

INTRODUCTION

Cancer treatment seems endless, but it does end. And then you ask “now what?” You wonder why it is so difficult to follow through with anything—things you want to do let alone those you must do. It feels like you are stuck. Even the simplest, everyday things can seem overwhelming.

Would you like to make meaningful life changes, accomplish more, and have more balance and energy as you embark on your “life after cancer” journey? As you read this booklet, take what is meaningful to you and leave the rest. Go at your own pace, trying one thing at a time, and according to your own values, desires, and needs. As you continue your quest to eliminate what is holding you back, may these tips help you live your life to the fullest!

This booklet is the result of the author’s experience as a cancer survivor and a Life after Cancer Coach. She continues coaching cancer survivors in groups and individually.



FOUNDATIONS FOR A NEW BEGINNING

1 Make surviving cancer your “turning point” toward a more fulfilling, healthy, and meaningful life. Look in the mirror. Smile at the person you see. Say aloud, “I survived cancer. I can do just about anything!” Then take small steps toward the life you envision.

2 Keep in mind, both during and after treatment, that many of the difficulties and discomforts you are experiencing are temporary and for a purpose. Hair grows back, chemo brain subsides, and side-effects often start to lessen and disappear. Keep in mind why you have been subjected to such extreme measures—to save your life!

3 Choose to think positively about what is ahead for you. Crisis and change (cancer) can spell OPPORTUNITY. Just because you didn’t choose this particular path doesn’t mean that it won’t be an exciting time of personal strength, growth, and joy.

4 Start anywhere! There are no perfect steps or right ways to do this. Choose one thing that is important to you or easy and quick to accomplish. The important thing is to begin. Action breeds more action and blasts inertia.

5 Be satisfied with “good enough.” Striving for perfection keeps you stuck. It is easier not to do anything at all than to bear the burden of worrying about doing everything perfectly. Decide that however you are able to do something is good enough. It keeps you moving in the right direction.

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