

*There's a powerful woman  
in you. You just don't  
recognise her yet.*

**Life After Cancer**

**7 EASY STEPS  
BACK TO LIFE**

I have written this **essential** hand-book based on **my** personal **experience** of **coming to terms** with and **rebuilding** my life after **cancer**. This is **everything** I've **researched**, **studied** and **lived** over the past 10 years.



## HELLO AND WELCOME TO YOUR 7 EASY STEPS BACK TO LIFE

When we first get diagnosed, our world stops. Everything becomes white noise and then suddenly the reality hits us like a forty-ton truck hurtling down the motorway.

*But, we are the fortunate ones, the victors if you like.*

The ones who sat in their oncologists office and heard the words, “your treatment was successful”.

Did you cry? Did you jump up and down and fist pump the air? Or, like me, did you feel absolutely nothing? Did you make those calls to loved ones and listen to them screaming down the phone with joy and relief?

*And did you stand there feeling numb, thinking, ‘what the hell is wrong with me’?*

Then let me reassure you. This is a normal reaction to everything you’ve been through.

Let’s face it. You’ve been in a very long, very dark tunnel and you’ve just stepped out into a bright new day. Only right now, the sun is blinding you.

*Well, this is your time to just bask in that sunlight  
and start to adjust your eyes to the brilliance of your new chapter.*

And this hand-book is going to empower you to take those first steps into your new life and will guide you towards this new, wonderful, connected, loving and strong person you’ve become because of your illness.

Without any further ado, I invite you to scroll to the next page and begin your light-hearted steps back to life.

*Kat xo*

*Kat* HOLDEN  
LIFE AFTER CANCER

**“What do you plan to do with your one wild and precious life.”**

Mary Oliver - Summer Day



## AN INTRODUCTION TO YOUR 7 EASY STEPS

This handbook is a lighthearted guide that will help you to gain insight into what lies within your heart as you start to uncover the new and wonderful person you've become because of all you've been through.

*We've got to have some fun around here.*

*Laughter being so very important as part of our recovery plan!*

So before we begin, here are a few pointers to get the maximum value from this book, and your time and energy.

Do not filter any of your answers. Just write and when you think you've written everything down, take a deep breathe and write down at least 3 more.

**OK - ready? Because you're about to take action.**



Step One - the time machine



Step Two - the joy factor



Step Three - the activity roadshow



Step Four - the Charlie's angel has talent



Step Five - now angels, no conclusion leaping



Step Six - your essential characteristic traits

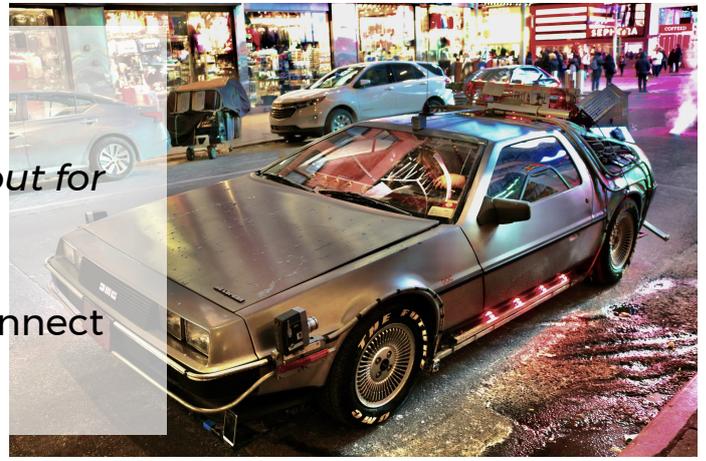


Step Seven - the legacy of you

Lets go back to your **childhood**.

*This is a 70's revival in my case - look out for the clues!*

You're going back into the past to reconnect with your imaginative wild child



## STEP ONE - THE TIME MACHINE

The scientific research and psychological knowledge shows we are at our most authentic selves up until the age of 7. It's during this period of time that we are learning who we are - our brain waves are predominantly Theta meaning imagination... we had no limits, we knew what made us happy...

So take a trip down memory lane to remind yourself what you used to love as a child.

*Remember - write everything that comes to mind - no filtering or judging.*

1 What or who did you want to be when you were a young child?

--	--

2 Who was your idol?

--	--

3 What was your favourite TV programme?

--	--

4 Who was it in the programmes that you loved?

*if it was Monkey because when he whistled a magic cloud appeared - it going to make it interesting ;)*

**What is joy?** It's something many people search for. Do you **know** what you're looking for? How will you **recognise** it? How will you know you're **feeling** joyful?



