

I AM CANCER FREE

[CHORUS]

**I AM GRATEFUL FOR MY BODY
WELLNESS IS MY NATURAL STATE
I BELIEVE HEALING WAS POSSIBLE
OH, I AM CANCER FREE
YEAH, I AM HEALTHY**

**SHOWED THE CANCER, I'M THE BOSS
BY TAKING CHARGE OF MY THOUGHTS
WITH LIMITING BELIEFS SET ASIDE
MY IMMUNE SYSTEM'S READY TO RISE**

**MY HEALING BEGINS WITH ME
ANY FEAR HAS BEEN SET FREE
ALL MY SCANS ARE CLEAN AND CLEAR
MY HEALTHY BODY IS HERE**

[REPEAT CHORUS]

**LIVIN' IN POSITIVITY
LOVIN' EVERY CELL IN MY BODY
FROM DEEP DOWN IN MY SOUL
I AM HAPPY AND WHOLE**

BRIDGE

**OH, I AM CANCER FREE
YEA, I AM HEALTHY**

[REPEAT CHORUS]

[REPEAT CHORUS]



MINDFUL MOMENTS

MY JOURNAL

Why Journaling Helps You Heal & Shift Your Mindset

Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.

Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

Journal Prompts for I am Cancer Free

1. How can I cultivate gratitude for my body and its natural ability to heal?
2. What thoughts or beliefs about health can I release to support my wellbeing?
3. In what ways can I show love and care to every part of my body today?
4. How does feeling empowered in my health shift my energy and confidence?
5. What positive intentions can I set daily to maintain vibrant health and wellness?



I am grateful
for my
healthy,
strong body.

I believe in my
body's ability
to heal
completely.

I am cancer
free and
radiantly
healthy.

I release all
fear and
limiting
beliefs about
my health.

My immune
system is
strong,
resilient, and
ready to
protect me.

Positivity and
joy flow
through me,
supporting my
wellbeing.

I take charge
of my
thoughts and
align them
with health
and vitality.

I am happy,
whole, and
thriving in
every aspect
of my life.