

“Rebuild Your Confidence” Recovery Journal

A private, step-by-step journal to support confidence after prostate cancer treatment

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Discreet. Practical. Built for real recovery days.

How to Use This Journal

Use this journal for 5–10 minutes per day. You can print it, type into it in Word, or copy sections into a notes app. The goal is steady progress—not perfection. If you miss a day, simply restart the next day.

What This Helps With

- Rebuilding confidence after treatment or surgery
- Reducing shame, fear, and ‘I’m not myself’ thoughts
- Creating a calm routine you can control
- Tracking progress in mood, energy, intimacy confidence, and daily life

Quick Personal Baseline (Fill This Out Once)

Today's date:	
Where I am in recovery (e.g., weeks/months post-treatment):	
My biggest concern right now:	
My #1 goal for the next 30 days:	
My support team (doctor/partner/friend/therapist):	
One thing I want to believe about myself again:	

Daily Check-In (Morning • 5 minutes)

- Today I want to feel: _____
- My ONE focus for today: _____
- Energy (1-10): ____ Stress (1-10): ____ Hope (1-10): ____
- One small action that supports my recovery today: _____
- If today gets hard, I will remind myself: _____

Daily Check-In (Evening • 5 minutes)

- My biggest win today (even small): _____
- One hard moment—and what I learned: _____
- A thought I want to replace: _____
- A better thought to practice: _____
- Something I'm grateful for today: _____

Weekly Reflection (Once Per Week)

Pick a day each week (Sunday works well). Keep it honest and simple.

- What improved this week? _____
- What felt harder this week? _____
- What do I need more of (rest, movement, support, patience)?

- What is one boundary I can set to protect my energy? _____
- What is my next small step for the coming week? _____

Milestone Tracker (30 / 60 / 90 Days)

Milestone	What feels better?	What I'm still working on	Next small step
30 Days			
60 Days			
90 Days			

Confidence Prompts (Pick 1 Per Day)

- What does 'strong' look like for me right now?
- What would I say to a friend going through this?
- What part of my identity is still 100% mine?
- What is one fear I can name—and one action I can take anyway?
- What helps me feel like myself (even 5%)?
- What am I doing better than I give myself credit for?
- What's one thing I can control today?
- What does progress look like in real life (not perfect life)?

Partner / Relationship Notes (Optional)

If you're in a relationship, recovery can affect both of you. Use this page to keep thoughts organized before a conversation.

- What I want my partner to understand: _____
- What I'm afraid my partner might think: _____
- What kind of support would help me this week: _____
- One pressure-free way we can connect: _____

Copy/Paste Pages (Print More As Needed)

Below are extra blank templates you can duplicate.

Extra Morning Check-In

Today I want to feel: _____

My ONE focus for today: _____

Energy (1–10): ____ Stress (1–10): ____ Hope (1–10): ____

One small recovery action: _____

Reminder for hard moments: _____

Extra Evening Check-In

My biggest win today: _____

One hard moment—and what I learned: _____

Thought to replace: _____

Better thought: _____

Gratitude: _____

Important: This resource is for educational purposes only and is not medical advice. Always consult your healthcare team for diagnosis, treatment, and recovery guidance.