

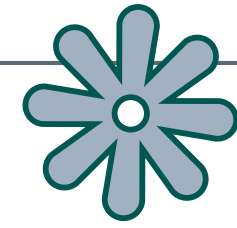
Dealing With Diagnosis

Journal prompts to help process your child's diagnosis

01

What do I need to get rid of in my life?

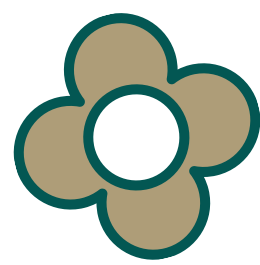
Pressures, expectations, things that will no longer serve you in this new season



02

What do I need to add to my life?

Where will you find support, create routines, organize and declutter your mind and home



03

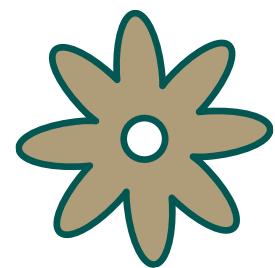
How will I take care of myself?

What can I do to make sure my bucket is full? Practical ways to relieve stress on a regular basis

04

How do I want to grow from this?

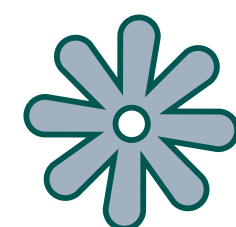
How can this situation change me in a positive way? What character traits can I develop?



05

What boundaries will I keep?

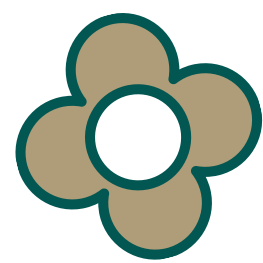
How will I deal with family, society's expectations, create schedules/routines, unsolicited advice?



06

What will I remind myself of on the hard days?

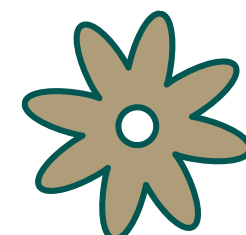
It all comes down to this - what's the main thought you want to remember on your darkest days?



07

What I want most for my child

No milestones or goals for this one... whom do you hope they become?



08

I know I can always come back to myself

Write down who you were before this happened so you never lose her