## STEP TWO - THE JOY FACTOR

Achievement and happiness can become inextricably linked. Not right. Not wrong. The key is to stay away from judgement and your awareness is everything.

What have been your greatest moments of achievement?

1 What was happening?

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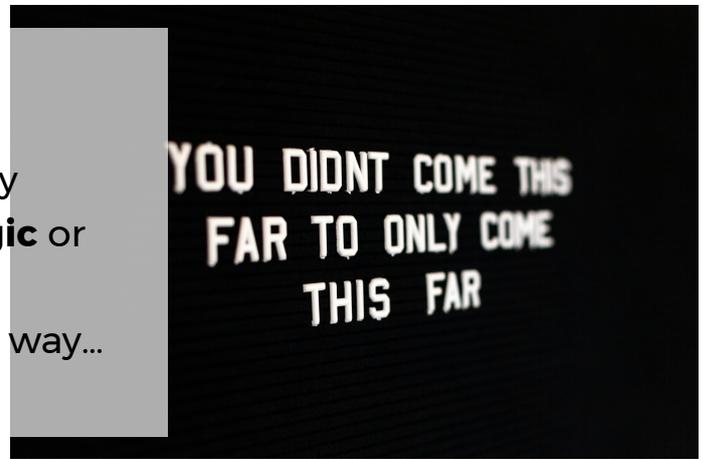
2 What were you doing?

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3 Who was around you?

--	--

You're doing so **incredibly** well. These exercises can bring up incredibly happy **memories** that make you feel **nostalgic** or they can bring up **incredibly** difficult memories that **trigger** sadness. Either way...



## CHECKING IN

Your head is probably buzzing at this stage and I am positive you are really eager to do one of two things right now ...

you're raring to turn the page and keep on going,

or

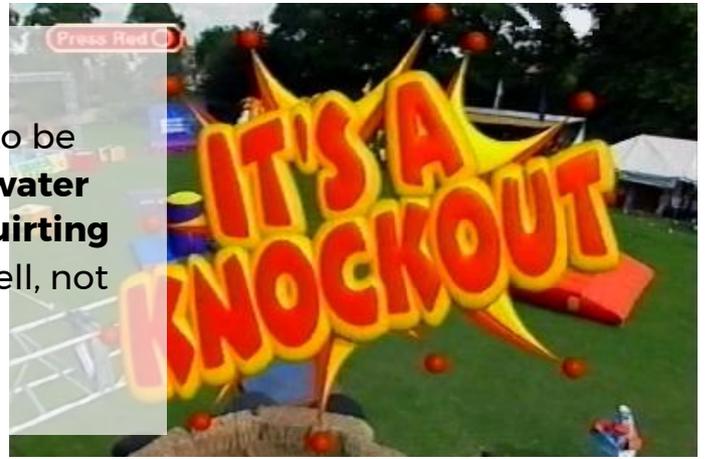
you're checking out the latest posts on facebook.

It doesn't matter because whatever you're doing, your unconscious is working overtime and right about now you will be discovering those repeating themes and co-incidences.

So, what are your themes and common threads?

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Do you **remember** this? Saturday night essential viewing ... not that I **expect** you to be listing **activities** like, carrying buckets of **water** over rolling **logs** whilst your mates are **squirting** water or throwing **custard** pies at you. Well, not in the **spiritual** section anyway ...



### STEP THREE - THE ACTIVITY ROADSHOW

This is more reflection over your actions. As opposed to taking action. So hold fire on the bouncy castle and water cannon till the end...

Reflect back over the 4 main quadrants of your life and list the activities you did that made you happy - joyful even..

And remember, when you feel you have listed everything, you take a deep breath, and write at least three more in each section.

*Take your time over this one.*

1 What activities make you happy or excited in your PERSONAL life?

--	--

2 What activities make you happy or excited in your PROFESSIONAL life?

--	--

3 What activities make you happy or excited in your SOCIAL life?

--	--

4 What activities make you happy or excited in your SPIRITUAL life?

--	--

Our greatest **talents** are normally what we take for **granted** and we have no **idea** the **impact** they have on **those** around us.

Are you **aware** of how many people you **inspire**, just by being **you**?



