

Becky's Corner: Inspiring quotes

By Becky Ruppert, RN, MS, OCN, Salem Health Radiation Oncology

If you're like me, you love a good quote. Quotes can take us to higher levels of peace and understanding and can become a motto for our lives.

One of my favorite quotes is from Edmund Burke, "The only thing necessary for evil to triumph is for good men to do nothing."

While searching for quotes and cancer patient's personal insights for strength, I found these – and I hope you find them inspiring and uplifting. Perhaps a thought or motto for your life!

- "When I was buried under a blanket, miserable and sick, I developed my mantra and wallpapered my bedroom with it: 'Everything that happens to you, whether you like it or not, becomes a part of your life. You must live your life and be the best you can be every step of the way.' That and the music got me through treatment and out of bed. That was my anchor." - *Matthew Zachary, founder and CEO of Stupid Cancer, age 21*
- "My angel (another patient who had comforted her during chemo) had changed my life forever. I had a duty to teach what she had taught me: listen to others and not to my pain; be kind, not selfish. Everyone is battling something. I realized that I'm not a lone soldier." - *Tiffany Grayley, age 22*
- "Cancer shattered my illusion that I have a long life ahead of me. I may. I may not. I can't control how long I live, but I can control how I live. One of my mottoes has become 'control the controllable and leave the uncontrollable to God.' I don't get to determine the number of my days, but I can determine the quality of the days given to me." - *Kay Warren*
- "Faith is the bird that sings when the dawn is still dark." - *Rabindranath Tagore*
- "Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart." - *Unknown*
- "In the depths of winter, I finally learned that within me there lay an invincible summer." - *Albert Camus*
- "When you have exhausted all possibilities, remember this: You haven't." - *Thomas Edison*
- "Surround yourself with only people who are going to lift you higher." - *Oprah*

Take a moment and think of what inspires you. It may not be a quote or specific thought, but it will be meaningful for you. That's what matters.