

Everybody's Got Something

Hayden B.

Growing Up with CF

Growing up with Cystic Fibrosis is tough. You spend hours doing breathing treatments, sitting in doctors' offices, and making sure that you take all of your medicine. I was never one to complain about my rigorous daily routine or to use it as an excuse. Ever since I can remember, my Dad has always used this phrase to keep me grounded: Everybody's got something.

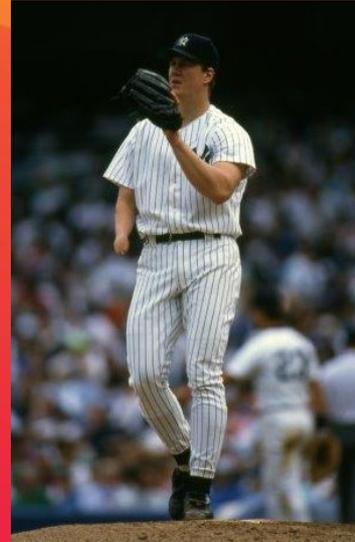


Pictured Above: Me (12) doing my breathing treatment on Christmas morning. Cystic fibrosis doesn't take a holiday.

Everybody's Got Something

What my dad meant by this when he told me this is that EVERYONE is dealing with something, be grateful for the life you have because there are other people who are much worse off. This wasn't to minimize how hard living with CF is, rather to put things into a broader perspective.

On a business trip, my dad had the chance to meet Jim Abbott, a pitcher for the New York Yankees who was born with only one arm. Despite this, Abbott had a phenomenal career as a pitcher in the MLB. Jim Abbott signed a card for me and also wrote my Dad's saying: Everybody's got something. This was super inspirational for me and is something that I often reflect upon when I am lacking motivation.



Pictured Above: Jim Abbott

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Never allow the circumstances of your life to become an excuse. People will allow you to do it. But I believe we have a personal obligation to make the most of the abilities we have.

-Jim Abbott (former pitcher for the NY Yankees)

Live Inspired

Throughout my life, I have taken the words “everybody’s got something” to heart and I have been inspired to make the most of every day and to stay positive.

Everybody’s got something, my something just happens to be CF.



Pictured above: Me as of a few weeks ago