



TAKE BACK THE POWER OF YOUR BODY



4 STEP MINI COURSE

DESTINY TUNING



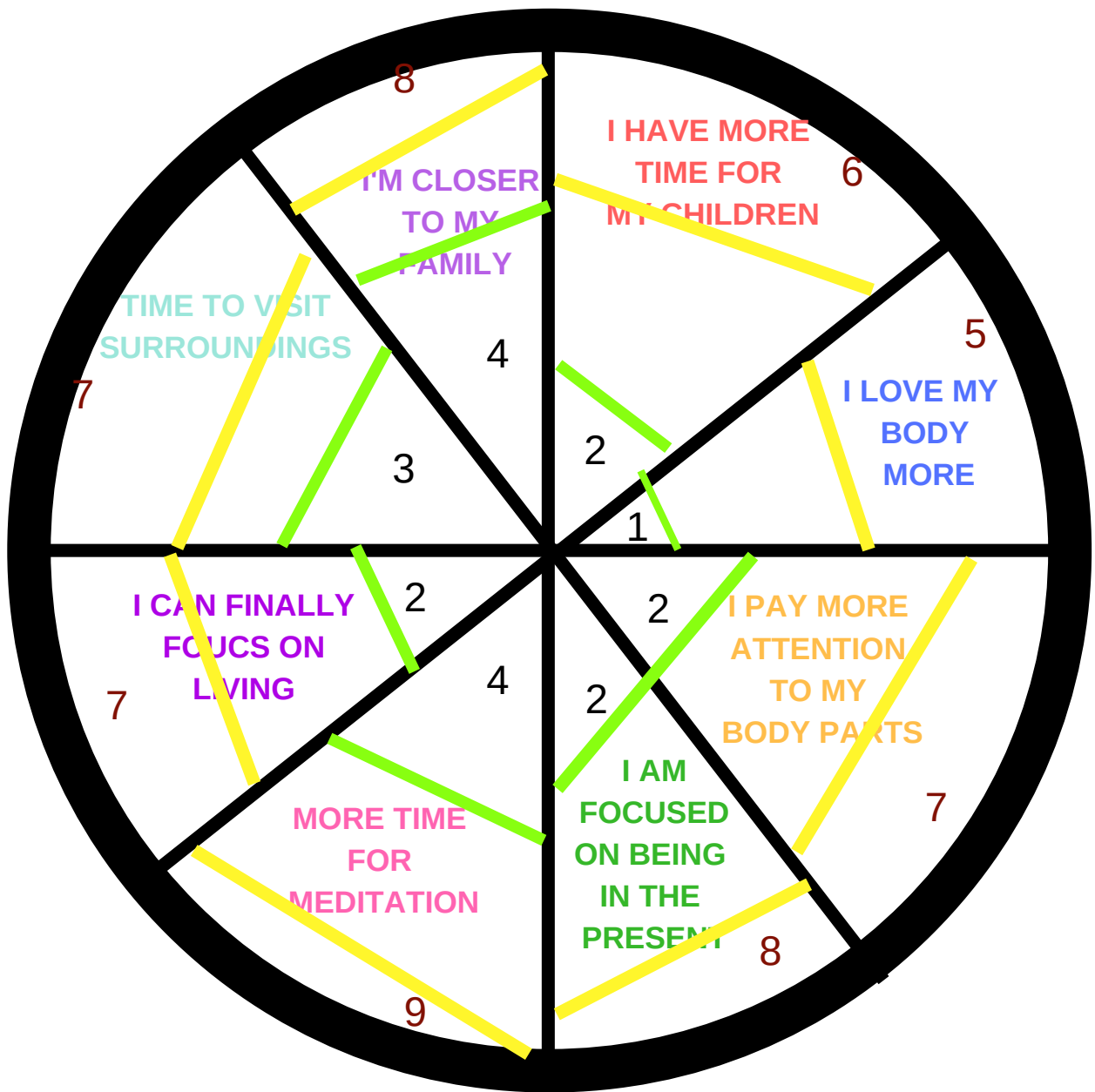
STEP 4

TOOL: WHEEL OF BENEFITS OBJECTIVE: BENEFITS OF HAVING CANCER

Draw a large circle on this sheet of paper, and divide it into 8 parts.

In each part, write the benefit that having cancer has brought your entourage and thus you. (closer to my kids, see life differently, take time to love my body...etc.)

Be explicit on what exactly has changed in the positive





In each area, give it a scale of 1-10 of where you started and where you are now.

Link all the all the numbers/dots of where you were in one color, then connect all the number/dots of where you are now in another color.

Stand back and look at your image.

What do you notice?

Where was the trigger point?

Which point had a bigger impact than the others?

What does this mean to you?

Where could you improve?

What is this picture telling you?

**HOW HAS THIS CHANGED YOUR OUTLOOK ON
CANCER?**