

Guided Journal for Chemotherapy Patients

21 Days of Strength & Grace

By: Tier'a Berry



Dedication

To the incredible women who inspire resilience and strength:

This journal is dedicated to the courageous survivors—Tonya Owens and Amanda Fitzpatrick—who embody the proof that miracles happen and that faith truly works. Your journeys have illuminated the path for others, proving that the heart can fight bravely, even when bruised.

To those who are currently battling, including Ivory Ellison and Alicia Scott, your strength is a testament to the warrior spirit within. May each page of this journal bring you comfort, encouragement, and inspiration as you navigate your own victory journey.

And to all amazing individuals facing these challenges, may you find a dose of sweetness in every moment, reminding you that your story is filled with hope and triumph.

Introduction

There are moments in life that change everything—moments that ask more of us than we ever imagined we could give. A cancer diagnosis and the journey through chemotherapy is one of those moments.

This journal was created to sit with you in those spaces—the quiet ones, the heavy ones, the hopeful ones, and the uncertain ones.

Chemotherapy can affect not only the body, but the mind and spirit as well. There may be days when you feel strong and steady, and others when you feel overwhelmed, exhausted, or unsure. Every feeling you experience is valid. Every thought you carry deserves a place to be expressed.

This is your space.

A space to release fear.

A space to hold onto hope.

A space to document your strength—even on the days you don't feel strong.

You don't have to have the right words. You don't have to write perfectly. You just have to show up as you are.

Through these pages, you are invited to reflect, to breathe, to pray, to affirm, and to reconnect with yourself beyond the diagnosis.

You are still you.

You are still whole.

You are still worthy of peace, love, and care—every single day.

Dedicated to YOU

To the one navigating chemotherapy with
courage—whether quiet or loud.
To the one who shows up to appointments even
when fear tries to take over.
To the one learning to rest, to fight, to surrender,
and to hope—all at once.

This is also dedicated to the caregivers, the loved
ones, the friends, and the community who stand
beside you, offering support in ways big and
small.

And to those who have walked this path before—
those who have shared their stories, their
strength, and their light—you are honored here.

May this journal remind you:

You are not alone.
Your story matters.
Your life holds meaning far beyond this moment.

With love, compassion, and unwavering belief in
your strength.

Day 1

Acceptance

- **Prompt:** What emotions am I feeling today, and how can I honor them without judgment?
- **Affirmation:** I allow myself to feel without shame or fear.
- **Prayer:** God, help me accept where I am today with grace.
- **Scripture:** Ecclesiastes 3:1 –
To everything there is a season. A time for every purpose under heaven.

Day 2

Strength Within

- **Prompt:** When have I been strong before, even when I didn't realize it?
- **Affirmation:** Strength lives within me.
- **Prayer:** Lord, remind me of the strength You placed inside me.
- **Scripture:** *Philippians 4:13*
I can do all things through Christ who strengthens me

Day 3

Letting Go of Fear

- **Prompt:** What fears am I holding onto? What would it feel like to release them?

- **Affirmation:** I release fear and welcome peace.

- **Prayer:** God, take my fears and replace them with peace.

- **Scripture:** 2 Timothy 1:7

God gives believers a spirit of power, love, and self-discipline (or a sound mind), rather than a spirit of fear or timidity.

Day 4

Gratitude in Small Moments

- **Prompt:** What small moment today brought me comfort or joy?
- **Affirmation:** I find gratitude even now.
- **Prayer:** Thank You, God, for the small blessings I might overlook.
- **Scripture:** 1 Thessalonians 5:18
Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Day 5

Body Compassion

- **Prompt:** How can I show kindness to my body today?
- **Affirmation:** My body deserves love and patience.
- **Prayer:** Lord, help me care for my body with gentleness.
- **Scripture:** 1 Corinthians 6:19-20
¹⁹ Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.

Day 6

Support System

- **Prompt:** How can I show kindness to my body today?
- **Affirmation:** My body deserves love and patience.
- **Prayer:** Lord, help me care for my body with gentleness.
- **Scripture:** 1 Corinthians 6:19-20
¹⁹ Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.

Day 7

Rest

- **Prompt:** What does true rest look like for me right now?
- **Affirmation:** I give myself permission to rest.
- **Prayer:** Lord, help me find rest in You.
- **Scripture: Matthew 11:28**
Come to me, all you who are weary and burdened, and I will give you rest.

