

Finding Opportunities When Facing Adversity As A Cancer Survivor

How adversity can lead to a more enriching life

About Us



We're Justin and Katie Ozuna

Proud dog parents, kitten fosters, and buffalo wing connoisseurs

Justin is a digital communications expert, storyteller, and 14-year chronic myeloid leukemia survivor

Katie is a licensed oncology social worker, navigator, psychosocial coordinator, and Justin's caregiver

Why Focus On Opportunities?

Opportunity:

A set of circumstances that makes it possible to do something.

Opportunity Is Everywhere

It can give us control in uncontrollable situations

It can help enrich our experiences

It is a never ending source of hope

It is a gift that brings us joy in difficult times

It requires only one thing of us...

We Have To Look For It!



Let's Practice!

Step 1.

Look around your room for something that is

orange or **yellow**

Step 2.

Comment in the chat box what you found!

The Opportunity Formula

I will [personally meaningful opportunity] within
[deadline] by [plan]. I will achieve this by
[consistent action].

Find Meaningful Opportunities

The first step is to look for “orange.”

Begin with the end in mind

Then, consider the following:

1. Identify what you **really want** from this experience
2. Believe that **you will find** what you're looking for

	Family	Career	Health	Social	Spiritual
What is my personally meaningful opportunity?	I can create meaningful conversations about my cancer diagnosis	I want to use my experiences to formally meet the needs of cancer survivors	I will make my health a priority	I want to use cancer stories to provide hope to other people	I will look for ways to support other cancer survivors in my congregation

Transform Thoughts Into Action

A PMO is a “dream” or “wish” on its own
It becomes reality with **a deadline** + **a plan**

Ask yourself these questions:

1. How **quickly** do you want this result?
2. What is **preventing you** from pursuing this opportunity?
3. What plan can **help you overcome** these things?

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What is my plan and timeframe to take advantage of this opportunity?	I will create a blog space, and every time I get a cancer update, I will write a blog to update my family	In one year, I will launch my non-profit, by getting referrals from my community contacts	The next time I meet with my physician, I will get a referral to a cancer-specific exercise group and a nutritionist	I will create a Facebook space that shares survivor stories. In three months I will have a collection of stories to share publicly and launch my site	Lead a spiritual support group for cancer survivors. In the next month I'll create a flyer to share

Focus On Progress Over Outcomes

Consistent action fuels progress

Focusing on progress over outcomes reinforces your confidence and opens new doors along the way

Ask yourself this question:

1. What small action can you take every day to get the result you want?

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What consistent, measurable action will I take to reach fulfillment in this area of my life?	I will write/share consistently and honestly - I will not protect my family from hard emotions	I will research non-profits, make connections in my local oncology community, and hold 2 fundraising events	I will stick to the diet and exercise routine I've developed with my team, and keep a food/exercise journal	I will connect with other cancer survivors and writing one story every week	Every evening, I will spend 30 minutes reading spiritual literature and taking notes to incorporate into this group

Justin's Opportunity Shift

BEFORE

Mindset: passive, life happened TO me

Waited for (& missed) opportunities

3X college dropout

No direction or purpose

No meaningful impact in the world

Naive about young adult cancer issues



AFTER

Mindset: proactive, life became my response to what happened TO me

Sought out opportunities in many areas

Started making meaningful contributions

Participated on patient advisory boards

Helping survivors with marketing skills

Just getting started!

Katie's Opportunity Shift

BEFORE

No experience with cancer

Just trying to support Justin

Not sure what to do with master's degree

Never wrote in-depth, or thought about publishing research

Only given school presentations



AFTER

Dedicated life to the cancer world

Work directly with survivors/caregivers

Building first psychosocial program

Nationally published research and articles

Large-scale presentations at local, state, and national conferences

The Opportunity Formula

Find your personally meaningful opportunity

Set a deadline

Develop a plan

Commit to small, consistent actions

BONUS: Focus on progress over outcomes!

Thank you for this opportunity.

Download this slide deck and opportunity grid at
theozoneverse.com

