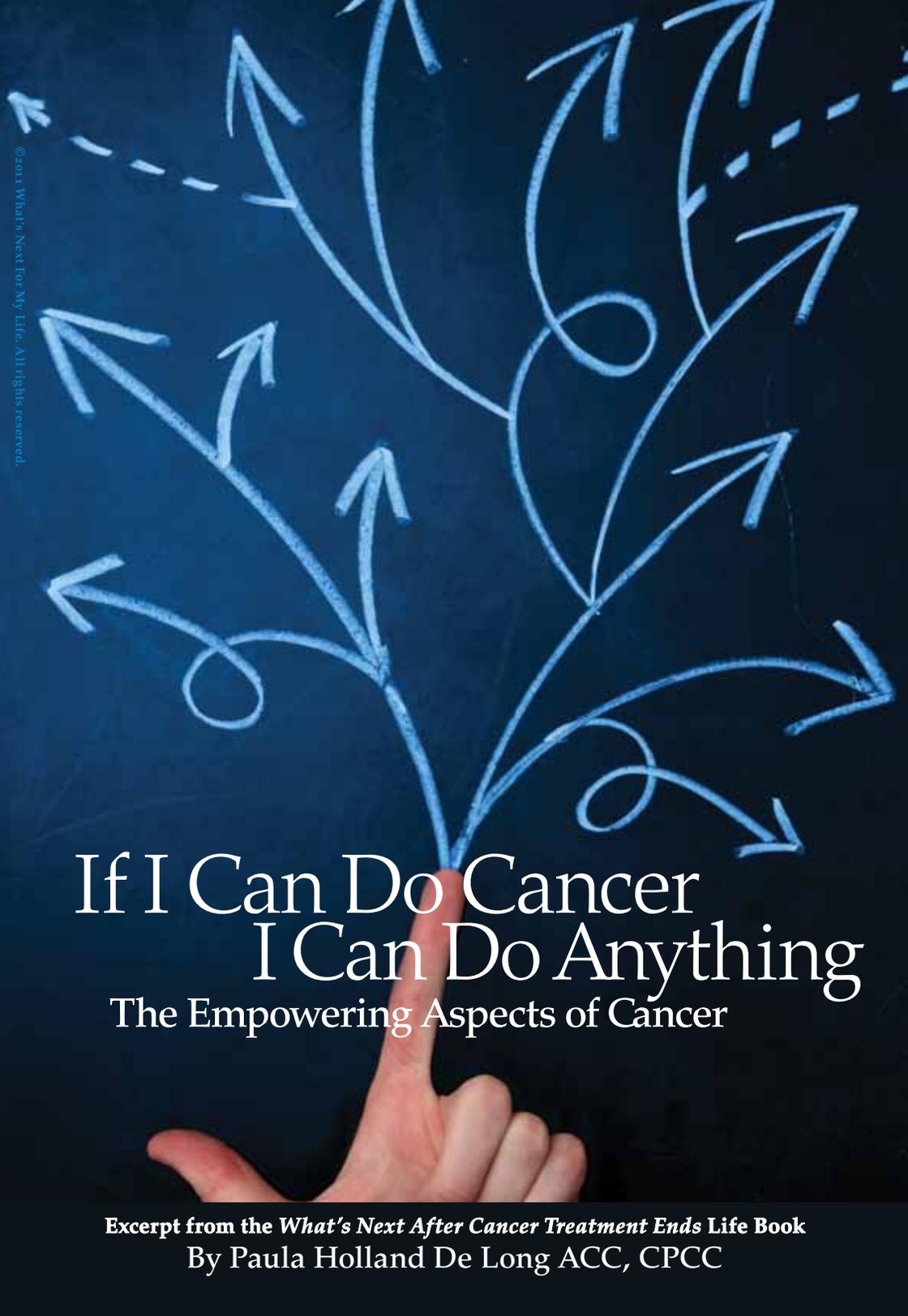


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If I Can Do Cancer  
I Can Do Anything  
The Empowering Aspects of Cancer

Excerpt from the *What's Next After Cancer Treatment Ends Life Book*  
By Paula Holland De Long ACC, CPCC



"Life is a series of challenges, how we approach and conquer these challenges makes us who we are. Life is truly good. Celebrate each day."

