



THE BREAST CANCER  
RECOVERY COACH™

# *The Four Pillars of Breast Cancer Recovery*



Welcome friend and thank you for taking the time to explore my **Four Pillars of Breast Cancer Recovery**.

In this short series, I've created videos and an action guide to support you after a diagnosis and treatment of breast cancer.

I created these pillars based on my own experience and what I've learned from coaching dozens of women after hearing the life-changing words, "You have breast cancer."

My hope for you is that this series will create a space for you to let go of some of the suffering that often accompanies this experience and to let more joy into your life.

I'll give you everything you need in the videos and action guides to move you in that direction but it will be up to you to do the work.

It can be hard to hear that after all you've been through. You might say, "I don't want to do more work, I'm tired."

I feel you girl, but trust me...you are worth the effort.

# GETTING TO THE ROOTS

Within each of the four pillars are four roots. Think of them like the ropes that tie down a tent. **As you apply the concepts in each pillar to each of the four roots, those roots become stronger.**

For example, in the RENEW pillar, you may already have a great physical routine, but you may need to renew some aspects of your emotional or spiritual wellness.

The more specific you can be, the easier and the less overwhelming it will be to work on that area.

Read through the four roots on the next page and as you move through the pillars I'll give you space to give some thought to what you may need in each area.

The important thing to remember... **write down everything where you're prompted.**

Watch the videos for all the details and take the time to get your thoughts on paper.

**When you get them out of your head you'll start to see your story and from there you can rewrite it.**

*"A clear mind heals everything that needs to be healed"*

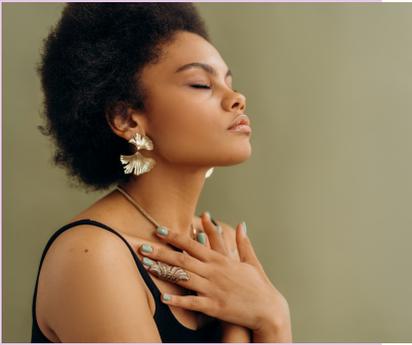
~Byron Katie





## *Physical*

Most of us think of the physical part of life and especially health as diet and exercise. But other things are important to your health like good sleep, proper hydration, and stress management. You may think good health requires strong willpower and discipline but, as a wellness professional, **I can tell you that the most important factor in creating change is to change the way you think about approaching your health.** Change through deprivation and discipline rarely lasts very long.



## *Spiritual*

I heard a story told by author Carolyn Myss where she was working with a man who had been very ill and she believed he needed to call his spirit back. I remember that statement seeming very profound to me at that time. Too often I have women tell me they feel empty, dried up, or have nothing left in them when they go through breast cancer treatment. Life seems too much, or the wrong fit and they feel lost. **Finding that space to reconnect to yourself and know your own spirit again is an important part of supporting your healing.**



## *Emotional*

Do you know that you can choose how you want to feel? We're taught that our feelings depend on other people's words or actions. "She made me mad" or "He hurt my feelings" are common things to say. But the truth is, **you get to decide what any circumstance means to you.** When you learn how to take charge of your emotional wellness, that's when you become free and create even more space for joy in your life.



## *Clinical*

Stepping into the medical system as a patient with a serious illness is a powerful experience. **It involves trust, intuition, finances, opinions, beliefs, fears, expectations and acceptance.** There may be a lot of disappointment along with a lot of gratitude. You may have anger or frustration about your experience. You may even want to learn more about natural healing methods and how to incorporate them. Making sense of this new part of your life and what its role will be for you can instill confidence and restore personal power.

# RELEASE

*Letting go of what doesn't serve you*



The Breast Cancer Recovery Coach

# RELEASE

*I just woke up one day and decided I didn't want to feel like that anymore, or ever again. So I changed. Just like that.*

*~Anonymous*

I used to think that creating new habits and forming new relationships was the way to improve my life.

Then I learned that the straightest path to joy was letting go of all the ideas, expectations, and "shoulds" that were weighing me down and making me sick.

I learned that my body was doing what it should do, even if that wasn't what I wanted it to do.

