

30 Day Positive Mindset Challenge

This book is aimed to help breast cancer patients and their loved ones lessen their suffering during this tumultuous period of time. In the tips sections I have listed methods to reduce stress but just reading those methods won't result in finding peace. It's now time to take the bull by the horns, if you will, and make a transformation happen by accepting the challenge to form new habits. For me, the hardest thing to do is start doing something but once I've begun I'm fine (and actually enjoy whatever it is I'm doing). I call this my hurdle effect. I just need to get over the first hurdle and I'm on my way.

Choose someone to work with—perhaps another breast cancer patient, perhaps a caregiver—so that you have a partner. This is necessary because you and your partner can hold one another accountable. If one of you is less motivated one day, the other can cheer you on and vice versa. You may even want to form a group to work with. Consider someone from your family, friends, or support groups you belong to.

Begin the 4 simple actions detailed below. Repeating these 4 simple actions every day for 30 days will result in sustainable habits. All 4 simple actions will each take less than five minutes to perform.

So, right now, write "Day 1" in your planner for tomorrow and call your partner!

If you're finding yourself hesitating or have a concern you won't be able to continue for 30 days that's normal. Hal Elrod in *the Miracle Morning* explains this nervousness is only signifying you are ready to proceed because otherwise you wouldn't be nervous.

Here's how you begin:

1. Meditative Breathing—When you first wake up in the morning focus on your breathing. Pay attention to your breathing and complete 10 rounds of circle breathing.

1. Inhale slowly through your nose while you count to four.
2. Hold for four.
3. Exhale through your mouth for four.
4. Hold for four.

With each inhale, imagine white healing light coming into your body healing every cell.

During each exhale, feel black smoke exiting your body and removing all the toxins.

2. Mirror Affirmations—Walk into the bathroom and before taking your shower, stand before the mirror. Look at yourself and speak to yourself with love. Tell yourself 3-5 affirmations and repeat them 10 times. Look yourself in the eyes when you do this, speak out loud, and say them slowly. Allow yourself to believe them when you say them.

Here are some examples of my affirmations:

I am healthy. I am happy. I am beautiful. I can do all things with the help of... (fill in here...my spouse, my friends, my mother, God, my higher power, my spirit).

Feel free to adapt them to your choosing.

3. Tell a Friend—*Do this step by 6pm each day.*

For the Breast Cancer patient—tell someone 1 thing that you are concerned about and 1 thing you are happy about. This can be done in a text, over the phone, or by email and to whomever you choose. You can even message yourself!

For Loved Ones/Caregivers—Send one encouraging sentiment to the breast cancer patient. One word or one phrase only. You can vary how you send this each day (text, email, snail mail). It is important to know sometimes the person going through cancer will be overwhelmed and will not want to talk or, as strange as it sounds, may feel bombarded by everyone calling them. This is a way to say you care without

overwhelming the warrior and the warrior can look at the message whenever she wants and as frequently as she wants.

Example sentiments are:

You can do this! I'm here for you! You're strong! Warrior! Peace! Faith! Love you! You're doing great!

4. Total Mind Dump—Just before turning in for the night take your journal, a piece of paper, your computer, your phone, your iPad, or likewise and write down everything that is on your mind. Everything. Yes, I mean everything. Just like in the Chapter 3 Tips section write whatever comes to mind. This can include what happened today, anything you're afraid of or concerned about, everything you're happy about and grateful for, etc. You can take as much time or as little time as you would like to do this. Start with 5 minutes and then work your way up to more.

The goal of this is to help completely empty your mind so you can find some tranquility and hopefully sleep.

Doing the 30 Day Positive Mindset Challenge will allow you to find some peace and harmony and create a sustaining habit you can continue when you're well.

You can do this! If I can do it, you can too. I have confidence in you! Write Day 1 in your planner now!

Contact me at

www.winningthebreastcancerbattle.com

to take your 30 Day Positive Mindset Challenge

to the next level

with individual coaching.

YOU STARTED! You made it past the initial hurdle!		Week 1 (Days 1-7)						
E x e r c i s e s	Meditative Breathing							
	Mirror Affirmations							
	Tell a Friend							
	Total Mind Dump							

This is the Hardest week! YOU CAN DO IT!		Week 2 (Days 8-14)						
E x e r c i s e s	Meditative Breathing							
	Mirror Affirmations							
	Tell a Friend							
	Total Mind Dump							

<i>You're halfway there! YOU'VE GOT THIS!</i>		<i>Week 3 (Days 15-21)</i>						
		15	16	17	18	19	20	21
<i>E x e r c i s e s</i>	<i>Meditative Breathing</i>							
	<i>Mirror Affirmations</i>							
	<i>Tell a Friend</i>							
	<i>Total Mind Dump</i>							

<i>Think how far you've come! YOU'RE A ROCK STAR!</i>		<i>Week 4 (Days 22-28)</i>						
		22	23	24	25	26	27	28
<i>E x e r c i s e s</i>	<i>Meditative Breathing</i>							
	<i>Mirror Affirmations</i>							
	<i>Tell a Friend</i>							
	<i>Total Mind Dump</i>							

You formed a new habit! YOU MADE IT!		Last 2 Days!	
E x e r c i s e s	Meditative Breathing	29	30
	Mirror Affirmations		
	Tell a Friend		
	Total Mind Dump		

Challenge Reflections:

What was the most challenging part for you of the 30 Day Positive Mindset Challenge?

Where did you see the most success?

What did you learn about yourself?

Overall reflections regarding the 30 Day Positive Mindset Challenge:
