

# LIFE DESPITE LUPUS

The Manifesto

# Instructions For Use

## Please do:

- Print me out
- Send me to your friends and family
- Link to me so I can meet new people

## Please don't:

- Claim that you wrote me
- Chop me up (I like being complete)
- Charge anyone to read or download me (I'm not that type of 'festo)

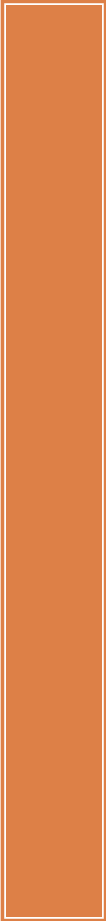
So you've been diagnosed with  
lupus...

...or maybe you have a loved  
one with lupus...

...or you've been fighting lupus  
for years...

# You may feel:

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- 
- Scared
  - Exhausted
  - Frustrated
  - Misunderstood
  - Hopeless
  - Helpless
  - Alone

**You are not.**



You can't control what life hands  
you...

...but you can make it work for you.

**Life is change.**

And “change” is not a dirty word.

# Change is...

- Change is an opportunity to shed the old, the stale, the things that no longer serve you.
- Change is a chance to embrace something new.
- Change is a chance to grow.
- Change is a chance to ask “how can I live my life better?”
- Change is a chance to be reborn, to shed your dull skin.



# Lupus instigates change.

It forces you to reprioritize, to ask “is this so important that it’s worth my limited time and energy?”

Adjusting your  
lifestyle is not  
“surrendering” to  
lupus.

Putting your health  
and well-being first  
is not “letting lupus  
win”.

# You can fight lupus...

You can struggle as hard as  
you can against it, get  
depressed, frustrated and  
grieve for what you've think  
you've lost...

...or you can expand  
your ideas about life,  
work, love, step into  
adventure

and change.

It won't be easy.

In fact, it's the hardest  
thing to do in the  
world.

But your life is worth it.

# Credits and Links

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Designed on Microsoft PowerPoint

For More Information about Lupus, including helpful articles and links, please visit [LifeDespiteLupus.com](http://LifeDespiteLupus.com)

Change is not a dirty word.

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