

# Essay – How Cancer Changed my Motivation Level

Growing up, I was a person that was never able to finish anything that I started. Sometimes it would seem too hard, or I would just make excuses on why I could not finish. I would basically underestimate myself and not face the challenges that lie in front of me. As I grew older, it was harder to break away from my habit of leaving things unfinished. A drastic change of lifestyle and motivation was all I needed.

After I turned 18, something did change inside of me, it affected me physically and I later learned it would help me as a person. I had developed cancer, Hodgkin's disease to be exact, and only a stem cell transplant would cure me of this illness. However, this stem cell transplant was what I needed to realize that I am in control of my life, and I can do anything I put my mind to.

Going through a stem cell transplant was the roughest experience in my life, but I have learned so much about myself because of it. I never questioned "why me?" nor did I complain about being incredibly sick. Instead I forced myself to fight this cancer within my body and to continue on with treatment. This taught me that no matter what adversity I faced in my life, I could overcome it. I have found inside myself a person that will not give up no matter how difficult the challenges that await me.

Life is so full of twists and turns that it seems so easy to run away from your problems and never face the obstacles in the path ahead. School was one of those obstacles for me before. I have not excelled academically, because I always wanted to give up from lack of patience and belief in myself.

After my transplant, I found that school is now a new challenge. I look forward to it, as I feel I can push myself to do my best, no matter how difficult it may get. I have a new sense of self-respect as I try to do the best I can. This helps to keep me motivated.

## For Discussion or Writing:

1. Cancer could be called "a blessing" for this young person. How did his serious illness transform him?
2. Adversity can cause many people to grow stronger. Give an example of adversity and new strength of someone you know, the above person, or yourself.
3. What changed about his attitude toward school?
4. What about "facing obstacles in the path ahead"? Why is it popular and easier to turn and run the other way?