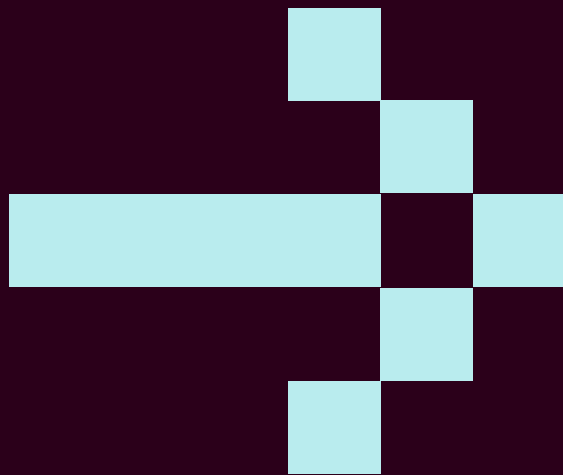


my
**what's
next**
journal
NextInMS.com



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Confidence grows one honest moment, one brave choice, and one journal page at a time.

An MS diagnosis is a big deal! It's a lot to process and a lot to think about.

So take a moment. Take a breath. And let it out.

Then get it all out in this journal. **Be honest. Be messy. Be real.** This is your place for self-reflection. So take as much time—and as many pages—as you need.

In the true spirit of Next In MS, it's time to have honest conversations with yourself. That's what journaling is for. It can also be the first step toward having the honest conversations you need to have with others—in your life, on your care team, and in your future.

**SO LET'S
GO THERE.**

**LET'S GO
JOURNALING.**

“

Start by
doing what's necessary,
then do what's possible;
and suddenly you're doing
the impossible.

– ST. FRANCIS OF ASSISI





Getting started

Your diagnosis is a chapter of your story—not the title of your life.
So, as they say, start where you are, use what you have, do what you can.
Here are your first thought starters to get this journal journaling!

What's the scariest thing for you right now?

What questions have you been afraid to ask up until now?

What parts of your story remain unchanged? What parts do you hope to write next?

NOTES AND FREE THOUGHTS



**You may not control
all the events that
happen to you, but you can
decide not to be
reduced by them.**

– MAYA ANGELOU





Embracing change

Some days, courage is simply showing up for yourself.
And being honest about it.

What is one thing you did today that took courage, even if no one else noticed?

What is one possibility you're willing to stay open to this week?

Are you feeling any symptoms that no one talked to you about?

Is there anything you need to research or ask your care team about?

NOTES AND FREE THOUGHTS



**You are not
your symptoms.**
You are your future.

– UNKNOWN





Telling people & building a team

There is strength in asking for help and wisdom in accepting it.

Telling other people about your MS diagnosis can be stressful. Asking for help can be even harder. Use this space to think through who you plan to tell and how.

Who will you tell first? And how will you explain it differently to your friends, family, coworkers, and more?

After you reveal your diagnosis, what else do you want them to know? What support would you like: A shoulder to lean on and a sympathetic ear? A ride to your next appointment? Someone to play cards and laugh with? Or maybe just some personal space and time alone?

Who's on your healthcare team? Who's your main point of contact? Who are your specialists and when should you see them? In addition to a list of names and numbers, ask yourself this question and then journal about it: "What does my ideal care team look like, and who's the first person I'll reach out to?"

TIP: Ask your care team for advice communicating the medical details to friends and family if you want to share. Write your notes here:

NOTES AND FREE THOUGHTS

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**It does not matter
how slowly you go
as long as you
do not stop.**

– UNKNOWN





Persevering & moving ahead

The person you were before MS still lives within you—and so does the person you’re becoming.

Think about where you are and where you want to go. Write your reflection on these thoughts: “Healing isn’t about becoming who you were. It’s about discovering who you will be.”

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What are 3 things your body helped you experience today/this week, no matter how small?

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What are 3 things you want your body to help you experience tomorrow/next week?

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Thinking of the above, what are 3 (or more) things you need to follow up with your provider about to improve your current situation and achieve your goals?

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NOTES AND FREE THOUGHTS

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I am beginning to learn
that it is the sweet,
simple things of life
which are the
real ones after all.

– LAURA INGALLS WILDER





Focusing on the joy

Find more room for what makes you feel like you, and enjoy every moment big and small.

What brings you joy? And what are your goals for even more joy? List things you still enjoy and things you still want to do (travel, hobbies, career goals, relationships).

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Note one small step toward each goal. Write about: “What parts of my life do I want to protect and grow, even with MS?”

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Dream big and write it all down. Then share what you want to with your loved ones and work with your care team to achieve everything possible.

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NOTES AND FREE THOUGHTS

**The story doesn't end
if you keep on writing.**
Every page you write
is proof that your story is
still unfolding.

**Want even more
reflection and
journaling ideas?**

**Inspirational
quotes are meant
to inspire!**

Feel free to go back and revisit each quote in this journal. Then try writing:

- What this means to me right now. What rings true? What feels hard to believe?
- One small action I can take this week that matches this idea. How can I live it in a small way?
- One way I'm already stronger or more aware because of living with MS

Getting to the last page is not the end of this journal. From time to time, look back at all your answers and consider how they've changed. Then write new answers that reflect your newer reality and what your "best next" could be.

For more advice, ideas, and inspiration, visit:

- [Newly Diagnosed with Multiple Sclerosis](#)
- [Newly Diagnosed Checklist](#)

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