



My Kidney Journal

for people living with kidney disease



*“Journal writing gives us insights into who we are, who we were,
and who we can become.”*

—Sandra Marinella

Journaling

Have you ever thought about journaling about your life with kidney disease? Many people find that writing down thoughts and feelings helps them, but sometimes it can be tough to think about what to write. This can be especially true if you are trying to reflect on something big, like your life. Below are suggestions that can help get you started. Remember, a journal is just for you—no one else will read what you write or the insights you uncover unless you want to share them.

All you need now is the courage to begin.

Getting started:

- Find a quiet place to write where you feel comfortable.
- Decide if you want to write with pen and paper or electronically.
- Set a routine of when and how often you will write. Try to write daily.
- Choose to stop writing if you become tired or overwhelmed.

Tips for journaling:

- Date your journal entry.
- Record details such as time, location, who you were with, and what you were feeling. Journaling is like a record of your story. The details will help with the memories.
- Write as much or as little as you want. Journaling does not need to be three pages long. It can be three sentences or three words. It is your choice.
- Remember, what you want to write in your journal is the focus, not the spelling or grammar. Let your words flow.

*“Writing can be a private communication first with paper
and then with the self.”*

—Gillie Bolton

Start with One Word at a Time

Date:

Day of the Week:

Today, I plan to . . .

Right now, I feel or I want . . .

If I could talk to myself when I was first diagnosed with kidney disease, I would say . . .

Make It a Routine

Date:

Day of the Week:

Today, I plan to . . .

Right now, I feel or I want . . .

When I think back to a time I made a decision as a kidney patient about treatment, I considered the most important thing was . . .

Set Your Own Pace

Date:

Day of the Week:

Today, I plan to . . .

Right now, I feel or I want . . .

As I reflect on my journey as a kidney patient, I am most proud of . . .

Decide to Do It for Yourself

Date:

Day of the Week:

Today, I plan to . . .

Right now, I feel or I want . . .

This gives me strength to keep going when things are tough . . .

“No matter what people tell you, words and ideas can change the world.”

—Robin Williams

Be Open to Creativity

Date:

Day of the Week:

Today, I plan to . . .

Right now, I feel or I want . . .

This is who I am without my kidney disease . . .

Allow Yourself to Take Time for You

Date:

Day of the Week:

Today, I plan to . . .

Right now, I feel or I want . . .

As I think back on my journey as a kidney patient, I see that the most important thing was . . .

"Arriving at one goal is the starting point to another."

—John Dewey

Reflect

Date:

Day of the Week:

Today, I plan to . . .

Right now, I feel or I want . . .

The most important life lessons I have learned on my kidney journey are . . .

Relax

Date:

Day of the Week:

Today, I plan to . . .

Right now, I feel or I want . . .

If my body could talk, it would say . . .

*“You are never too old to set another goal
or to dream a new dream.”*

—C.S. Lewis

Breathe

Date:

Day of the Week:

Today, I plan to . . .

Right now, I feel or I want . . .

The challenges I am most proud of that I have overcome are . . .

Discover Your Personal Journey

Date:

Day of the Week:

Today, I feel . . .

Right now, I feel or I want . . .

I really wish others knew this about me . . .

When I think about my kidney treatment, I am most grateful for

*"You are braver than you believe, stronger than you seem,
and smarter than you think."*

—Christopher Robin



ESRD National Coordinating Center (NCC) • 3000 Bayport Drive, Suite 300, Tampa, FL 33607
Toll-free Patient Line: 1-844.472.4250 • Email: NCCInfo@hsag.com • Fax: 813.354.1514 • www.esrdncc.org

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