



# TAKE CARE OF YOURSELF

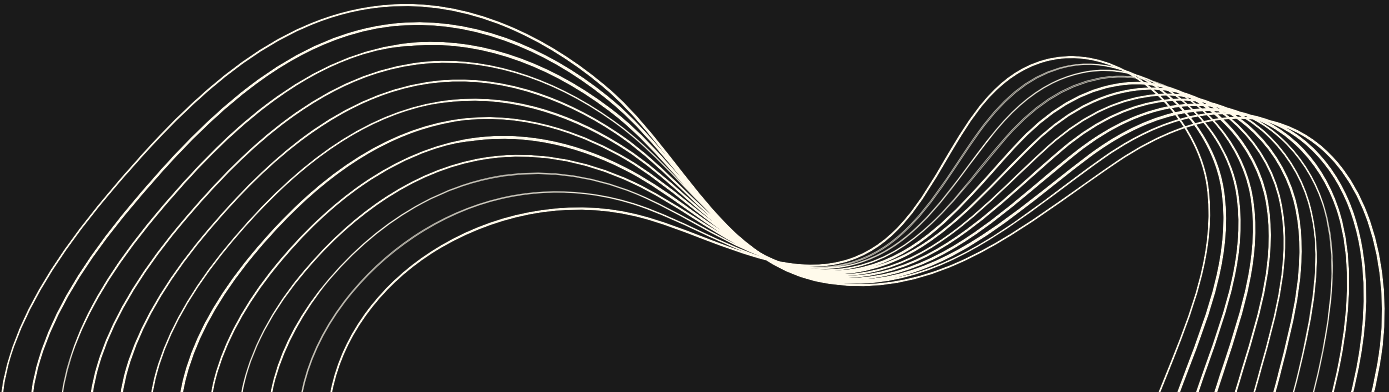
**KNOWING IS WHERE HEALING STARTS**



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# QUICK TIPS

- Drink Plenty of water to detox and cleanse body
  - Take vitamins (multivitamin, blackseed oil)
  - Take medication on a timely basis
  - Limit process and fast foods
  - Practice good hygiene
  - Use a good moisturizer
  - Use antibacterial soaps
  - Research your cancer and treatment
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## **UNDERSTANDING CANCER**

What does cancer means to you?

Cancer is

What are some factors that contribute to cancer development? List at least three.

How does the knowledge of cancer stages affect your approach to treatment and care? (Write at least 3 sentences)

## **EMOTIONAL & MENTAL AWARENESS**

### **NO ONE-SIZE-FITS-ALL**

How has your personal cancer journey been different from others you know? Describe key differences.

What emotions have surprised you the most during your journey? Why?

### **SETTING BOUNDARIES**

Why is setting boundaries important for your well-being?

List three boundaries you need to set in your life right now and why.

## **Managing Fear**

Why Are You Afraid?

What are your biggest fears related to your health journey?

