



Bee Organised

There will be appointments galore. Visitors arriving ad hoc. Feeling too poorly to raise yourself.

The only way through is to be as organised as you can be.

If you're having a day of treatment get the slow cooker on. Get something out of the freezer that someone has cooked for you. Arrange for someone to come walk the dog. Get the washing done a few days ahead. Arrange for a cleaner – friend or family; conserve your energy for doing nice things.

Get it?

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Blessings

Sometimes in life you have to take the blessings in a different way to how you think they may come.

Sometimes you have to understand that you must lean on a team of complete strangers with gratitude; knowing they have your back.

Sometimes you have to strive to remain open to receiving new blessings.

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You've Got This

Arrggh! Some days you have and some days you haven't.

One hour your have and one hour you haven't.

One minute you have and one minute you haven't.

It's the way of it. Forgive yourself if you think you are going mad!

Hang on in there.
You've got this x

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