

THE 4 STAGES OF THE SURVIVORSHIP SUCCESS PATH

*How “A Happier, Healthier You”
can change everything...*



If you've ever felt stuck in fear, uncertainty, or overwhelmed after cancer, you're not alone. I've been there too. But I want you to know—there's a way forward.

This guide introduces you to the *Survivorship Success Path*—the framework that has helped over 160 survivors move forward with confidence. It's also the foundation of my 13-week program, *A Happier Healthier You*.

In the next four videos, I'll walk you through each stage of this path so you know exactly what to expect. Because when you have a clear roadmap, you gain something invaluable - control. And that's everything when you're navigating life after cancer.

As a three-time cancer survivor, I used to wait around, expecting cancer to return. For too long, fear dictated my life. But here I am, seven years later, and it hasn't come back. I can't imagine if I had spent all that time feeling lost, anxious, or broken.

That's why I created this guide—to help you take back control, release fear, and move forward with confidence. In this four-part video series, I'll explain the four stages of the *Survivorship Success Path*, the foundation of the *A Happier, Healthier You* program, so you'll know exactly what to expect at every step.

Let's dive into the four stages together. *Remember, you're not alone in this.*

STAGE 1: *Releasing the Fear*

The fear of recurrence can feel all-consuming. Waking up, going to bed, and living each day with the thought, “What if it comes back?” This stage is about breaking free from that cycle.

Fear isn’t just in your mind—it’s in your body, too. That’s why we don’t just focus on mindset shifts like reframing thoughts and journaling but also on body-based techniques like movement and breathwork. By addressing fear on both levels, you can start to release it and finally feel a sense of peace.

Watch the video below to learn more about Stage One:

WATCH VIDEO

You’ve just taken the first step—how are you feeling?

This video might have brought up some thoughts or emotions, and that’s completely normal.

Take a moment to check in with yourself:

- What stood out to you the most?
- Did anything surprise you or hit close to home?
- What questions or thoughts are coming up for you? Jot them down below.

And don’t stop now—Stage 2 might have the answers you’re looking for...

STAGE 2: *Reclaiming Control*

After releasing fear, the next step is taking back control—over your body, your time, and your choices. During treatment, so much probably felt out of your hands, but now it's about rebuilding confidence and creating a life that feels like yours again.

This stage is all about setting small, achievable goals, building routines that work for you, and learning to prioritize yourself—without guilt. Taking back control isn't just possible; it's life-changing.

Watch the video and see what Stage Two is all about:

WATCH VIDEO

Are you still with me? Let's take a moment to check-in:

- What's one thing you connected with the most from this video?
- Is there an area of your life where you feel stuck?
- Jot down your thoughts or questions below.

Here's where the magic starts to happen...

STAGE 3: *Redefining Life*

You've released fear. You've started taking back control. But now comes the big question: *What does life after cancer actually look like?*

Life looks different now—your perspective has shifted, your priorities have changed, and maybe even the things that once brought you joy feel different. This stage is about discovering what truly makes you happy and what feels right for you moving forward. It's a chance to reconnect with yourself, explore new possibilities, and create a life that genuinely fits who you are today.

You don't have to do it alone. Community, connection, and deep gratitude can help guide the way.

Watch the video below to learn more about Stage Three:

WATCH VIDEO

Wow, that was a lot to take in, right? Take a second to think about this:

- Did anything in the video shift the way you see things?
- Was there something that surprised or inspired you?
- Jot down your thoughts or questions below.

Last, but definitely not least...

STAGE 4: *Thriving with Confidence*

You've let go of fear. You've taken back control. You've started to redefine what life looks like for you. Now, it's time for the best part—thriving.

Thriving doesn't mean life is perfect. It means you're moving forward with confidence, making choices that feel right for you, and building a life that truly makes you happy. In this stage, we focus on:

- Bouncing back stronger when challenges come up.
- Creating daily habits that support your health and happiness.
- Putting yourself first—without feeling guilty.

Because this is your life, you deserve to live it fully, fearlessly, and on your own terms.

Watch the last video in this series and see how this stage can help you move forward:

WATCH VIDEO

Take a moment to jot down any thoughts, feelings, or questions that came up for you.

FINAL THOUGHTS

Now, let's talk about what comes next...

You've seen the path. Now, let's talk about what this could look like for you.

The 13-week survivorship program A Happier, Healthier You is built around this framework, but real change happens when you start applying it to your own life. That's exactly what we chat about in a FREE Start Living Again Call.

This program isn't for everyone, and that's okay! I don't want you to waste your time if it's not the right fit. But if it is, this could be the start of something life-changing.

**CLICK HERE TO
BOOK YOUR FREE CALL**

I'd love to connect and see what's possible for you...