

A diagnosis of cancer brings many changes. While some of these changes are physical, questions related to making sense out of the cancer experience, faith and spirituality can emerge. You might find yourself wondering about the meaning of your life and what really matters most to you. Questions about faith, healing and the after-life may also come up. These questions are normal following such a life-changing event. Finding value or purpose in life is an essential element of our emotional well-being. Spending some time thinking about this topic may help you to discover new goals, priorities and possibilities.

Having the opportunity to re-visit long-held values and beliefs provides an opportunity to think about what truly matters most to you. People with cancer often find that this chance to focus on what really matters can impact the quality of their lives in very positive ways. The cancer experience can be a time to reconnect with how you define a meaningful life and to make the changes that are important to you.

Some people choose to focus on spending time with family and friends. For others it can be a chance to complete a project such as finishing a scrapbook or remodeling a room. For some, meaning comes from spending time with loved ones or a beloved pet. Still others decide to act on something they have always wanted to do such as take up a new hobby or travel. There is no single answer for what is right for every person. What we choose to take away from the cancer experience and any changes we choose to make (or not!) can transform a scary and difficult experience into one of personal growth.

Ways to Find New Meaning and Purpose in Your Life With Cancer

- **Looking At Your Life Anew:** Some survivors say their cancer gave them a wake-up call and a made them rethink the way they spend their time. You may ask: Have I postponed things that are important to me? Am I happy with my life choices? You may notice that answers to these questions and others will help to define what is most meaningful to you.
- **Giving Back:** For some, reaching out and helping others helps them and you find meaning in their cancer experience. Some people focus on leaving a legacy or just living more in the moment.
- **Seeking Su**