

Talking to others about what's important to you



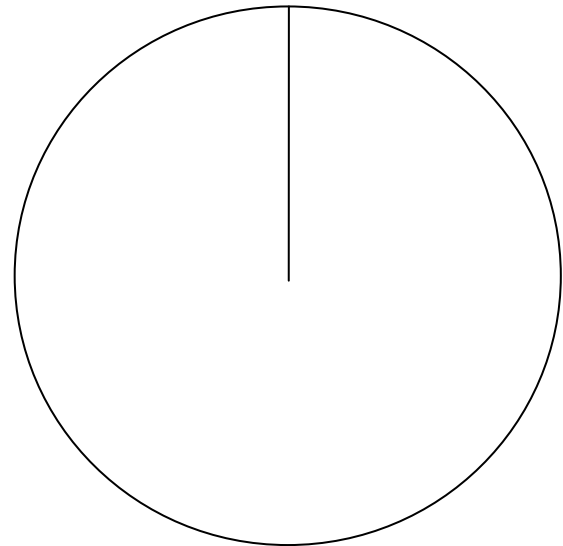
Country
Cancer
Support
South Australia

Use this worksheet to help you explain to other people how cancer has influenced your priorities or changed what is important to you. List your top ten priorities before and after cancer, give each priority a percentage (according to the importance that area of your life had/has to you) and divide up the pie charts based on these percentages to show this clearly.

My top ten priorities before I was diagnosed with cancer

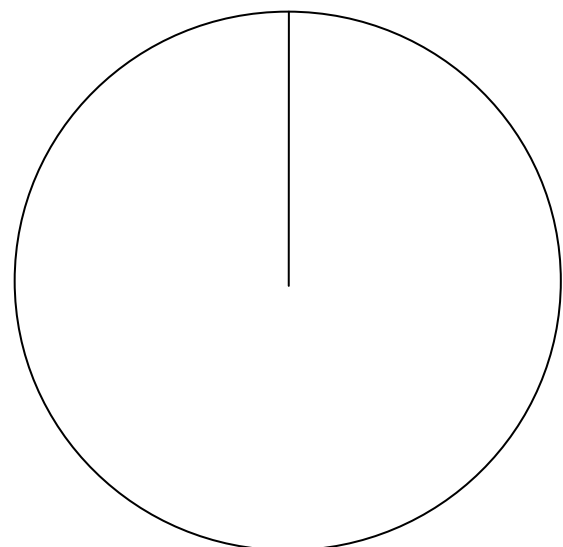
(E.g. Work- 30%, parenting- 40%, having fun- 10%, relaxing- 10%, eating healthily- 10%, exercising, socialising, cooking))

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



My top ten priorities after cancer/ now

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



You may then like to consider asking your partner or family members to do the same. This may help open up some valuable conversations that help you all move forward.