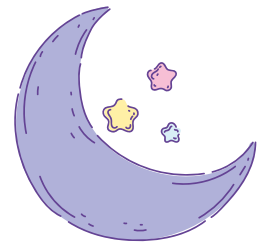


THE 10 PRINCIPLES OF DELIBERATE LIVING

This healing journey is the ideal opportunity to get more intentional about how we live our lives. These principles have also been shown to improve the general outcome and quality of life of cancer patients. Healing, rather than just cure, is the objective and can have a profound impact on the rest of your life.

#1 SLEEP (REST & REJUVENATION)

Countless scientific studies are proving the absolute importance of good quality sleep and rest. It is our body's natural way to repair. Try to get at least 8 hours of sleep every night. Taking a hot bath or shower before bed, keeping your room as dark as possible, and using soothing scents and sounds may all aid in a better night's sleep.



#2 MORNING ROUTINE (RITUAL/MEDITATION)

Wake up and set a clear intention for your day. Before you get busy with your schedule, set aside a few minutes for prayer or meditation to start your day calmly. Make sure you name at least 3 things you are grateful for as gratitude has been proven to be a powerful healing tool.

#3 EATING (MINDFULLY)

Food is medicine. Try to increase your intake of healthy greens and vegetables and avoid processed and refined food. Try to enjoy eating as a ritual and a privilege no matter how simple the meal.



#4 MOVEMENT (STRETCHING & WALKING)

Movement can help you healthily reconnect with your body. Your body needs your love and acceptance to heal and repair. Gentle movement also stimulates energy and helps us manage stress and anxiety.

#5 GETTING RID OF NEGATIVE EMOTIONS

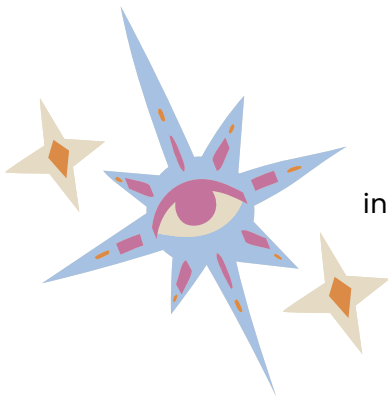
Running away from negative emotions is bad for our long-term health. It is important to recognize and name those things that make you angry, sad, anxious, lonely, and depressed. Find a friend that you can share this with or journal about it. Make the changes necessary to avoid the things in your life that continue to trigger these emotions. Look at these emotions with love, kindness, and grace for yourself.



THE 10 PRINCIPLES OF DELIBERATE LIVING

#6 FIND JOY

Make space and time for those things that give you joy. It can be anything - from sharing a meal with those you love to rediscovering a hobby like knitting, reading, gardening, singing, or art. Joy increases our feel-good hormones that can have a positive impact on our immune systems and ability to heal.



#7 SPIRITUALITY

Making time for your inner space is crucial. A spiritual practice can include religion or simply connecting with yourself. It has been shown that patients with any form of spiritual practice usually benefit greatly from this during a healing journey.



#8 CURIOSITY

Staying curious about yourself, those you love, and the world around you helps to connect you to a purpose for healing and living. We can learn from even the hardest of times and create meaning and purpose from all that we experience in life.



#9 SERVING OTHERS

Doing something, no matter how small, helps us to forget about our own troubles and reminds us of our ability to do good in this world. Your gifts are unique and sharing them is a privilege that will bring you joy and healing.

#10 WHOLEHEARTED LIVING

Manage your time wisely, engage in things that bring you joy, try to be present in every precious moment, and be your beautiful and unique self. Bringing your whole self and heart into the world is a healing gift to yourself and others.

