



A Journal for Family Caregivers: A Place for Thoughts, Plans, and Dreams (The Family Caregiver Series Book 3)

Harriet Hodgson

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This is Book three in The Family Caregiver's Series. The books in this series are designed to support you, the family caregiver, which in turn will help you be supportive to your loved one. The prompts in this eBook version of A Journal for Family Caregivers are just for you—a family caregiver—and deal with issues that you handle on an ongoing basis: your tasks, practicing self-care, your self-talk, job satisfaction, and more. To set the tone for the day, each page of the journal section begins with an affirmation. The writing prompts are different than in most journals. Instead of asking questions or setting up a scene, this journal uses a “finish the sentence” approach. By using this eBook version, you can journal on your computer or jot notes down in a book. You can write a little or a lot. Action steps are the last item on each journal page. When you look back over what you've written, you'll be able to create an action plan that will make your caregiving easier for you and more enjoyable for your loved one.

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