

Table of Contents

Welcome

How to Use This Workbook

Section 1 – Your Journey

Section 2 – Your Story Matters

Section 3 – Your Circle of Hope

Section 4 – Building Your Support My Healing Page

Section 5 – Sharing Your Circle of Hope

Section 6 – Nurturing Your Circle of Hope

Section 7 – A Heart of Gratitude

Final Reflection – Your Journey Continues

Welcome to Your Support My Healing Companion Workbook

Every healing journey is unique.

Some people use this workbook because they are personally facing cancer. Others are walking beside a spouse, parent, child, family member, or dear friend. Still others are creating a fundraiser to honor someone they love or to support BeatCancer's mission.

Whatever brings you here, this workbook was created to help you organize your thoughts, reflect on your experiences, and build a Circle of Hope centered on encouragement, compassion, and community.

Working alongside the **Support My Healing Guide**, these pages will help you transform ideas into action while creating a meaningful record of your journey.

There are no perfect answers and no right or wrong way to complete these exercises. Move at your own pace. Write what is meaningful to you. Skip pages that don't apply. Return to them later if you wish.

Most importantly, remember that this workbook belongs to you.

Whether your journey is one of healing, caregiving, remembrance, or giving hope to others, our prayer is that these pages help you recognize the extraordinary community that surrounds you—and remind you that no one has to walk alone.

Welcome to your Circle of Hope.

Let's begin.

How to Use This Workbook

The **Support My Healing Companion Workbook** is designed to be used alongside the **Support My Healing Guide**. Together, they will help you organize your thoughts, develop your plans, and build a Circle of Hope that reflects your unique journey and the people who walk beside you.

There is no right or wrong way to complete this workbook.

Some people will finish several pages in one sitting. Others may return to it over weeks or even months. You may complete every page, or only those that are most meaningful to you. This workbook is intended to serve you—not the other way around.

As you work through each section, remember these simple suggestions:

Be Yourself

There are no perfect answers. Write honestly and in your own words. Authenticity is far more meaningful than perfection.

Take Your Time

Some questions may be easy to answer. Others may encourage deeper reflection or conversations with family and friends. Allow yourself the time you need.

Make It Your Own

Highlight important ideas, write notes in the margins, attach additional pages, or print extra copies of worksheets whenever you need more space. This workbook should grow with your journey.

Work Together

You don't have to complete this workbook alone. If you're creating a Support My Healing page for yourself, consider inviting family or close friends to help. If you're creating one for someone else, work together whenever possible to ensure their story and wishes are reflected.

Remember Your Purpose

This workbook is not simply about creating a fundraiser. It is about building a Circle of Hope—a community of people who encourage, pray, share, celebrate, and support one another in meaningful ways.

Whether you are personally facing cancer, supporting someone you love, honoring a cherished memory, or helping advance BeatCancer's mission, we hope these pages help you strengthen relationships, celebrate kindness, and discover that hope grows when it is shared.

When you're ready, turn the page and begin with the first section:

Your Journey.

Section 1

Your Journey

Every meaningful journey begins with a single step.

Before you begin creating your Support My Healing page or inviting others to join your Circle of Hope, take a few moments to reflect on where you are today.

This section is about your story—not because it needs to be perfect, but because it is uniquely yours.

Whether you are personally facing cancer, supporting someone you love, honoring the memory of someone special, or helping advance BeatCancer's mission, your experiences, relationships, and hopes are what give your Circle of Hope its meaning.

You don't need to have every answer before you begin.

Simply write what comes to mind.

If your thoughts change later, that's perfectly okay. Many people revisit these pages as their journey unfolds, adding new reflections, new ideas, and new moments of gratitude along the way.

If you're looking for encouragement before you begin writing, we recommend reading **Chapter 1 – You Are Not Alone** in the **Support My Healing Guide**. It provides the foundation for understanding why no one should walk their journey alone and how a Circle of Hope begins with authentic relationships.

There are no right or wrong answers.

There are only your answers.

Take your time.

Be honest.

Be yourself.

