

You can use this tool to write down what makes a day good or bad for you. There is space to write any next steps to help you have more good days. This thinking tool was written by people affected by cancer. You can find more tools, stories and help using the tools by visiting thinkaboutyourlife.org

Good days	Bad days
I slept well.	I woke up at 3am and felt tired for the rest of the day.
Next steps	
Write down my worries before I go to bed.	