



Just Breathe

Just Breathe, a phrase that so many think nothing about.
But as a young adult with CF, this phrase means so much more.
Not every breath is easy, not every breath is given,
But with this simple reminder, I know that my life is not to be taken for granted.
The air in my lungs means that there is still life in my lungs.

And for that reason, I chose to live to the fullest.
Even though I have CF, it does not define me.
It just means that I have to overcome additional obstacles.
While CF has thrown many challenges my way,
regardless of the circumstances, I always remember to **Just Breathe**.