Day 8

Hope

- **Prompt:** What gives me hope today?
- **Affirmation:** Hope lives in me.
- **Prayer:** God, renew my hope each day.
- **Scripture: Romans 15:13**
¹³ **May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.**

Day 9

Identity Beyond Illness

- **Prompt:** Who am I beyond this diagnosis?
- **Affirmation:** I am more than my illness.
- **Prayer:** Lord, remind me of who I am in You.
- **Scripture: Psalm 139:14**
¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Day 10

Releasing Control

- **Prompt:** What am I trying to control that I can surrender?
- **Affirmation:** I release what I cannot control.
- **Prayer:** God, I trust You with what I don't understand.
- **Scripture: Proverbs 3:5-6**
⁵ Trust in the Lord with all your heart
and lean not on your own
understanding;
⁶ in all your ways submit to him,
and he will make your paths
straight.

Day 11

Courage

- **Prompt:** What does courage look like for me today?
- **Affirmation:** I face today with courage.
- **Prayer:** Lord, strengthen my heart to keep going.
- **Scripture: Joshua 1:9**
9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Day 12

Emotional Release

- **Prompt:** What do I need to cry, write, or release today?
- **Affirmation:** It is safe for me to release my emotions.
- **Prayer:** God, hold me as I release what's heavy.

- **Scripture: Psalm 34:18**

¹⁸ The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Day 13

Trusting the Process

- **Prompt:** What does trusting this journey look like for me?
- **Affirmation:** I trust the process of healing.
- **Prayer:** Lord, help me trust even when it's hard.

- **Scripture: Jeremiah 29:11**

¹¹ For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.

Day 14

Celebrating Small Wins

- **Prompt:** What is one victory I can celebrate today?
- **Affirmation:** Every step forward matters.
- **Prayer:** Thank You, God, for today's victories.
- **Scripture: Zechariah 4:10**
¹⁰ “Who dares despise the day of small things, since the seven eyes of the Lord that range throughout the earth will rejoice when they see the chosen capstone^[a] in the hand of Zerubbabel?”

Day 15

Peace

- **Prompt:** What brings me peace, even briefly?
- **Affirmation:** Peace is available to me now.
- **Prayer:** God, fill me with Your peace.
- **Scripture: John 14:27**
²⁷Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.



Day 16

Self Love

- **Prompt:** How can I show myself love today?
- **Affirmation:** I am worthy of love and care.
- **Prayer:** Lord, teach me to love myself as You love me.
- **Scripture: Mark 12:31**
³¹ **The second is this: ‘Love your neighbor as yourself.’^[a] There is no commandment greater than these.”**

Day 17

Faith

- **Prompt:** What does faith mean to me in this season?
- **Affirmation:** My faith carries me through.
- **Prayer:** God, strengthen my faith daily.
- **Scripture: Hebrews 11:1**

Now faith is confidence in what we hope for and assurance about what we do not see.

Day 18

Resilience

- **Prompt:** What does trusting this journey look like for me?
- **Affirmation:** I trust the process of healing.
- **Prayer:** Lord, help me trust even when it's hard.
- **Scripture: Jeremiah 29:11**
¹¹ For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.

Day 19

Love Around Me

- **Prompt:** Where do I feel love in my life right now?
- **Affirmation:** I am surrounded by love.
- **Prayer:** Thank You, God, for love that surrounds me.
- **Scripture:** 1 Corinthians 13:7
7 It always protects, always trusts,
always hopes, always perseveres.

Day 20

Looking Forward

- **Prompt:** What am I looking forward to, no matter how small?
- **Affirmation:** My future holds light.
- **Prayer:** Lord, help me look ahead with hope.
- **Scripture:** Romans 8:18
¹⁸ I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

Day 21

Reflection & Gratitude

- **Prompt:** What have I learned about myself through this journey?

- **Affirmation:** I am growing through this.

- **Prayer:** God, thank You for walking with me every step.

- **Scripture:** James 1:2-4

² Consider it pure joy, my brothers and sisters,^[a] whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Thank you

Sheryl Crow — The singer has spoken publicly about her breast cancer diagnosis and treatment, helping raise awareness about early detection and survivorship.

Julia Louis-Dreyfus — She announced her breast cancer diagnosis publicly and later shared that she had completed treatment and was doing well.

Kathy Bates — The actress is a long-term breast cancer survivor and has also spoken openly about later health challenges, including lymphedema.

-Robin Roberts — The broadcaster is a cancer survivor and has used her platform to encourage others facing serious illness.

Olivia Newton-John — She was a prominent advocate for cancer awareness and survivorship after her breast cancer journey.

- Anastacia — The singer has publicly discussed surviving breast cancer and has been active in awareness efforts.

Who is Tier'a Berry

**Owner & Creator of
Tier'a's Voyage Llc**

Tier'a Berry is a writer, facilitator, and community builder rooted in healing, reflection, and intentional connection. With over 20 years of experience holding space for growth, Tier'a creates experiences that blend honesty, warmth, and self-awareness. Her work centers on helping people reconnect with themselves, communicate with clarity, and build relationships grounded in purpose, compassion, and truth.

Find out more at www.sweettswrite.com