Enduring Hardship

October 15, 2013 By Nicole Lemelle

We are not all amazing stories waiting to be told; we are more like amazing lives ready to be lived. - Unknown

MS can transform you into someone you barely recognize. I for one refuse to let that materialize. Sometimes MS wins but I cannot let it totally defeat me. I will relentlessly attack with vigor and die fighting with my boots on, in my continuous campaign against MS. No matter the score I will fight MS one battle at a time. MS is like a storm cloud hanging over my life. It has me soaked in pain but I'm still here. I'm still fighting.

Don't get me wrong; it has altered my dreams and routines. I can no longer walk, work or drive. All reasons to make you want to punch the wall and give up.

But I can't. I'm too stubborn. I learned it from my mom. She's a fighter and so am I.

Happiness is never handed to you. You have to shape it yourself; just like a potter. After having a couple of rough weeks, it dawned on me there are a few things I must continually do to maintain my level of happiness or at least contentment.

I need to make it to the gym.
I need to write to share my experiences with multiple sclerosis.
I need to read.
I need to go to the psychiatrist.

All things I remembered after a recent horseback ride. Oh, something else I enjoy. At a local non-profit farm it's cheap and serves as physical therapy. That's a 2 for 1!

If you look hard enough, if you want it bad enough, you can find something you CAN do too.

What is it?

© 2026 Smart + Strong All Rights Reserved.