## STEP FOUR - THE CHARLIE'S ANGEL HAS TALENT

Without trying to give you nightmares, this is the part of the programme when you are going to enlist the help of others.

Think of it like Britain's Got Talent. You're up on stage giving it your all and when you finish, you turn to the judges for their feedback.

*But, do not fear - there will be no Mr Cowell on your panel.*

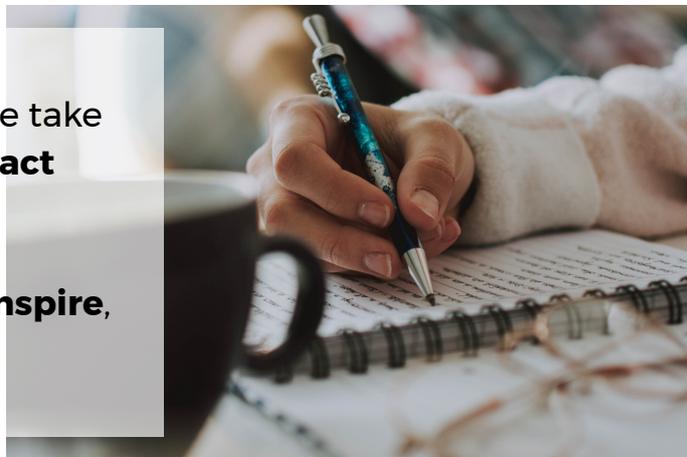
I want you to ask four people that you're close to, what they love about you and what they believe your naturally great at. I can guarantee some of their answers will surprise you.

So, once you have written down what you believe are your greatest attributes - you are then going to ask your family, friends, colleagues, loved ones... what they believe you're naturally great at.

*Write as many talents as humanly possible. Aim for 100!*

Our greatest **talents** are normally what we take for **granted** and we have no **idea** the **impact** they have on **those** around us.

Are you **aware** of how many people you **inspire**, just by being **you**?



## STEP FOUR - THE CHARLIE'S ANGEL HAS TALENT

Keep writing down those talents!

Our greatest **talents** are normally what we take for **granted** and we have no **idea** the **impact** they have on **those** around us.

Are you **aware** of how many people you **inspire**, just by being **you**?



## STEP FOUR - THE CHARLIE'S ANGEL HAS TALENT

Now it's time to discover what others believe are your greatest talents and natural abilities.

*This exercise takes courage as it needs you to be vulnerable and open to receive.*

Go find four people you like, trust and admire most and ask them this question;

*what do you think are my gifts and what do you love about me?*

1 Name: Relationship to you:

--	--

2 Name: Relationship to you:

--	--

3 Name: Relationship to you:

--	--

4 Name: Relationship to you:

--	--

Remember, you can do hard things.

“Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.”

Steve Jobs



## STEP FIVE - NOW ANGELS, NO CONCLUSION LEAPING

Are you starting to wonder what all the Charlie's Angels references are?

Well it's because when I started down the path of personal development I had absolutely no idea who I was - as a human being - as a young woman, daughter, auntie, wife, friend... Knowing there had to be more to my life than the one I'd created for myself.

I was trying to make my difference in the world only I had no clue what I stood for. I was full of fear and anger and resentment towards myself and the life I was living with the decisions I was choosing to make.

*All in the hopeless guise of finding happiness and purpose.*

And then one sunny day, what seems a lifetime ago, I was asked what I loved to do as a child. The same question I've asked you in our Fearless Fridays and in step one and two of this workbook.

*It took me weeks to remember.*

As a little girl growing up in the 70's my favourite TV programme was Charlie's Angels. And as a little girl I believed when I grew up, I too could become an Angel. I was dedicated to the cause. I wanted to be that grown woman who righting the wrongs, who was fearless, who went to work with her best friends every day, who were healthy and strong, not to mention the cars they drove!

