

Journal Prompts- Terminal Illness

Processing Emotions & Grief

1. What emotions am I feeling today, and how can I acknowledge them without judgment?
2. What scares me the most about my illness, and how can I bring myself comfort?
3. How has my perspective on life changed since my diagnosis?
4. What are some things I wish I could say out loud but struggle to?
5. How can I hold space for both grief and hope at the same time?

Navigating Relationships & Support

6. How has my illness affected my relationships with family, friends, or caregivers?
7. What do I wish my loved ones understood about what I'm going through?
8. Who in my life makes me feel truly supported, and how can I lean on them more?
9. How can I express my needs more openly to those around me?
10. What are some meaningful ways I can connect with my loved ones in the time I have?

Finding Meaning & Legacy

11. What are some of my proudest accomplishments in life?
12. If I could leave behind one message for the people I love, what would it be?
13. How do I want to be remembered, and what legacy do I hope to leave behind?
14. Are there any final projects, letters, or memories I'd like to create for my loved ones?
15. What lessons have I learned throughout my life that I want to share?

Coping with the Physical & Emotional Challenges

16. What are some ways I can bring comfort to my body, even when I feel unwell?
17. How do I handle difficult or painful days, and what helps me get through them?
18. What role does spirituality, faith, or personal beliefs play in my experience?
19. How can I practice self-compassion when I feel frustrated or scared?
20. What are small joys or simple pleasures I can still experience each day?

Embracing the Present Moment

21. What moments of beauty, love, or connection have I noticed today?
22. If today was a good day, what made it feel that way? If it was hard, what helped me through it?
23. How can I focus on what I *can* do rather than what I have lost?
24. What is something I still want to experience, no matter how small?
25. How can I remind myself that my life still holds meaning, even in this stage?