Cozy Port-a-Cat Cares Journal

This Journal Belongs to
“Children are the world’s most valuable resource and its best hope for the future.”

President John Fitzgerald Kennedy
Dear Friend,

You probably have this journal in your hands because you are being treated for childhood cancer. Right now you are filled with all kinds of feelings. I found that writing and drawing in my journal helps me to understand my feelings, as well as keep track of my daily adventures.

A journal is a really great way to take care of yourself. I hope you will have fun filling it up.

Your pal,
Cozy Port-a-Cat
All About Me

My Full Name ______________________________________________
Age _____________ Height _____________ Weight _______________
Shoe Size _________________ Grade __________________________
Diagnosis __________________________________________________

My Favorite Things

Color __________________________ Book _______________________
Food __________________________ ___________________________
Song __________________________ Movie _______________________
_______________________________ ___________________________
All about me.
List people you know you can talk to about your cancer.

1. 
2. 
3. 
4. 
5. 

Make this journal your own. Writing prompts are provided, but feel free to write or draw about anything you’re feeling.
In your journal you’ll find pages that look like this.

You can draw or write a warm ‘cozy’ for yourself or for someone you love.
I am special because...
Today I...

Date ____________________

Today I...

Date ____________________
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Date ____________________

Today I...

Date ____________________

Today I...
I'm Gary
and
I'm here for
YOU!
The hardest part about coming to the hospital is...
When I am getting a procedure I like to close my eyes and think about...
When I’m feeling sad it helps to...
I feel lonely when...
Today I...

Date ____________________

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Today I...

Date ____________________
I'm cozy
and
I'm here for
YOU.
intravenous
fingerpoke
giftshop
x-ray
scan
journal
fever
transfusion
My favorite nurse is...
My favorite hospital PJs are...
When I’m bored
in the hospital my
family and I...
Today I...

Date ____________________

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I feel angry when...
I am excited about...
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Today I...

Date ____________________
I'm Cozy and I'm here for YOU!
My favorite thing to do with my IV pole is...
I am most proud of...
The best advice I have gotten is...
Date ________________

Today I...

Date ________________

Today I...
Date ____________________

Today I...

Date ____________________

Today I...
Today I...

Date ____________________

Today I...

Date ____________________
I’m Casey and I’m here for YOU!
It makes me feel better when I...
Sometimes I cry when...
Cuddle me, quick!
I really miss...
Today I...

Date ____________________

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Today I...
The funniest thing happened today...
If I had a friend diagnosed with cancer, I would tell them...
List 10 things that make me smile.

1. ___________________________________________
2. ___________________________________________
3. ___________________________________________
4. ___________________________________________
5. ___________________________________________
6. ___________________________________________
7. ___________________________________________
8. ___________________________________________
9. ___________________________________________
10. _________________________________________
What scares me most is when...
When I am scared
what helps me is...

Cuddle me, quick!
My treatments will be over when...
When my treatment is over we’re going to celebrate by...
Now that I am done with treatment, I want to...
When I grow up
I hope...
Today I...

Date ____________________

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My friends and me.
This journal is filled with words and pictures that come from your heart. It's an important piece of how you took care of yourself during your treatment for cancer. It is a treasure chest filled with your hopes, dreams and real feelings. Keep it somewhere safe so that you can look through it again and again and even use it to help you in the future.

Your friend Cozy