

Life Lessons For Living Well With Chronic Illness



- A**waken and greet each day with total love, gratitude and positive attitude; ✓
- K**eeep your spirits high and always have hope; ✓
- D**o what you can with what you've got; ✓
- C**ome to peace with a new baseline and slower pace; ✓
- F**ind and live in your place of joy; ✓
- T**ell yourself and believe you are blessed; ✓
- F**ind and recognize beauty in the little things; ✓
- R**ecognize when you need help; find and embrace a support system in family, friends, and your network; ✓
- D**on't do this alone! Learn to receive and nurture relationships; ✓
- H**ave empathy and compassion for others; ✓
- M**ake time and opportunity to create and express; ✓
- W**rite about your journey, illness, disability to process, share and connect; ✓
- P**lay, use humor, and find ways to smile and laugh; ✓
- P**ractice the law of attraction: if you imagine it and truly believe it, you can realize it; believe you attract what is good and positive into your life; ✓
- A**sk yourself "What can I give?" "What can I learn?" and "What can I teach?" not "Why me?" ✓
- R**efuse to be a victim; know you are not the disease; ✓
- B**e kind to yourself; acknowledge that you will have hard days and better days and listen to your body; ✓
- F**ind ways to give back, share your story, and have impact on others; ✓
- B**e a light in the darkness; ✓
- H**elp others who are new to your illness or condition; ✓
- E**ncourage yourself with daily affirmations; ✓
- I**f you aren't able to get out of the house, find and grow an online network; ✓
- F**ind and immerse yourself in something you are passionate about; ✓
- C**onsider making time for creative expression weekly or daily; add to your calendar and make it a habit and practice; ✓
- R**emember that YOU are enough; where you are and who you right now is enough! ✓