**I learned that I am exactly who I should be, even if other people think I should be different.**

I learned that everyone is who they should be and I could choose to love them for who they are or try to make them into whom I wanted them to be.

I learned that feeling light and digging deep into myself to find that place where I could love everything about me even if it wasn't "perfect" felt so much better than:

- *-Pushing through it*
- *-Being harder on myself than anyone else could be*
- *-Doing all the things for all the people (even if it was half-assed and exhausting)*

Release is the first Pillar of Breast Cancer Recovery because **we have way too much crap stuffed in our brains that doesn't serve us.**

We have to start to see those things and let them go so we can have space for better thoughts that create better results in our lives.

I'm betting you're not going to have to dig very deep to start seeing some of those thoughts.

Take a moment to answer the questions on the next page and you'll find the first three things you need to release to create more space for self-compassion in your life.



# Release

One of the most common things I hear from survivors is, "I just want to go back to normal" and that's why I start the Four Pillars with Release. **Becoming aware of the results your thoughts are creating in your life is the point where you can start to make a change and reduce your suffering.** Let me walk you through this pillar and some of the areas of your life it impacts.

## *Self Image*

When you have ideas of how you "should" be, you're doomed for emotional turmoil. You'll always live in a state of comparison and judgement to who you used to be, let alone to everyone around you. Take a minute to write one statement you tell yourself about yourself that you know causes you harm and needs to be released.



## *Relationships*

We carry so many ideas that create what we call *The Protective Barrier*. **That's when we hold back what we're thinking and experiencing because we don't want to worry those we love or we don't think they can handle it.** In reality that only creates distance between us. Write one thought you have that creates a protective barrier with others in your life.



## *Health*

Can we talk about thoughts around food?! **We tell ourselves we deserve treats because of what we've been through, then we put things in our bodies that cause us to feel sick.** We want to be healthy but we tell ourselves it's too hard. Write one thing you tell yourself that undermines your health goals.



# RENEW

*Rejuvenating Mind, Body, and Spirit*



The Breast Cancer Recovery Coach

# RENEW

What would you think if I told you that renewing your body, mind, and spirit didn't require a diet plan or a personal trainer, or a guru?

What if I told you that the answers to what works for you are already inside of you and all you need to do is start listening to yourself...and then get some coaching on the reasons you tell yourself you shouldn't listen to yourself!

Your body is an amazing creation that works hard to stay steady and heal.

Your job is to support it in the best way you can to let it do its job.

Your body sends out a lot of signals when things aren't working for it.

If you can get good at listening to those signals, you can learn to love your body and give it what it needs.

In return it will feel better, have more energy, and have a better foundation to support its 24/7 job of working to keep you well.

Let's check in with your body now. Give some thought to how it tells you what it needs and where you listen or resist listening because you think it should do something else.





# Renew

**What is one way your body signals you that something you're doing isn't working for it?**

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*i.e. I get bloated, hot flashes, gas, sleepy, joint pain...*

**What do you tell yourself when you notice that signal?**

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*i.e. I deserve it, It's a treat, I can't say no, I shouldn't feel like this*

**What is the cost of ignoring that signal?**

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*i.e. fatigue, hot flash, bloating, heart burn, depression, anxiety*

**What would you have to believe to start listening to that signal?**

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*i.e. I could have less pain, It isn't a treat if I suffer later*

You can apply these questions to anything that has to do with your health. Try it with exercise, sleep and stress and see what you can come up with to be a partner to your body and support it's ability to heal.

# REGROUP

*Healthy Boundaries, Support and Receiving*



The Breast Cancer Recovery Coach

# REGROUP

*She began to measure herself in contentment and  
laughter rather than in inches and pounds.*

*~Anonymous*

I often tell my clients that having a cancer diagnosis is like lifting a veil that you didn't know was covering up areas of your life you didn't want to see or deal with.

Once cancer lifts that veil you can experience a tremendous internal struggle. It's the desire to change things without the skills to know how or a plan to know where to start.

Once you've let go of thoughts and conditioned behaviors that are taking up space in your mind and your life, you start to see the space to move around some of the things that may need moving in your life that need moving.

