



Beyond Breast Cancer

move forward with purpose & positivity

Re-defining you:
Navigating change
after breast cancer

A workbook



Life after breast cancer often feels different — sometimes in ways you expect, sometimes in ways you don't. It's common to find yourself asking "Who am I now?" or "What does my new normal look like?"

This stage of recovery isn't about snapping back to how things were before. It's about gently rediscovering yourself, learning what matters most to you now, and finding practical ways to cope with change and uncertainty.

This worksheet will guide you through three simple but powerful coaching tools — ways of managing worry, calming your mind, and making change feel less overwhelming. You'll also find some journaling questions at the end to help you reflect more deeply.

Coaching Tool: Change One Thing

After cancer, it can feel overwhelming to think about "fixing" everything — your body, your routines, your career, your relationships. The truth is, you don't need to do it all at once. The "Change One Thing" tool helps you focus on one small, realistic shift at a time.

How it works:

Ask yourself: "What's one small change that would make life a little easier or kinder for me right now?"

Write it down.

Break it into the smallest possible step. For example:

Instead of "I will get fit again," start with "I will take a 10-minute walk twice a week."
Instead of "I will overhaul my diet," start with "I'll add an extra glass of water each day."
Instead of "I will rebuild my social life," start with "I'll send one message to a friend this week."

Today, my 'one thing' is: _____

My very first step will be: _____

What support do I need to achieve this: _____

How will I reward myself if I achieve it: _____

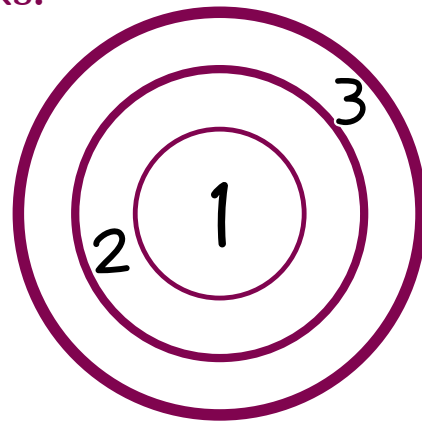
Coaching Tool: The Sphere of Control

After cancer, it's natural to feel like so much of your life is out of your hands and that loss of control can leave you anxious and powerless.

The Sphere of Control helps you untangle what belongs where. By sorting life into three circles — what's in your control, what's in someone else's control, and what's out of everyone's control — you can focus your energy where it will actually make a difference.

How it works:

Draw 3 circles on piece of paper with space to write in:



1. Things that are in my control

These are the choices you can make day-to-day. Examples: what you eat, how you rest, who you spend time with, how you speak to yourself, whether you ask for support.

2. Things that are in someone else's control

These are things you can't directly change, but which might be decided by others. Examples: cancer treatment plans, laws, other people's opinions.

3. Things that are out of everyone's control

These are the things no one can control. Examples: the weather, the past, the fact you've had cancer, the future in its entirety.

By focusing on the first circle, you often feel calmer, stronger, and more purposeful — because you're not wasting energy on what you can't change.

For example: worrying about whether it rains on your walk (out of control) drains energy. But deciding to carry an umbrella (in your control) helps you feel prepared.

Think of a situation you are struggling with and decide:

- One thing I can control is: _____
- One thing I cannot control (and need to let go of) is: _____
- One thing I can influence, but not fully control, is: _____

Coaching Tool: The Worry Tree

There is so much change to get to grips with after breast cancer and that can inevitably lead to anxiety and worry.

“What if it comes back?” “What if I can’t cope?”
“What if I never feel like myself again?”

The Worry Tree is a tool that helps you sort through your worries, separating the ones you can act on from the ones you can let go of, making change easier to handle.

How it works:

1. Notice the worry. Write it down if it helps.
2. Ask yourself: “Can I do something about this?”
 - If no, practise letting it go. You might distract yourself, use a calming exercise, or gently remind yourself: “This worry isn’t helping me right now.”
 - If yes, make a clear plan: What will I do? When will I do it? How will I do it?
3. If it’s something for later, schedule it. If it’s something you can do now, take action.

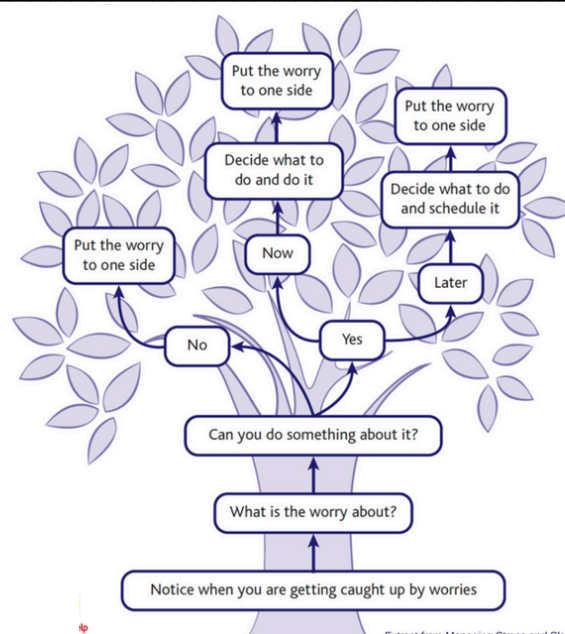
Try it now:

My current worry is: _____

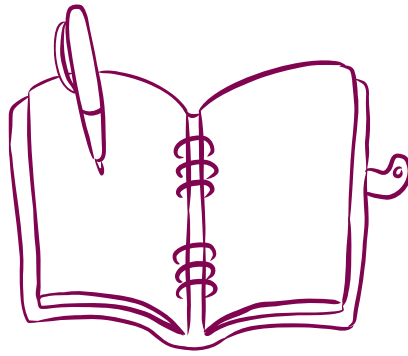
Can I do something about it? Yes ☐ No ☐

If no, I will let it go by... _____

If yes, my action plan is: _____



Extract from Managing Stress and Sleeping Well at Se



Journal prompts

Since cancer, how do I feel I've changed as a person?

What part of my old life do I grieve for most, and how can I honour that loss with kindness?

What truly matters most to me now? Which values feel most important to carry forward?

What small moments of joy have I noticed recently? How can I invite more of them into my days?

If I were to picture the "new me" moving forward, what would she look like, feel like, and stand for?