

Beyond *Survival*

Learning to live, not just exist

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Survival is not the *finish line*

My journey with AML



DIAGNOSIS

Life changed
in an instant



TREATMENT

Intensive
chemotherapy



TRANSPLANT

A second
chance at life



RECOVERY

New challenges
and uncertainties



SURVIVORSHIP

A different kind
of journey

The treatment saved my life...
but it was just the beginning.

Allow. Acknowledge. Accept.

Three steps that help me thrive



ALLOW

Give yourself permission to feel. It's ok to have difficult days.



ACKNOWLEDGE

Recognise what you've been through, what's difficult now, and how far you've come.



ACCEPT

Acceptance doesn't mean giving up. It means recognising where you are today so you can decide how to move forward.

I can be grateful to be alive and still find life difficult.

Those two things can exist together.

What would *thriving* look like for you?



Focus on what you can control



Reconnect with what matters



Find purpose in this next chapter



Take small steps, consistently



Be open to a new version of you



“*Thriving* doesn't mean every day is a good day. It means finding a way to keep moving forward with hope, purpose and gratitude.”