



WEEK 1

Purpose of L.A.N.D. Survivorship Program

I see this guidebook as a vehicle for learning new skills and applying what I've learned to help others not only get through, but grow and add new meaning to their newly altered lives, otherwise referred to as 'Just not the same'



NOTE FROM AUTHOR

I was always considered healthy. I was a tri-athlete, I was a runner. I was a coach. But I could not out swim. I could not out bike. I could not out run cancer. My mission is not to just survive, but THRIVE. I thrive by finding a vision. I thrive by being visible. I thrive by having value in each day and I want this for all of you.

Breathe



REFLECTION TIME

Write down your goals for this workshop in your journal. A goal is a desired result you plan and commit to achieve. Here are some ideas, but feel free to come up with your own!

- Are you looking for friendships who understand?
- Do you want to find more joy in life?
- Are you looking for a purpose in your life?



MESSAGE

"My goal for this workshop is to fall back in love with myself, the world and life again."

*Each Moment
We're Alive*