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| *MILE Prehabilitation* |
| *Worksheet 3: Cancer and the changes it can bring* |

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Changes in your life

1. Using your own experience, please write down in both columns what happens in your life. For example, before your cancer diagnosis what were the places you went to, what did you do, what did you wear, what did you think and feel, what did you eat, what languages where you speaking? How have things changed since your cancer diagnosis? (On the video there is an example.)

Life Since Your Cancer Diagnosis

Life Before Cancer Diagnosis

* I
* I
* I
* I
* I
* I
* I
* I
* I
* I
* I
* I
* I
* i
* I
* I
* I
* I
* I
* I
* I
* I
* I
* I
* I
* I
* I
* i

The Two Kingdoms Exercise – Part 2

2. Can you write down some of the similarities and differences between your life before and since your cancer diagnosis? How do you feel noticing the things that are similar? How do you feel reflecting on the things you might not be able to do?

Similarities

Differences

You might find it helpful to share this information with people you trust, to help them understand what you are going through.

*Notes*