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**Specialist Clinic. Internal Medicine. Infectious Diseases. Hepatitis B & C. Chronic Pain.
Lifestyle Medicine Clinic. Stress Reduction Clinic**

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SPIRITUAL HEALTH HANDOUT/PATIENT JOURNAL

Rx: Please journal on these questions as part of your inner healing.

RESILENCY

- 1) Create your mission statement:
- 2) What matters to you the most?
- 3) What will your legacy be?

SELF TALK

Write out 1-2 short positive affirmation statements:

GIFT IN YOUR CIRCUMSTANCES

Write out 1-2 short statements about the gift in your current circumstance as they are now:

MAKING SENSE

- 1) Write a short sentence about your higher purpose?
- 2) Write out short sentence about the meaning of your illness?

WHAT IS YOUR HERO'S JOURNEY?

Hint: Gratitude, Strength, Personal Growth