

Mike's Mantra

The following 'mantra' I wrote in the days after my diagnosis. It was my way of beginning the process of acceptance.

I have an absolute commitment to finding the beauty in each day, and total faith that I'm going to get through this. I'm going to trust in the medical process and be infinitely resolved that I will catch a break through my treatment process. Tears or feeling sorry for myself just don't accomplish anything except to waste whatever enjoyment that day brings. In every business or life challenge I've confronted, I have always gotten through to the other side with an inexhaustible perseverance and will. Of course, those challenges are quite different than this, but I believe deep in my soul that I will catch that break. Love my kids, love and cherish Flo, stay in the moment. Without question, as this process continues, there will be a lot of ups and downs. When I encounter the 'dark' side, I must refocus on my core beliefs that are set forth in this 'mantra'. I cannot allow myself to be side tracked and can't waste any energy on negative thoughts, negative behavior, or any form of negativity.

Handle myself with dignity and pride. Respect the caregivers and be thankful for every inquiry, text, email, phone call. No shame in being scared, it's scary shit, but that doesn't mean that I need to feel sorry for myself. Getting emotional from acts of kindness, or just because I feel a little emotional is ok - the emotions are real. Be extra sensitive to the fact that the kids and Flo are going through a difficult time too...

What I can do is all I CAN do. What I WILL do is all I can do.

A handwritten signature in blue ink that reads "Mike" with a stylized flourish at the end.

February, 2018