supportive people - Practice gratitude journaling
Emotional Well-being	Reduce stress	<ul style="list-style-type: none"> - Try breathing exercises - Listen to calming music - Practice guided meditation
Spiritual Growth	Find peace	<ul style="list-style-type: none"> - Daily prayer or reflection - Read uplifting texts - Attend spiritual gatherings (if able)
Spiritual Growth	Increase mindfulness	<ul style="list-style-type: none"> - 5 minutes of meditation daily - Practice grounding exercises - Focus on one task at a time
Social Connection	Stay connected	<ul style="list-style-type: none"> - Schedule weekly calls - Join support groups - Write letters or send messages
Social Connection	Improve communication	<ul style="list-style-type: none"> - Share feelings with family - Ask for help when needed - Set aside time to talk openly
Creative Expression	Use art for relaxation	<ul style="list-style-type: none"> - Try coloring or sketching - Keep a creative journal - Explore new art supplies
Creative Expression	Explore writing	<ul style="list-style-type: none"> - Write short poems - Start a daily journal - Record thoughts and feelings
Organization	Stay organized	<ul style="list-style-type: none"> - Use a calendar for appointments - Keep medical papers in a folder - Set reminders for medications
Organization	Track progress	<ul style="list-style-type: none"> - Write weekly reflections - Update goal sheets - Review with oncologist monthly