When you're ready, turn the page and begin with your first reflection.

My Reflections

"There are no perfect words— only your words."

Section 2

Your Story Matters

Every story has the power to encourage, inspire, and connect people.

Your story doesn't have to be extraordinary to make a meaningful difference. It simply needs to be honest.

Whether you are personally facing cancer, supporting someone you love, honoring the memory of someone special, or helping advance BeatCancer's mission, your experiences can help others understand why this journey matters to you.

This section is an opportunity to reflect on the moments, relationships, and experiences that have shaped your story.

Before you begin, we encourage you to read **Chapter 2 – Your Story Matters** in the **Support My Healing Guide**. If you're planning to create a Support My Healing page, you may also find the **Communication Library** helpful as you begin thinking about how you might eventually share your story with family, friends, and your Circle of Hope.

Don't worry about finding the perfect words.

Don't worry about writing everything.

Simply begin where you are today.

Write what feels important.

Write what is true.

Your story matters because it is yours.

When you're ready, turn the page and begin your reflection.

My Reflections

"Your story doesn't have to be perfect. It simply has to be true."

Section 3

Your Circle of Hope

None of us are meant to walk life's challenges alone.

A Circle of Hope is made up of the people who care about you, believe in you, and want to be part of your journey. Some may offer encouragement through kind words, prayers, or simply by checking in. Others may share your Support My Healing page, volunteer their time, or make a financial contribution to help support your journey or advance BeatCancer's mission.

Every act of support matters.

As you begin this section, don't focus on who might give or how much someone might contribute. Instead, think about the people whose lives have intersected with yours over the years. Family members, friends, neighbors, coworkers, classmates, members of your faith community, healthcare providers, teammates, and others who have shared in your life's journey all have the potential to become part of your Circle of Hope.

You may be surprised by how many people genuinely want to help—they're simply waiting for an opportunity to do so.

Before beginning your reflection, we encourage you to read **Chapter 3 – Building Your Circle of Hope** in the **Support My Healing Guide**. If you're ready to begin organizing your supporters and planning your outreach, you'll also find helpful guidance in the **Communication Library** and the **Quick Start Guide**.

Remember, this isn't about building the largest circle.

It's about recognizing the people who care.

When you're ready, turn the page and begin your reflection.

My Reflections

"Hope grows stronger when it is shared."

Section 4

Building Your Support My Healing Page

Creating your Support My Healing page is more than setting up an online fundraiser.

It is an opportunity to share your journey, invite others into your Circle of Hope, and give people a meaningful way to stand beside you.

Your page becomes a place where friends, family, coworkers, neighbors, and others can stay connected, offer encouragement, and support what matters most to you.

Remember, your page doesn't have to be perfect before you share it.

It simply needs to reflect who you are.

As you begin creating your page, focus on authenticity rather than perfection. Speak from your heart. Let your personality shine through. People connect with genuine stories far more than polished presentations.

Before you begin, we encourage you to read **Chapter 4 – Creating Your Support My Healing Page** in the **Support My Healing Guide**. When you're ready to build your page, the **Every.org Guide** will walk you through each step of the process, and the **Communication Library** will help you share your page with confidence.

One step at a time.

One story at a time.

One supporter at a time.

When you're ready, turn the page and begin your reflection.

My Reflections

"People don't connect with perfection—they connect with authenticity."

Section 5

Sharing Your Circle of Hope

One of the hardest parts of any journey is asking for help.

Many of us are more comfortable giving support than receiving it. We worry about being a burden, saying the wrong thing, or asking for too much.

But inviting others into your Circle of Hope isn't about asking for money.

It's about giving the people who care about you an opportunity to stand beside you.

Some people may offer words of encouragement.

Some may pray for you.

Some may share your story with others.

Some may volunteer their time or offer practical help.

Others may choose to make a financial gift.

Every expression of support has value.

As you begin sharing your Support My Healing page, remember that you are simply extending an invitation. People are free to respond in whatever way feels right to them.

