



## **“What Do I Do Now?” - Cancer Starter Guide**

### ***A Faith-Based First Step Plan for Healing the Body, Soul & Spirit***

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#### **Dear Friend:**

Are you're feeling overwhelmed... maybe even afraid.

I understand that feeling more than you know.

When I was first diagnosed with cancer, everything happened so fast. One moment I felt fine... and the next, I was being told what I needed to do, what my options were, and what might happen if I didn't act quickly.

It felt like my world stopped... and at the same time, everything around me sped up.

Maybe you've felt that too.

The pressure.

The fear.

The urgency to make the “right” decision—without feeling like you have enough information.

I remember asking myself, quietly and honestly:

#### **“What do I do now?”**

Not what everyone else was telling me to do.

Not what fear was telling me to do.

But what was actually right for me.

That question became the beginning of everything.

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#### **What I Want You to Know First**

You are not as powerless as you may feel right now.

I know it can feel like everything is happening *to you*...

like decisions are being made around you...

and like you're expected to just go along with it.

But that's not the whole truth.



You still have a voice.  
You still have choices.  
And you still have the ability to take an active role in your healing.

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### **This Guide Is Here to Help You Slow Down**

Before you rush into decisions...  
Before fear starts driving your choices...

I want to help you pause.

Take a breath.

And begin to move forward with clarity, peace, and purpose.

This guide will walk you through some of the **first steps I wish I had clearly understood in the beginning.**

Not complicated steps.  
Not overwhelming ones.

Just simple, grounded direction to help you take your next step.

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### **You Don't Have to Do This Alone**

What I've learned—both through my own journey and through helping others—is this:

Healing is not just physical.

It involves your **body, and also your thoughts, and your spirit.**

For me when those begin to come into alignment, everything started to improve.

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### **One Step at a Time**

You don't have to figure everything out today.

Just take the next step.

Move toward understanding—what cancer is, why it's in your body and what your options are.



And trust that as you move forward with gaining education, clarity will come.

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## **Let's Begin**

You're not alone in this.

And there is more hope than you may feel right now.

Below is a list of 5 things I wish I knew when I was diagnosed.

Let's walk through this together.

— Paula

## **■ The First 5 Steps to Take Right Now**

*(Body • Soul • Spirit)*

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### **1. Slow Down and Take a Breath**

***“Be still, and know that I am God...” Psalm 46:10***

Before you rush into doing things you don't fully understand... pause.

You may feel pressure to act quickly.

You may feel like every decision has to be made right now.

But fear and urgency are not the best places to make clear decisions.

Give yourself permission to slow down.

Take a deep breath.

Then take another.

You have time to begin moving forward with clarity.

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### **2. Refuse to Let Fear Lead**

***“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” 2 Timothy 1:7***



Fear will try to take over quickly. It will pressure you to take action without full understanding. Before you start making choices you may not fully understand, educate. Take the time to learn.

Fear can come from:

- What you've been told
- What you've read
- What others say
- What you begin imagining

And it can feel overwhelming.

But fear is not a good guide.

One of the most important decisions I made early on was this:

**I would not let fear make my choices.**

That didn't mean fear never showed up. It did—many times. Regularly.

But I chose not to follow it.

Instead, I began replacing fear with truth, with faith, and with steady, intentional choices. Choices based upon what I learned and understood about my body, and about cancer.

You can do the same.

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### **3. Take Your Power of Choice Back**

***“I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live.” Deuteronomy 30:19***

It may feel like everything is happening *to you* right now.

But you are not powerless.

You still have a say in your life.

You still have choices in how you move forward.



When I stopped handing my power over to everything around me—and chose to take responsibility for my path—it changed everything.

Not all at once.

But it shifted the direction.

This is where healing begins.

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#### **4. Begin Supporting Your Body.**

***“Or do you not know that your body is the temple of the Holy Spirit who is in you... and you are not your own? For you were bought at a price; therefore glorify God in your body...” 1 Corinthians 6:19–20***

You don’t have to change everything overnight.

But you can begin supporting your body in simple ways:

- Drink more clean water
- Prioritize rest and sleep
- Reduce stress where you can
- Begin choosing nutrient rich, whole, nourishing foods

Small, consistent steps matter.

Your body is not your enemy.

It is working for you—and it needs your support.

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#### **5. Strengthen Your Mind and Spirit Daily**

***“And do not be conformed to this world, but be transformed by the renewing of your mind...” Romans 12:2***

Healing is not just physical.

Your thoughts... your beliefs... your inner life—  
they all play a role.

This is where I found tremendous strength.



Each day, I began:

- Speaking truth over my life
- Reading Scripture
- Replacing negative thoughts with truth
- Choosing hope, even when it didn't come naturally

Often, I had to do this multiple times a day.

But over time, it changed what I believed...  
and what I expected.

And that made a difference.

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### ✦ A Simple Reminder

You don't have to do everything at once.

Take time to gather information and understanding.

Start here.

One step at a time.

As you begin to move forward—physically, mentally, and spiritually—you'll gain more clarity about what to do next.

If you're feeling unsure how to take these steps, or you'd like guidance along the way, you don't have to figure it out on your own.

It is best, before you choose a path, that you understand what cancer is, and how you got cancer in the first place.

Also, learning how to help your body fight cancer most effectively, is a powerful part of success in the battle. You have more control than you think.

I work one-on-one with individuals walking through this journey—helping them find clarity, direction, and support for each step.



## **CONSIDER A NEXT STEP**

### ***The Initial Consultation:***

A one-time, private conversation where you can:

- Share what you're going through
- Talk openly in a safe, faith-centered space
- Receive encouragement rooted in God's Word
- Begin to feel peace replacing fear
- Decide, at your own pace, what next steps (if any) feel right
- Have your questions answered
- Receive clearer understanding of your options

*"For me... I've seen how one conversation can shift someone from fear to peace."* – Paula

## **WHAT THIS IS NOT**

- This is not medical advice
- You are not a commitment to ongoing coaching
- This is simply a first step—a conversation.

## **WHO THIS IS FOR**

- Those newly facing a diagnosis
- Those feeling overwhelmed or unsure
- Those standing with a loved one in the battle
- Anyone who wants faith-based encouragement

**Learn more at [PaulaBlack.org](http://PaulaBlack.org)**