



TAKE YOUR LIFE BACK
AFTER CANCER

Coaching Application Form

Your coaching calls cannot begin until you fill out this form so please do so as soon as possible.

If you have any questions, email Joe at joe@simplifycancer.com

Directions

Please read and
fill out this
questionnaire

Then save it and
email it to me!

Intro from Joe Bakhmoutski

Today is a day you will look back upon for years to come with joy, appreciation and excitement because you decided to change things. It's a day that you made the decision to fully invest in yourself and your future after everything you have been through – the harsh treatment, medical tests, specialist appointments and the endless wait for results. It's the day you decided to TAKE YOUR LIFE BACK FROM CANCER!

The Take Your Life Back From Cancer Coaching Application begins with this in-depth Coaching Questionnaire. It's designed to help you think through your life after cancer, what is important to you and how to get there. It's also built to help your coach, me, understand your world and assist you in moving forward faster.

I'm asking you to take a good hard look at yourself and set aside plenty of time to honestly and openly complete this Questionnaire.

Your Questionnaire will be kept confidential and never be shared or seen by anyone but me. The entire goal is to give you a better idea about where you are and where you want to go. You'll also give me the insight into how I can help you have the life you truly deserve after cancer.

Joe



1. The thing I'm really proud about in my life right now is...

[Your Response]

2. The thing I need to work the most on in my life right now is...

[Your Response]

3. The main areas of my life where I seem to be succeeding are...

[Your Response]

4. The main areas of my life where I seem to be spinning my wheels are...

[Your Response]



5. If I am being totally honest, I've held back a few times in my life

[Your Response]

6. I always wish I had more time to spend doing things like:

[Your Response]

7. A recent experience I had when I felt completely authentic, completely me, was when...

[Your Response]

8. If I started believing a little more in myself, I'd be much likelier to...

[Your Response]



9. The toughest thing about cancer has been when...

[Your Response]

10. The people who supported me the most during cancer are...

[Your Response]

11. If there is one thing that I could change about my life now, it would it be...

[Your Response]

12. The dream that I absolutely must start moving toward once again is...

[Your Response]



13. The main goal I'm going to focus on in the next year to improve my life is...

[Your Response]

14. The reason I must achieve this goal is...

[Your Response]

15. The five bold steps I'm going to take to achieve this goal are...

[Your Response]

16. I deserve to be happy because...

[Your Response]



Thanks for completing this Questionnaire!

You stepped up. And now we'll soon let you know the status of your application!

Next Step:

Save this file to your computer and email it to joe@simplifycancer.com



About

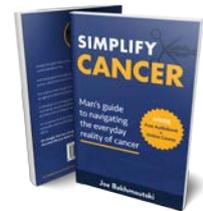


Joe Bakhmoutski

Founder, Simplify Cancer

Celebrated speaker, author, and coach Joe Bakhmoutski uses his lived experience with cancer and mental health struggles to share inspiration and advice on how to lead a happier, more fulfilled life after cancer. His Simplify Cancer Podcast featuring cancer experts and cancer survivors who share inspiration and advice for living a better life beyond cancer.

Praise for *Simplify Cancer*: *Man's Guide to Navigating the Everyday Reality of Cancer*



Foreword by Suzanne Chambers AO

Joe's Simplify Cancer podcast is an asset for anyone facing a cancer diagnosis. With this book, he's used his expertise to assemble a valuable guide for dealing with something that many have overlooked in the past – the psychological impact of cancer.

Dr. David Palma, MD, PhD, author of Taking Charge of Cancer

Hearing the three words “you have cancer” is devastating. Receiving this news is overwhelming. Joe has helped to make the experience a little less stressful by creating simple, easy to understand tools to help those affected by this disease navigate the complexities of Dr. Visits, treatments and so much more.

Lee Silverstein, We Have Cancer Podcast Host and Stage IV Survivor

Dealing with cancer is tough and can leave people feeling scared and isolated. Joe's been through the wringer and has distilled what he's learnt from his cancer experience into this easily understandable and relatable book, Simplify Cancer. He offers personal and practical advice on everything from making an informed treatment decision, to getting support, and managing worries about the future. I hope this book will help those unlucky enough to be affected by cancer feel less alone and that they can live a personally meaningful life with and beyond cancer.

Allan 'Ben' Smith, PhD, Centre for Oncology Education & Research Translation (CONCERT), Ingham Institute & UNSW





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