– *Janis Merroa,*  
age 50  
*13-year cancer survivor*

# If I Can Do Cancer I Can Do Anything.

The Empowering Aspects of Cancer.

[ Empowerment: A system of self-realization or identity reformation based on the individual's belief in their own ability to influence events. ]

Huh? Cancer as empowering? This might seem shocking. On that dark day when "you have cancer" came out of my doctor's mouth, I felt anything but empowered. I didn't think I could handle the surgeries and chemo, physically or mentally; wasn't sure I even wanted to try. I didn't feel empowered while I was going through treatment, but when it ended I was proud of what I had done.

It WAS empowering to make it through nine surgeries and four rounds of chemo. To laugh about my GI Jane haircut. To remember my “Three tries and you’re done” rule for needle sticks. Who knew?

I might have been sick and bald, but as long as I could choose to laugh and refuse to be poked, I didn’t feel like a victim. This little bit of control was enough to keep me sane. It was a valuable lesson that carried forward into my healing and my *new normal* life.

You have accomplished something powerful if you are ending your active fight against cancer and you are reading these words! Give yourself a round of applause because YOU DID IT!

When asked “What empowered you about your experience?” cancer patients who are ending treatment say things like:

People were there for me. I managed the physical side effects. Making the other people in the chemo café laugh. Telling my doctor “No, I’m not ready to decide. I need to know more about this.” I got through it without whining. Facing a painful reality head-on – the fact that I might die. I learned to tell the truth. Telling another survivor I felt guilty because I can’t do all the things I used to. Eating healthier. Getting my insurance company to pay for my tests. Gaining a stronger sense of myself. Learning to ask for and accept help. Pondering the meaning of life. Letting go of the unimportant things. A feeling of renewal when my treatment ended. Making spending time with my daughter my priority.





That fully alive, I CAN DO IT feeling came after you gathered your courage and did something that took you out of your comfort zone. And the exhilaration that followed the fear was empowering.

The experience of facing your own mortality and the changes cancer has created may have shaken the foundation of who you are. Pieces of your old life may not fit anymore. Your priorities may be different now. Dreams and goals are more urgent.

The shaken foundation has also created an unexpected opportunity. Now you have the chance to bring more of what matters most to you into your life. This is the true gift of cancer.

If you could wipe the slate clean and have it all; what would you want? Give yourself permission to think about this without worrying about how it could happen. Millions of survivors report that their lives as survivors are more passionate, fulfilled, and joyful than before.

What matters most to you? Don't be surprised if that's a hard question to answer. You can explore what matters most to you in the *What's Next After Cancer Treatment Ends?* LifeBook, or contact us for a free telephone discovery session at [WhatsNextForMyLife.com](http://WhatsNextForMyLife.com).



“There is no going back,  
only finding that *new normal*.

In many ways, cancer is a  
wake-up call that all is not right.

It gives us a chance to start fresh  
with gratitude and embracing ‘this  
is the first day of the rest of my life,  
and I am going to do something  
good with it.’ It is a great feeling.”

— Elyn Jacobs,  
age 49  
4-year breast cancer survivor

# You are not alone we can help.

When cancer enters your world, "What's Next For My Life?" takes on a whole new meaning and becomes incredibly urgent. Many survivors spend months and years struggling with the emotional impact of cancer. Life coaching workshops, services, and products from What's Next For My Life?™ can help replace fear and stress with hope and acceptance in as little as one day. *What's Next For My Life? Inc.* helps people affected by cancer move beyond their experience to a meaningful life based on personal values and passion.

Our award winning self-guided cancer journals, workshops, and support products are offered at cancer treatment centers, support organizations and directly to patients and survivors. Visit [WhatsNextForMyLife.com](http://WhatsNextForMyLife.com) for free articles, videos, and self-exploration exercises.

WHAT'S NEXT FOR MY LIFE?™

To learn more call 954-565-6894,  
email [Paula@WhatsNextForMyLife.com](mailto:Paula@WhatsNextForMyLife.com)  
or visit [WhatsNextForMyLife.com](http://WhatsNextForMyLife.com).



Cancer survivor, professional life coach, author, and speaker Paula Holland De Long is an authority on how the lessons of survivorship can bring joy, passion and purpose to anyone's life. Humorous, passionate, poignant and totally authentic, her messages bring hope, inspiration, and empowerment to the forefront for survivors, their loved ones, and anyone else who's been affected by cancer.