

# my healing journal



**mylymecoach**

[www.mylymecoach.org](http://www.mylymecoach.org)



**this journal  
belongs to:**

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# Chronic Illness Discovery

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.

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



# Chronic Illness Discovery

Date: \_\_\_\_\_

This image shows a single sheet of cream-colored paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are some faint, irregular brown spots or stains scattered across the surface, particularly near the top and bottom edges. The paper appears slightly textured.



# Chronic Illness Emotions and Thoughts

Date: \_\_\_\_\_

This space is dedicated for you to express your feelings and thoughts.

They might be full of hope, fear, confusion, or determination.

Write it down as it is. This is your safe space.

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



Chronic Illness  
Emotions and Thoughts

Date: \_\_\_\_\_

[illegible]



# Pathways to Better Health

Date: \_\_\_\_\_

List any action you're taking towards your recovery, big or small.

It could be your diet change, consultations with doctors, medication you're taking, exercise, or therapeutic sessions.

You control these steps towards your health, make them count.

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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



# Pathways to Better Health

Date: \_\_\_\_\_

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# Moments of Joy & Gratitude

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.

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Gratitude turns what we  
have into enough.  
- Melody Beattie



## This image shows a single sheet of cream-colored paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are some faint, irregular brown spots or stains scattered across the surface, particularly near the top center and bottom right. The paper has a slightly textured appearance.

Date: \_\_\_\_\_





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

*let's 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.

**mylymecoach**

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