

My Journey with Lyme
Sarah M. Grace



Welcome
My motivation to get well and thrive! Zeke my grandson.

S.M.I.L.E

My story and strategy behind my smile

Falling face, failing body, foggy head and pain all over
yet not giving up....actually achieving and helping others.

A STRATEGY THAT BECAME MY SURVIVAL

Continuing to smile despite the pain, fear or limitations led to this:

- S - Surviving
- M - Maintaining
- I - Improving
- L - Learning
- E - Envisaging and finding energy

SMILE

Surviving

What do I need to do today to survive?

SMILE

Maintaining

What do I need to do to maintain where I am?
Combating the fear of going backwards.

SMILE

Improving

To enjoy my day - my life.

Making contact and connecting with others.

This was my sign of improving, being able to commit to events.

SMILE

Learning

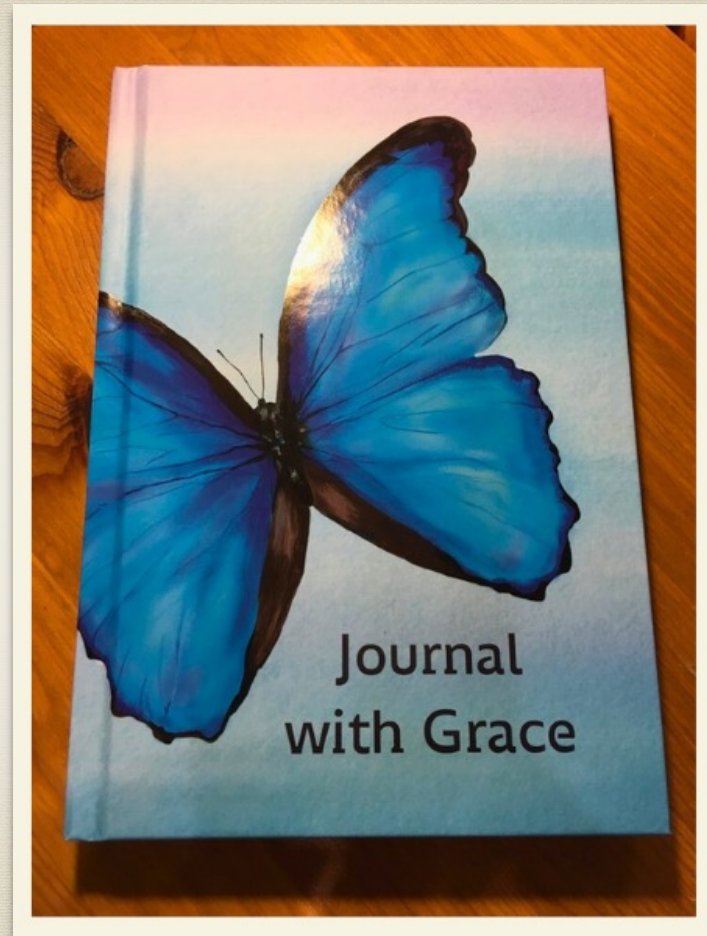
What I can learn from today, gaining knowledge is empowering.
Even if I overdid it, I was learning from my body.

SMILE

Envisaging

Finding a new way forward - envisaging a new way of being.
Discovering what gives you energy.

Journalling
Became a life line





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Books Sarah has written:

- [Journey with Grace](#)
- [Journal with Grace](#)
- [Bella finds Grace](#)

[Grace Font](#) - enquiries about this dyslexic font



Thank you for listening and I hope to hear from you.