



mylymecoach

www.mylymecoach.org

## this journal belongs to:



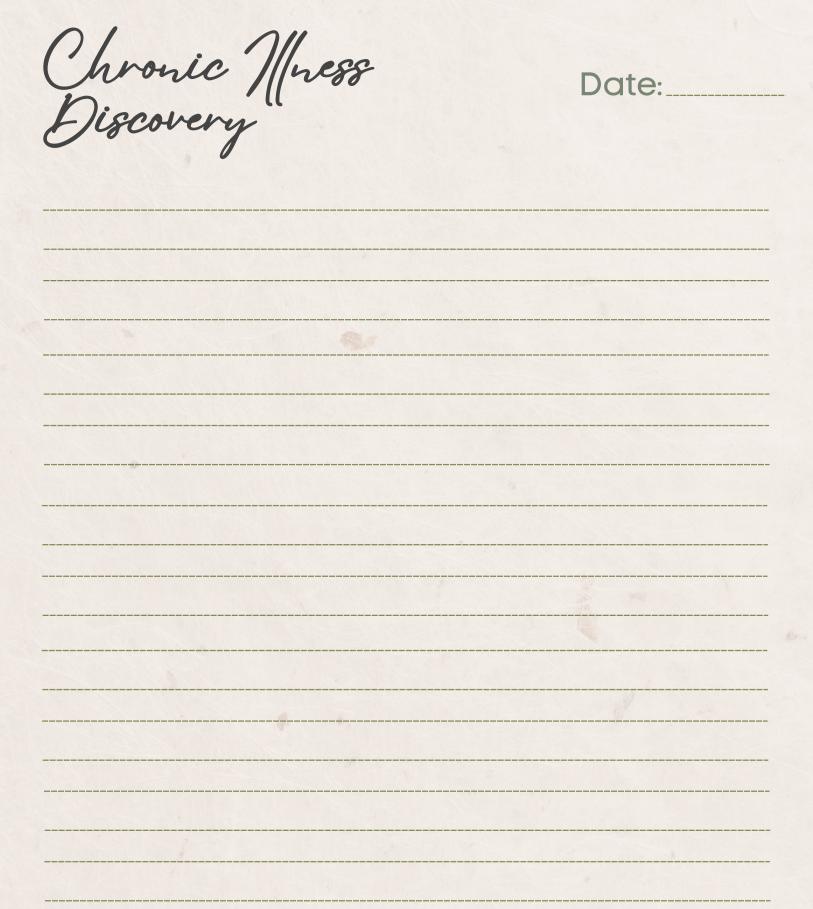


Date:	
-------	--

Let's kick things off by jotting down your story.

Write about when you first realized you were dealing with a chronic illness, the symptoms you experienced, the emotions you grappled with, and where your journey has led you from there to here.

"The human spirit is stronger than anything that can happen to it." — C.C. Scott



Chronic Mness Emotions and Thoughts	Date:
This space is dedicated for you to feelings and thoughts.	express your
They might be full of hope, fear, determination.	confusion, or
Write it down as it is. This is your safe sp	ace.
	A Comment of the Comm

"Healing takes courage, and we all have courage, even if we have to dig a little to find it." — Tori Amos

Chronic	Moss and Thou	ughts	Date:
		*	
			992

Pathways to Better Health	Date:
List any action you're taking towards y big or small.	our recovery,
It could be your diet change, considerations, medication you're taking, therapeutic sessions.	
You control these steps towards your them count.	health, make

Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are.'

- Rachel Naomi Remen

Pathway Heath	sto Be	eller	Date:	
		*		
			902	
			,	

Moments of Joy	&
Grafifude	

Date:	
-------	--

In the midst of your chronic illness journey, don't forget to make a note of moments that give you joy and things that you feel grateful for.

They are your fuel; the reminders of good times and the motivation to keep going.

	4		
# *,		- A	

Gratitude turns what we have into enough.
- Melody Beattie

Momente	to of Joy &	Date:
A STATE OF THE STA		



Healing is never linear. It's perfectly fine to have days that seem harder than others. But always remember,

tets conquer it together.



## Connect with us

Ready to take charge of your chronic illness journey? Empower yourself by connecting with MYLYMECOACH.

With firsthand experience of having a chronic illness, your lyme coach, Samantha Sloves is committed to guiding you through every step of your unique healing path.

**Book a call with us** for a customized, approachable, and reliable conversation. Unlock knowledge, strategies, and the backing to turn your strength into resilience and reclaim your life.

## **BOOK A CALL HERE**

Together, we'll navigate the road to wellbeing. Your journey starts here.

