

5 Change Keys for your Anticancer Lifestyle

Remember these 5 Change Keys as you begin to develop your Anticancer Lifestyle:

1. Preserve core values. Keep reminding yourself of your core values and make sure your actions align with them.
2. Set manageable and realistic goals; goals that are a stretch to reach, but that are doable.
3. Train others to coach you. Tell them what you are working on and how to best support you.
4. Remember that it's a marathon, not a sprint. Keep the end goals in mind but allow for good days and bad days.
5. Continue learning. This Anticancer Lifestyle course is just the beginning.