*Fearless, strong women fighting for justice together.*

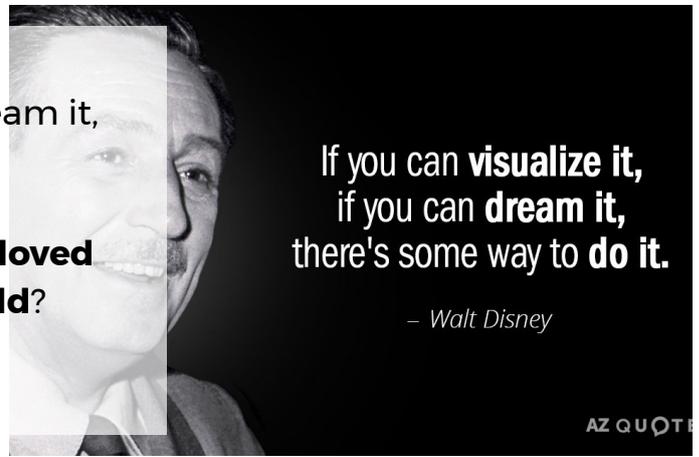
Suddenly it was clear why I was so frustrated with life. I worked in corporate in a toxic environment. I was stressed, alone and slowly dying.

*But now I knew what I had to do.*

*Kat* HOLDEN  
LIFE AFTER CANCER

Walt **Disney** famously said, “if you can dream it, you **can** do it”.

What do you **wish** for **yourself**? For your **loved** ones? For your **community**? For the **world**?



## STEP FIVE - NOW ANGELS, NO CONCLUSION LEAPING

*That was an actual phrase Charlie used! No conclusion leaping...*

And it's so apt for step five. Because this step is all about dreaming and desires without any interruptions from those self doubts nor judgements from that bullying voice inside your head.

Find somewhere quiet where you won't be disturbed for at least 20 minutes and I want you to quieten your mind, tune in and get connected and listen to your heart.

What is the **ONE** most important thing I would love to accomplish in life?

Stay open and trust whatever your heart is telling you.

What does your heart want you to know.

Write it down.

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What do you **wish** for **yourself**? For your **loved** ones? For your **community**? For the **world**?



## STEP FIVE - NOW ANGELS, NO CONCLUSION LEAPING

Keep writing down those dreams and desires!

Exploring what's most **important** to you is an essential **component** to knowing **who you are**. Our **values** - conscious or otherwise - are those things that **guide us** through life. They **determine** who we **like**, how we show up, and what we **spend** most of our **time, money** and **energy** on.



## STEP SIX - YOUR ESSENTIAL CHARACTER TRAITS

Identifying the qualities and values that are important to you is essential in your journey back to life.

At our annual retreat we always spend time understanding what these are and what they mean to you and how they are showing up in life.

Today we are going to explore your values slightly differently by using others as a mirror to discover your magic and get to know yourself better.

*Mirroring is a great way to see yourself and get a clearer understanding on where you're at right now.*

Trust in the process and trust yourself and what comes up for you. There is nothing to be worried about and nothing to judge. You are getting closer to your authentic and wonderful self and you are getting closer to being able to celebrate this bright new day.

1 What are the characteristics you love in others?

--	--

2 What are the characteristics you dislike in others?

--	--

3 What are the characteristics you are committed to living?

--	--

Walt **Disney** famously said, “if you can dream it, you **can** do it”.

What do you **wish** for **yourself**? For your **loved** ones? For your **community**? For the **world**?



## STEP SIX - YOUR ESSENTIAL CHARACTER TRAITS

When I first asked myself these questions, I googled “what are the essential characteristics of Charlie’s Angels?”

And this was the answer;

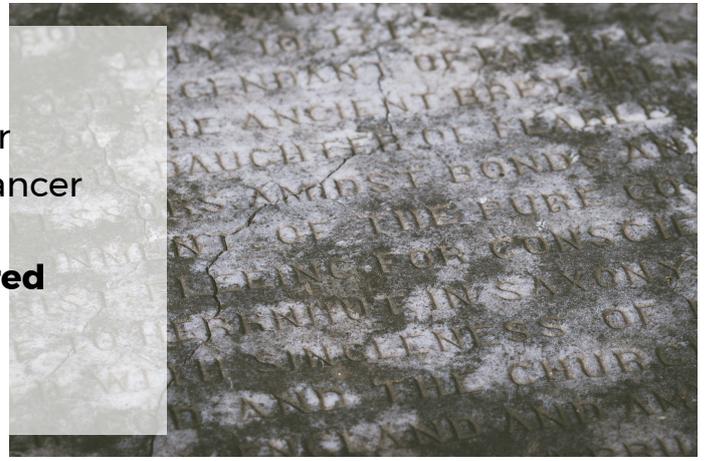
arse kicking | big hair | fashion sense | sweet ride | intelligence |  
deadly aim | taste in men | athletic prowess

I don’t think I need to say any more...

