BONUS PAGES

Cancer Affirmations Journal

Bonus printable pages for Cancer

Print as many copies as you like for your own use. Thank you for reading.

Cancer Affirmation Cards

Cut them out. Keep one on your mirror each month.



My Worth Counts

Cancer, I am worth the same care I pour into everyone else.



Tender Love Received

Cancer, I deserve love that is kind, steady, and just as thoughtful as mine.



Patient Heart

Cancer, I let good things take their time, and I stop rushing what is still growing.



Work I Love

I'm allowed to want work that fits my life and gives me room to breathe.



New Moon Beginnings

I can start again on any day, even with a tired heart and messy plans.



Gut Knows

My gut speaks quietly, and I've learned to listen the first time.

Cancer Affirmation Cards

Cut them out. Keep one on your mirror each month.



Moon Moods

My feelings move like the tide. I let them come, rest, and go without shame.



Truth Matters

I deserve honesty, and I notice right away when it's missing.



Cry Without Shame

My tears are honest, and I never have to explain them.



Freedom Over Fear

Cancer, I'm allowed to build a life with room in it. Freedom looks good on me.



Chances Given

Cancer, I've given enough chances. Now I give myself one too.

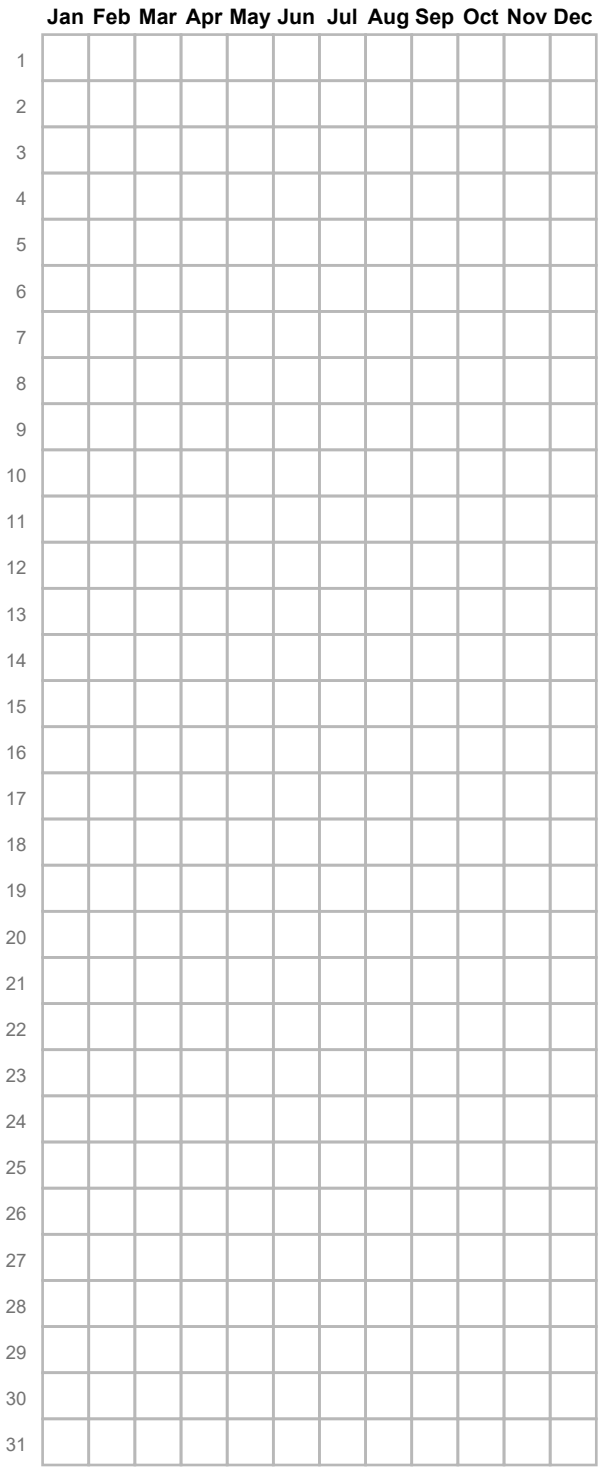


Apologies I Deserve

I can heal without waiting for the apology I may never get.

My Year in Moods

Color one square a day: a color for great, one for ok, one for low.



great ok low

10 Cancer Traits

1. Loyal

You love hard and stay long, until the same fault repeats and you quietly stop.

2. Intuitive

You often can't explain why something feels right, but you've learned your gut rarely lies.

3. Nurturing

You remember the coffee order, cook the meal, and feed everyone else before yourself.

4. Guarded

People call you cold, but that's just soft skin growing a careful shell.

5. Observant

Nobody has to finish the sentence. Your eyes caught the truth before their mouth did.

6. Sentimental

You still own the first gift they gave you, wrapped in tissue paper, in a drawer.

7. Petty

You hold a grudge from 2019 like it happened this morning, and you know it.

8. Homebody

Your home is your charging station, and a nap beats most invitations.

9. Composed

You'll go quiet, smile, and hug goodbye, and that calm is not an invitation to test you.

10. Tender

You cry at commercials, then deny it, and honestly that softness is your superpower.

Monthly Check In

Three things that went right this month

Something I said no to, and how it felt

The affirmation I needed most

One small thing for next month