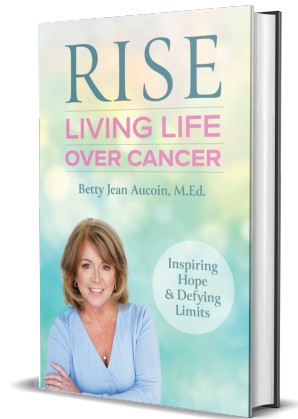


## What is Your Why?



The combination of your WHY and HOW is as exclusively yours as your fingerprint.

—Simon Sinek

We tragically lost our granddaughter in utero. Holding her before they took her away from us was one of the most devastating experiences I have ever had. Hearing my diagnosis six months later of recurring cancer was yet another loss I had to face. My resilience was challenged in 2023. Life and death were at my doorstep, and among my feelings of loss, grief, and anger was a feeling of wanting to fight to remain alive and share in future grandchildren with my spouse.

“Closed Metastatic Breast Cancer,” a supportive Facebook page, has over nine thousand members worldwide, with twenty-plus more people added each week. Each one of us has our reason to fight and live life. Having a Why allows us to focus on healing our bodies, minds, hearts, and spirits.

Many of these individuals are in their twenties and thirties, have young children, or have yet to find their life partner. Their Why is very different from mine. I have been blessed to raise my son to adulthood, enjoy thirty-four years of marriage with my husband, and retire from a successful lifelong career. They have not. Their reasons are to see their children grow up, to marry the love of their life, and to dream of a long future ahead!

Those of us diagnosed with a disease such as cancer are called to expend the most significant amount of our reserves. We cannot leave the sole responsibility with the drugs or procedures meant to keep us alive. We must commit to supporting a remission, reversal, or obtaining NEAD results (no evidence of active disease). Everyone who commits to their

health and wellness has a Why. This supports us in maintaining changes in our lives until they become habits of mind and practice.

My reasons are to continue enjoying my well-earned retirement with my husband, watch my son build his business and life, join my husband in welcoming future grandchildren, and enjoy life with family and friends. I pray to Eliza Marie daily to watch over us. Each week, I visit her gravesite and am reminded that life in the physical world is fleeting. This reminds me to recommit to my Why.

Take time to think about your Why. Write it down, memorize it, and commit to it. For many, it is to see their children grow and prosper as adults. For others, it is to enjoy the last twenty years of their life. It doesn't matter what the reason is. What matters is what your Why means to you. You will stumble, fall, and have setbacks. This is life, and this is undoubtedly living life over cancer. However, if your Why is near and dear to your heart, it will motivate you to get back up, brush off the setback, and move forward. Keep your Why at the forefront of your mind as you read onward to motivate you to continue supporting your health and wellness.