**How do these fears impact your daily life and decision-making?**

**Write 5 positive affirmations to help reframe your fear into empowerment. "I am**

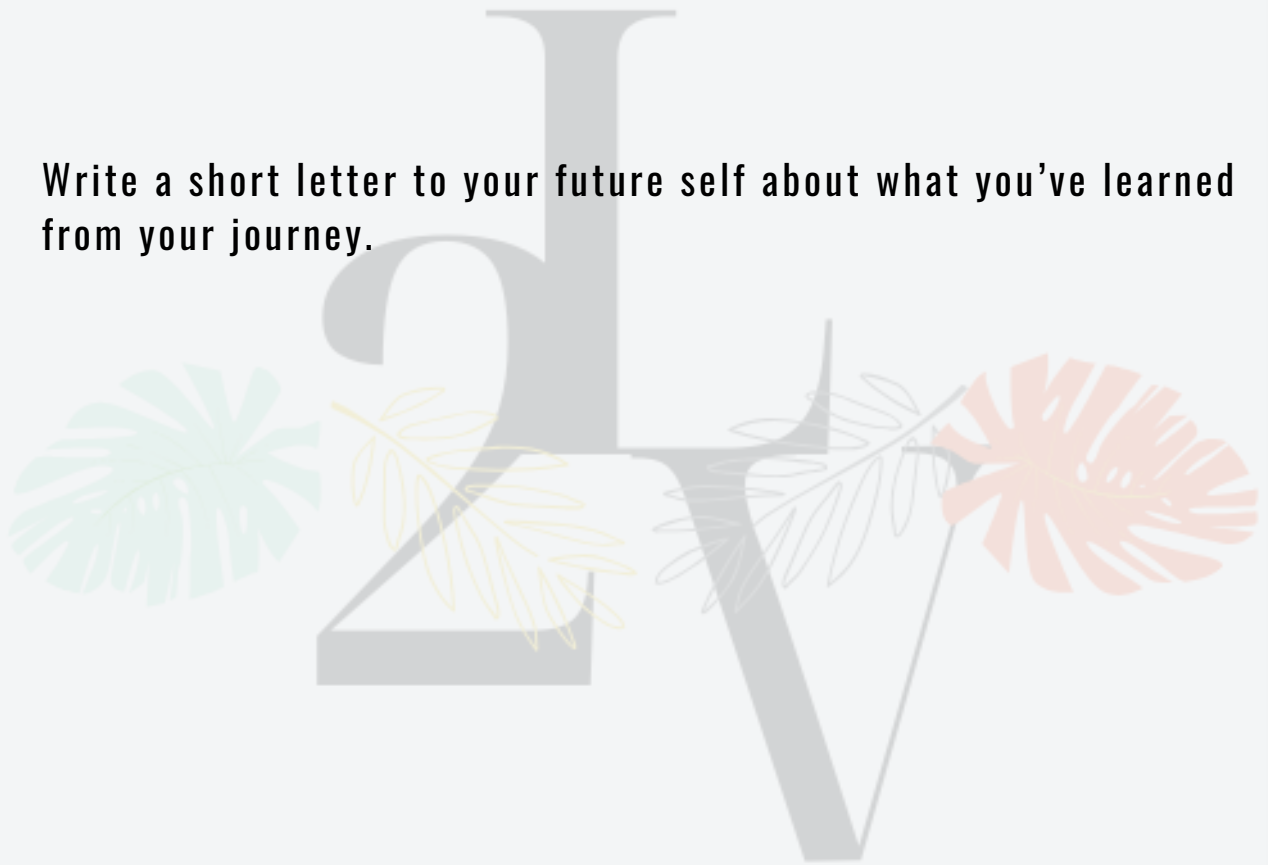


## **Spiritual & Mental Resilience**

### **Inner Reflection**

What does inner peace mean to you?

Write a short letter to your future self about what you've learned from your journey.



## **Finding Strength in Support**

### **Building a Support System**

Who are the people in your life that you can rely on? (List at least three)

What can you do to strengthen your support system?

How do you handle relationships with people who do not understand your journey?



## **Nutrition for Healing**

### **Food & Healing**

How has your diet changed since your diagnosis?

What challenges do you face when trying to eat well, and how can you work around them?

How does your current diet make you feel physically and emotionally?

## **Visualizing a Healthier Future**

### **Guided Visualization**

Close your eyes and imagine yourself feeling strong, happy, and healthy. Describe this vision in detail.

What steps can you take today to bring yourself closer to this vision?

## **Legacy & Purpose**

### **Afterlife & Legacy**

How do you want to be remembered?

What impact do you hope to have on your loved ones and community?

Write a short mission statement for your life moving forward.

## **Final Thoughts & Commitment**

**Your Commitment to Yourself**

**What are two major lessons you've learned through this workbook?**

**How will you apply what you've learned to your daily life?**

**Write a commitment statement to yourself. "I, \_\_, commit to \_\_\_\_"**



## **Congratulations on Completing This Workbook!**

You've taken an important step in your healing journey by reflecting on your health, mindset, and overall well-being. Taking the time to think deeply about your nutrition, emotions, and self-care is a powerful act of self-love and resilience.

Remember, healing is not just about the body—it's about nurturing your mind and spirit as well. Be patient and kind to yourself as you continue this journey. Every small step forward is a victory.

If you'd like personalized guidance and support, I'd love to help. You are welcome to **send this completed workbook to me**, and together, we can explore the next steps in your journey through a **coaching session tailored to your needs**.

You are not alone in this. I am here to support you. 💙

### **Let's Take the Next Step Together!**

✉️ Send your workbook to **LIFE2VIDA2@gmail.com** or visit **www.LIFE2VIDA.com** to start your coaching journey today.

Wishing you strength, healing, and hope,







*Life2Vida*

Cancer Coach & Wellness Advocate







# SIMPLE & SOOTHING SNACK IDEAS

## Light & Gentle Snacks:

-  Toast with Butter or Peanut Butter – Easy to digest and mild on the stomach.
-  Plain Rice or Buttered Noodles – A simple, filling option when nothing else sounds good.
-  Mashed Potatoes – Soft, warm, and comforting.
-  Bananas – Gentle on digestion and provides quick energy.
-  Crackers with Cheese – Light but satisfying.
-  Applesauce – Easy to eat and soothing.

## Cold & Refreshing Snacks:

-  Vanilla Ice Cream or Frozen Yogurt – Gentle, cooling, and comforting.
-  Fruit Smoothies – Blended bananas, yogurt, and a little honey can be soothing.
-  Watermelon or Cantaloupe – Hydrating and mild in flavor.
-  Pudding or Custard – Soft and easy to swallow.

### Protein-Packed Snacks:

- 🥚 Scrambled Eggs – Soft and easy on digestion.
- 🥜 Peanut Butter on Crackers or Toast – A protein boost without being too heavy.
- 🧀 Cottage Cheese with Peaches or Pineapple – Light but packed with protein.
- 🥤 Protein Shake or Carnation Breakfast Essentials – A meal alternative when eating is tough.

### Warm & Comforting Snacks:

- 🍲 Chicken or Vegetable Broth – Warm, soothing, and hydrating.
- 🥣 Oatmeal with Honey or Cinnamon – Easy to digest and gentle on the stomach.
- 🍠 Baked Sweet Potato – Soft, naturally sweet, and packed with nutrients.
- 🍵 Chamomile or Ginger Tea with Honey – Helps with nausea and provides comfort.

# **"I AM" Affirmations**

## Strength & Resilience Affirmations

I AM stronger than I think.

I AM a warrior, and I will keep fighting.

I AM resilient, and I face each day with courage.

## Emotional & Mental Well-Being Affirmations

I AM allowed to feel all my emotions without judgment.

I AM in control of my thoughts, and I choose peace.

I AM embracing each moment with gratitude.

## Healing & Health Affirmations

I AM nourishing my body with kindness and care.

I AM accepting healing energy into my body.

I AM breathing in strength and breathing out fear.

## Hope & Positivity Affirmations

I AM surrounded by love and support.

I AM open to joy, even in the midst of challenges.

I AM focusing on what I can control.