

Perspective Shift Workbook

Finding Light in the Journey

Battling Cancer

Welcome, Brave Soul!

Cancer is a chapter, not the whole story. This workbook is designed to help you explore fresh perspectives, find moments of joy, and ignite your inner power. Let's take a step together toward hope, strength, and transformation.

1. Your Power Word

If you could choose one word to guide you through this journey, what would it be? Write it below:

My Power Word: _____

Why did you choose this word? How does it make you feel?

2. Gratitude Sparks Joy

Sometimes, even in tough times, there are things to be grateful for. List six things that made you smile recently:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

How did these moments brighten your day?

3. Reframing the "Why Me?"

It's normal to ask, "Why me?" What if we turned that question into something empowering? Fill in the blank:
Instead of asking, "Why me?" I will ask, "What can I learn from this?"
One thing I'm learning about myself through this experience is:

4. Visualize Your Victory

Close your eyes and imagine a future version of yourself who has grown stronger through this experience. Draw or describe what this version of you looks like:
What is one thing your future self would tell you today?

5. Let's Stay Connected!

Coaching is about walking with someone who understands. Imagine having someone in your corner to help you navigate challenges and celebrate wins. Here's a small taste of how coaching could uplift you:

- Weekly support to keep you motivated
- Personalized tools for managing stress
- A safe space to share and grow

Are you ready for more? Let's create your roadmap to hope and healing together.

Reach out today to take the next step in your journey!

Life2Vida, Cancer Coach

www.LIFE2VIDA.com

Schedule a Free Discovery Session!