Keep writing down what you love most | dislike most in others and the commitments to self.

A large, empty light blue rectangular area intended for writing down character traits and commitments.

In her book, **Radical Remission**, Kelly Turner shares her **research** in how some **survive** cancer and others with an **identical** diagnosis and lifestyle **don't**. One of the keys she **discovered** was having **something to live for**.



## STEP SEVEN - YOUR LEGACY

In this final exercise I want you to understand the power that comes from living with the next generation in mind. I want you to get creative. Listen to what bubbles up when you reflect on the questions below.

*Let your story come to life!*

What do you want to achieve in your lifetime?

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Why do you want to achieve those goals?

--	--

What positive difference would I make to others?

--	--

How can I make a positive difference to this world?

--

In her book, **Radical Remission**, Kelly Turner shares her **research** in how some **survive** cancer and others with an **identical** diagnosis and lifestyle **don't**. One of the keys she **discovered** was having **something to live for**.



## STEP SEVEN - YOUR LEGACY

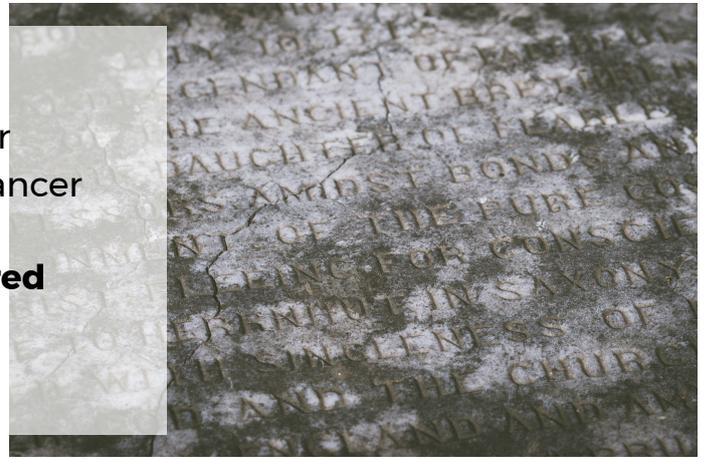
Let your story come to life!

What am I here to do?

What do I want others to say about me and my personal achievements when I'm gone?

What do I want others to say about me and my professional achievements when I'm gone?

In her book, **Radical Remission**, Kelly Turner shares her **research** in how some **survive** cancer and others with an **identical** diagnosis and lifestyle **don't**. One of the keys she **discovered** was having **something to live for**.



## STEP SEVEN - YOUR LEGACY

Let your story come to life!

In my wildest dreams I would love to...

This really is the beginning of a new dawn for you and I am passionate about empowering and supporting you along the way.

Thank you for allowing me to to share my story and trusting me with your story.



## AND THAT'S YOUR 7 EASY STEPS BACK TO LIFE

How did you get on?

Remember, be kind to yourself. Find joy in the small things. Laugh often and don't make this difficult for yourself.

Trust.

You know the answers because they are you - wonderful, unique ... YOU.

Remember to head on over to the Facebook group Kat Holden - Life After Cancer for on going support, to share what you've learnt and to ask me any questions.

I am so grateful to have been on this journey with you. You and my Life After Cancer group has allowed me to give back and enhance my life work. Our members are from all around the world. My story and your story too are changing lives. The Artists Way by Julia Cameron marked the start of my journey back to myself. My cancer battle deepened that work. And now this workbook can be the start of yours.

So, in ode to my Charlies Angel wannabe self,  
I'll sign off with much love and athletic prowess .

*Kat xo*

## THE LEGAL BIT

Much of this publication is based on personal experience and anecdotal evidence. Although the author, katholden.com made every reasonable attempt to achieve complete accuracy of the content in this Handbook, she assumes no responsibility for errors or omissions.



## THE COMMON SENSE BIT

Also, you should use this information as you see fit, and at your own risk. It is likely that your particular situation may not be exactly suited to the examples illustrated here; and you should adjust your use of the information and recommendations accordingly.

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners, and are used only for reference. There is no implied endorsement if we use one of these terms.

Finally, use your head. Nothing in this handbook is intended to replace common sense, legal, medical or other professional advice. It is meant to educate, inspire and amuse the reader. So have fun and go discover this incredible person you've become because of your battle with cancer.