Sometimes we want to change jobs, start something new, spend more time getting connected to our loved ones, surround ourselves with people who lift us up and let go of people and situations that demand too much of our energy or leave us feeling exhausted.

When you decide what you want your community to look like and how you want your life to flow,

you may need support to make that happen.

You may have to open yourself to the idea of receiving help, sharing burdens, and deciding exactly who the champions in your life are, and whom you want them to be.

Regrouping isn't a matter of demanding change from others. It's a deep dive into your healthy boundaries, compassionate communication, and, ability to express your needs.

Check out the exercise on the next page to see where you may desire some regrouping.





# REGROUP

1. What does having a healthy boundary mean to you?

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2. What is an important boundary that you don't enforce?

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3. How would your life be different if you strengthened this boundary?

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4. What do you need to believe to feel comfortable implementing this boundary?

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# REGROUP

1. What are three boundaries you need to honor for yourself?

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*i.e. stop talking down to me, stop calling myself names...*

2. How do you benefit from violating these boundaries with yourself?

What is the cost?

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3. How would it change your relationships if you honored your own boundaries?

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# REVIVE

*Giving Your Gifts to The World*



THE BREAST CANCER RECOVERY COACH

# REVIVE

**“The meaning of life is to find your gift. The purpose of life is to give it away.**

*~Pablo Picasso*

Some clients will tell me they feel empty or dried up inside. Some will ask me how they can feel inspired and motivated again, or maybe for the first time in their lives.

The trauma and powerless feelings that accompany breast cancer can drain us of our life force if we let it. (or without us even realizing it's happened.)

Rest assured you can get that zest back.

When you allow yourself to do what you love and to share that love with others, the energy of life grows.



**Tony Robbins says, "Energy grows where attention flows."**

This is true for the positive and the negative things in your life. If your attention is focused on the pain, unfairness, loss, and struggle in your life, your suffering will grow.

If you choose to focus your attention on connecting relationships, developing your art, healing your body, building a business, writing a memoir, or baking the best goodies ever...you may still have pain but you will suffer less.

Experiencing the trauma of breast cancer often lights a fire in the hearts of survivors. You may or may not be at the place where you feel that spark yet and that's ok.

You may feel it but have no idea what to do about it. That's ok too. Breathing life back into your life is a process. Be patient.

Use this guide to start you on seeing your path.



# REVIVE

1. If money, time, and energy were not obstacles how would you spend your time?

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2. How much time would you want to spend engaged in that activity?

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3. How would you feel if you incorporated this into your life now?

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4. What do you need in your life to be able to do this now?

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# REVIVE

5. How many other possibilities are there for you to create the time and space for this in your life? Write everything you can think of no matter how far out it seems.

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6. Which possibility will you try and when?

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**Now that you have an understanding of my Four Pillars of Breast Cancer Recovery, take a moment to make a few notes on what resonated with you.**

**Having awareness is the first step to creating change.**



What do you need to let go of to move forward in life?



Where do you need renewal in your life?



What would you like to regroup in your life?



What would help you feel revived?

with Laura Summer

Categories

Welcome to The Better Than Before Breast Cancer Life Coaching Membership

MEMBERS ONLY FACEBOOK GROUP

HOW TO CHANGE YOUR LIFE REFRAMING FAILURE!

# Get the support you need

## Thank You for checking out my Four Pillars of Breast Cancer Recovery

Social support is one of the four foundations of a healthy life. Connecting with others who will listen and who are there to lift you up can change everything.

Especially when you're working through something as challenging as the emotional, physical and financial struggles of breast cancer.

I offer that support in many ways and I'd love to connect with you in the way that works best for your life.

Just click on the links in the box and find something you need.

Thank you for taking the time to do this work for yourself.

I wish you all the best,

*~Laura*



### *How to work with me..*

Programs: [Group and Private Coaching](#)

Podcast: [The Breast Cancer Recovery Coach](#)

Complimentary consultation: [Book Here](#)

Other resources: [Free Downloads](#)

