



5 SECRETS TO LIVING A FUN LIFE WITH CANCER

✓ SECRET #1: BE DECISIVE

Breast cancer decisions can feel weighty. Not deciding on treatment can keep you stuck. Once you know the facts, be decisive and move forward. You can always pivot later. Getting stuck in "miserable maybe" does not make decisions go away. Making decisions easily will give you more time to focus on the fun things in your life!

✓ SECRET #2: IMPROVE RELATIONSHIPS

After a breast cancer diagnosis, relationships are everything! Take small steps to improve the most important relationships in your life. Take time to call a friend or spend regular quality time with a family member. Having meaningful relationships makes life fun and enjoyable!

✓ SECRET #3: SAY NO!

Give yourself permission to say no to things you don't want to do or aren't feeling up to. This is not the time for people-pleasing. Saying no and not feeling guilty creates a fun life! Saying yes to things that fill you up is also fun!

✓ SECRET #4: PRIORITIZE SELF CARE

Prioritize what self care means to you. This may be mindfulness, meditation, yoga, regular exercise, walking by the ocean, taking a bath, etc. Taking care of yourself is #1 when undergoing cancer treatments and even during remission. Letting go of the stress that fueled cancer in the first place is important and FUN!

✓ SECRET #5: OVERCOME FEAR

Fear of breast cancer recurrence is not helpful. Fear is not healthy and does not change outcomes. Fear causes stress, anxiety, and depression which do not contribute to health in the body. Focus on fun and not fear every single day and see how your life changes! See how much fun you can have when you're not afraid!

Book a 1:1 coaching session at
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