

Gratitude, Gratitude, Gratitude

One of the biggest challenges on this cancer journey we are on is what to do with our time. Here's what I discovered and do every day, as it helps my mood and my general well-being.



I exercise and do Ping Shuai every day. I also write down what I'm grateful for that day — it could be the sunrise or my beautiful wife, or it could be about life in general. There is always something to be grateful for in life, all we have to do is find it and celebrate it in our gratitude journal.

What has all this got to do with cancer?

I believe your mind has a lot to do with cancer. Having a routine every morning is a big plus for me — it gets me up and out of bed to do something. I believe exercising, writing down thoughts of gratitude and eating healthy food have made an enormous difference in my cancer journey. I believe if you do not have a set routine in the morning or later in the day, you might be missing out on one of the positive steps in your journey to recovery.

You can purchase a gratitude journal on Amazon for less than \$10. It may just be the best \$10 you ever spend on yourself.

Thank you for your time, and every success on your own cancer journey.

Adam Hewison

