

RENEWING HOPE

For those of us who face chronic illness each day, thinking positive is not an easy task. It's not as if we dwell on the negative, yet the negative finds us.



We not only deal with daily pain and other challenges – we also deal with all of life's ups and downs. We are learning to put aside that which is unimportant, and focus on things that take higher priority such as our health, our home, our family and loved ones.

Learning to live within your limitations is not a negative thing; it's a way to rearrange your life so you can live to your fullest potential. Finding new ways of doing daily tasks is a very creative thing.

I find it amazing that you manage so well. You find new ways of healing, new ways of coping, new ways to entertain yourself, new talents that you didn't know you had.

Your journey may be very difficult. It may be very long and tiresome, yet you do it with such grace. A grace like I've never seen before. You're learning a new way to live, a new way of thinking, and tackle every obstacle that stands in your way.

You've learned how to rethink what being productive means to you now. You're still alive and moving ever forward as you learn to maneuver this new way of life. You've accepted the challenge and looked it right in the face. I call you—courageous.

This illness is not of your own making - we never asked for any of this. Yet you show your strength and courage to begin each new day with fearless determination.