



The Thrive Mindset

STAYING POSITIVE IN TOUGH TIMES

HEATHER LOCKHART, ACC-ICF

2017: age 55



April 2018



My Journey

- Dec 2017: Elevated CA 125 blood test
- Jan 2018: Ultrasound: mass on ovary
- Jan 2018: Referral, Miami Cancer Institute
- Jan 2018: Ovarian Cancer
Diagnosis/Hysterectomy/Chemo port implants
- Feb-June 2018: 6 Cycles IV/ IP Chemotherapy,
Health City Cayman Islands
- Mar 2018: BRCA2 Gene Positive
- Sept 2018: Prophylactic Double Mastectomy
- Nov 2018: Reconstructive Breast Surgery
- 2019: Cancer Survivorship





SUCCESS STRATEGIES

The Thrive Mindset

1. Stop Negative Thinking

- Identify excessive worry & concern
- Use tools/tricks to STOP IT
- Let go of what you can't control



2. Don't Go It Alone

- Identify your needs
- Ask for help
- Communicate clearly
- Think outside the box



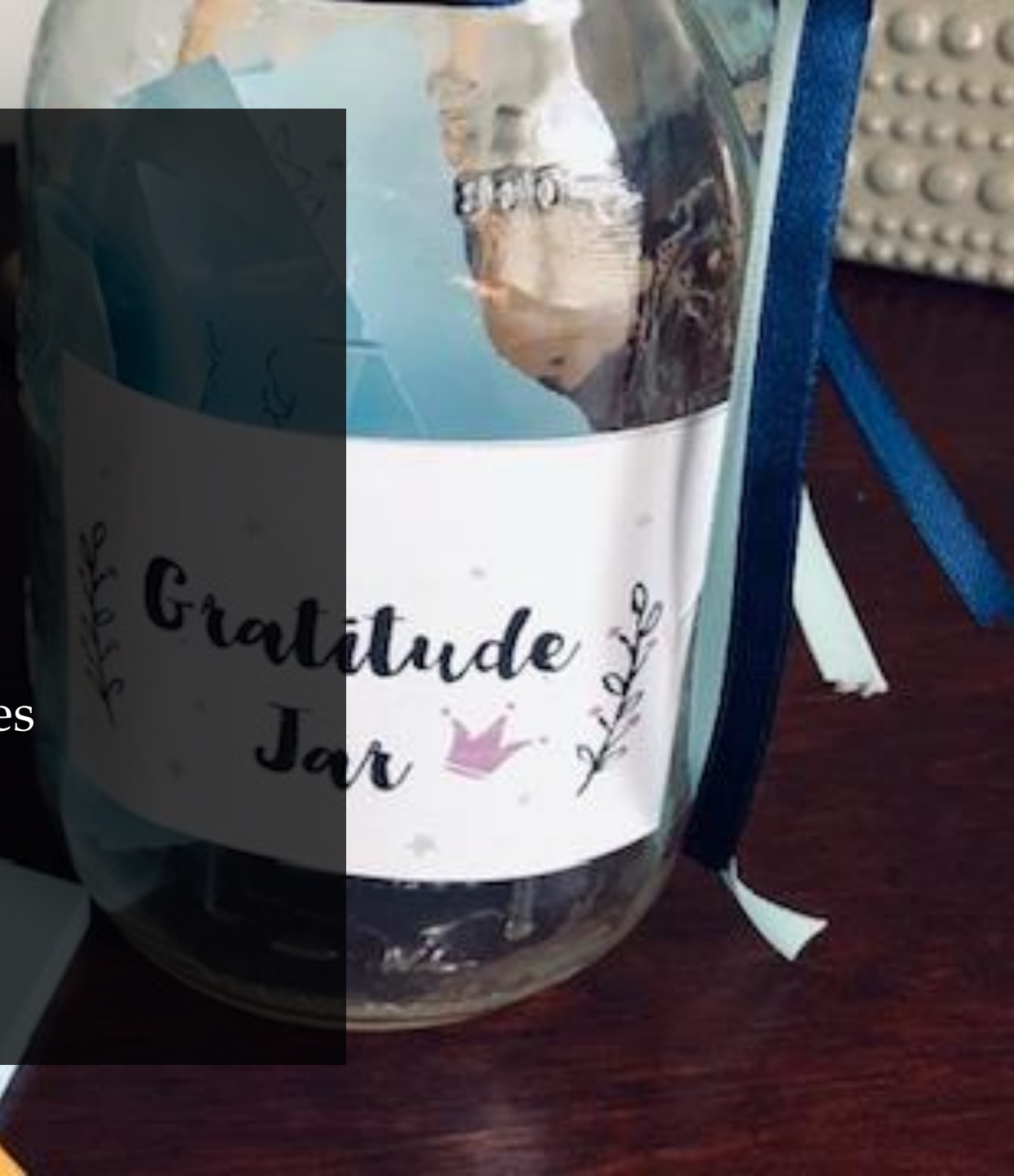
3. Stay Positive

- Minimize negative influences/triggers
- Look for inspiration from others
- Seek professional help if needed



4. Practice Gratitude

- Keep a gratitude journal or jar
- Being grateful reduces cortisol
- Look for growth in your challenges



5. Extreme Self-Care

- Pamper yourself
- Learn to say no
- Love yourself unconditionally



Thank you!

