

**MAKE A LIFE-GIVING CHOICE TODAY:  
CHOOSE TO BE COMPASSIONATE with yourself, those  
you love and the world around you.**

By Paula Holland De Long CPCC, ACC

Day to day life can be challenging in the best of times. During times of crisis, most of us **need more love and support than ever**. Compassion for yourself and others is critical at this time, when your expectations and emotions are like a roller coaster and may be difficult to manage.

Remember that **no one, including you, is perfect**, and that we're on a continuous journey of learning and choice as we strive for health and happiness together. You can **use compassion to help make life-giving choices** in your life now.

- Look for the lesson or humor when you think you've failed instead of making yourself wrong or feeling guilty or ashamed.
- When others don't meet your expectations try asking yourself what you would have done if you walked in their shoes, or how you would want to be treated if the situation were reversed.
- Try to be curious and supportive with yourself and others instead of harsh, judgmental or defensive.
- Always try to think about what you can do to make things easier and less stressful for yourself and others.

Choosing to be compassionate with yourself and the world around can help you stay focused on things that build up your positive energy and make you feel good about life immediately.

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Cancer survivor, professional life coach, author, and inspirational speaker Paula Holland De Long CPCC, ACC offers wisdom, advice, and tools that promote health and healing for cancer survivors and their loved ones. Her coaching work encourages thriving during and after cancer using complementary, holistic, and spiritual coping tools that transform fear into hope and choice. **What's Next For My Life, Inc.** workshops and support products are offered at cancer treatment centers, support organizations, and via teleconference. Her first book, the *What's Next For My Life? Companion Journal for Cancer Patients* has just been published and her second book about creating a new life after cancer is forthcoming. To learn more call 954-565-6894, email [paula@WhatsNextForMyLife.com](mailto:paula@WhatsNextForMyLife.com) or visit [WhatsNextForMyLife.com](http://WhatsNextForMyLife.com)