

Spring

Summer

Fall

Winter

Capture Your Memories

It may be true that not every day during treatment is an easy day. Yet, as you **think back over the past year, you can probably remember some moments that sparked a smile.** Thinking about these moments may help make a stressful time feel more manageable.

Take a few minutes to capture the memories that brightened your day or brought a smile to your face this year.

Can you think of one for each season? Record your thoughts on this page.



Create New Memories

Planning for pleasant events may help you think and feel more positively.

Give yourself some encouragement by planning some simple activities to look forward to in the next few weeks, like taking a walk on a nice day or watching your favorite movie.

Record your ideas on this page.

Future Week 1

Future Week 2

Future Week 3

Future Week 4