Before you begin, we encourage you to read **Chapter 5 – Inviting Others to Join Your Circle of Hope** in the **Support My Healing Guide**. You'll also find practical examples, sample messages, and communication tips in the **Communication Library**, along with helpful suggestions in the **Quick Start Guide** to help you build confidence as you begin sharing your journey.

You don't need to reach everyone today.

Simply take the first step.

One invitation can become the beginning of something truly meaningful.

When you're ready, turn the page and begin your reflection.

My Reflections

"Every invitation is an opportunity for someone to become part of your Circle of Hope."

Section 6

Nurturing Your Circle of Hope

Building a Circle of Hope doesn't end when you share your Support My Healing page.

In many ways, that's just the beginning.

The people who join your journey do so because they care. They want to celebrate your victories, encourage you through difficult moments, and continue walking beside you as your story unfolds.

One of the greatest gifts you can give your supporters is simply letting them know how you're doing.

Sharing updates, expressing gratitude, celebrating milestones, and acknowledging acts of kindness help strengthen the relationships that make your Circle of Hope so meaningful.

Remember, your supporters are not simply following a fundraiser.

They are following a person.

They are investing in hope.

They are becoming part of your story.

Before you begin your reflection, we encourage you to read **Chapter 6 – Keeping Your Circle of Hope Connected** in the **Support My Healing Guide**. You'll also find sample updates, thank-you messages, and ideas for staying connected in the **Communication Library**.

Relationships grow through communication.

Gratitude keeps those relationships strong.

When you're ready, turn the page and begin your reflection.

My Reflections

"Gratitude turns support into lasting relationships."

Section 7

A Heart of Gratitude

Gratitude has a remarkable way of bringing people together.

Throughout your journey, you've likely experienced kindness in many forms—a listening ear, a handwritten note, a meal shared by a friend, a ride to an appointment, a prayer, a word of encouragement, a thoughtful gift, or someone simply taking the time to ask how you're doing.

Each act of kindness is a reminder that none of us truly walks alone.

Taking time to express gratitude not only encourages those who have supported you, but it also reminds you of the many ways hope has been present throughout your journey.

Your Circle of Hope is built on relationships, and relationships grow stronger when people feel seen, appreciated, and valued.

As you reflect, think about the people who have made a difference in your life—whether through large acts of generosity or simple moments of compassion.

Before you begin, we encourage you to read **Chapter 7 – Living with Gratitude** in the **Support My Healing Guide**. You'll also find thoughtful thank-you messages, update ideas, and ways to recognize your supporters in the **Communication Library**.

Gratitude isn't the end of your journey.

It's a way of walking through it.

When you're ready, turn the page and begin your reflection.

My Reflections

"Gratitude doesn't simply acknowledge what has been given—it celebrates the people who gave it."

Final Reflection

Your Journey Continues

As you've worked through this workbook, you've taken time to reflect on your journey, your story, the people who make up your Circle of Hope, and the many ways support can change lives.

Perhaps you've discovered new insights about yourself.

Perhaps you've remembered people you haven't thought about in years.

Perhaps you've realized that asking for support isn't a sign of weakness—it's an opportunity to strengthen the relationships that matter most.

Remember that this workbook isn't meant to be completed once and placed on a shelf.

Life changes.

Your journey changes.

Your Circle of Hope grows.

We encourage you to return to these pages whenever you need encouragement, clarity, or a quiet place to reflect.

As your story continues, your reflections may grow deeper, your gratitude may grow stronger, and your Circle of Hope may continue to expand in ways you never imagined.

Before closing this workbook, we encourage you to revisit the **Support My Healing Guide** whenever you need inspiration, the **Communication Library** whenever you're ready to communicate with your supporters, the **Every.org Guide** for assistance with your Support My Healing page, and the **Quick Start Guide** whenever you want a simple reminder of how all of these resources work together.

Most importantly, remember this:

You are never alone.

Thank you for allowing BeatCancer to be part of your journey.

May hope continue to guide each step ahead.

When you're ready, turn the page and record your final reflection.

My Reflections

"Hope grows when it is shared, gratitude deepens when it is expressed, and no journey is meant to be walked alone."