

Scolios-us Journal

When it comes to scoliosis and really to life in general, there are some things that are in your control, and there are others that are simply out of your control. With this journal, we hope to help you embrace your journey by taking control of the things you can. Ultimately, our goal is to help you celebrate your victories, honor your emotions, and take charge! And when in doubt, remember that you are BOLD & BRAVE.



What's Inside?

Your fellow scoliosis warriors! As you flip through the pages of your journal, you'll be motivated, inspired, and comforted by kids and teens who are experiencing exactly what you're going through! You'll also find your Monthly Overviews, Daily Breakdowns, Habit Trackers, Daily Mood Snapshots, and Monthly Reviews – all of these spaces offer you the opportunity to set goals and track how you're doing, both physically and emotionally.



“Writing is medicine. It is an appropriate antidote to injury. It is an appropriate companion for any difficult change.” – Julia Cameron

Customize Your Journal

Your journal can be customized to your liking! We have space for you to track your habits (scoliosis related or not), moods, goals, and more. There is flexibility built into the design, so you can use your journal however you want! Since there are no years associated with the journal, you can use it for a full year no matter when you receive it.

Ready to Start Journaling?

To find more info and purchase your journal, visit our website, bracingforscoliosis.org, or scan the QR code.



SCAN ME