

Goal Setting Pages

Your goals don't have to be big or loud to be meaningful. In fact, some of the most powerful goals are the quiet ones — like finding peace in a day, or strength in a step.

This section is here to help you set intentions that support your healing, honor your energy, and reflect what matters most right now.

We've included space for both short-term goals (this week, this month) and long-term hopes (when treatment ends, when you feel ready). Take your time, be gentle with yourself, and remember: progress is personal, and every step forward counts.



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