



CONQUERING CANCER MINDSET CHECKLIST:

Give yourself 1 point for each one of the items listed below that you complete today. This is where more is better!

What reward will you give yourself if you reach 10-15 points each day? Something to think about...

We believe your mind, body and spirit will begin to reward you with healing and health the more of these you do each day.

Go at a pace that feels right for you to achieve the level of health and wellbeing you seek.

We wish you much health, happiness and healing today and everyday on the journey of Conquering Cancer!

Today I:

1. Read my daily affirmation aloud upon waking
2. Silently thought my daily affirmation at bedtime
3. Nourished my body with healthy foods and beverages
4. Nourished my mind with positive encouragement from within
5. Moved my body in a way that was honoring
6. Did meditation or prayer reflections
7. Remembered to do deep breathing even in stressful moments
8. Used a journal to write down my thoughts upon waking
9. Wrote down my thoughts that were on my mind at bedtime
10. Jotted down three things I am grateful for
11. Accomplished one small task
12. Learned one new idea or read aloud for ten minutes
13. Found a way to show benevolence to myself and others
14. Was Authentic in all my interactions with myself and others
15. Believe in the power of my mind and intention to do what I need to bring healing and ultimate health today and everyday