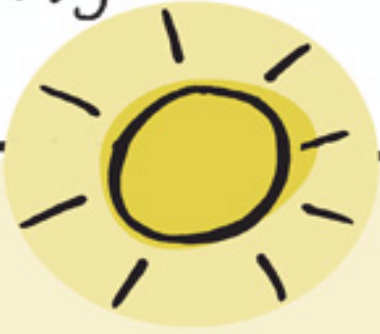


# GOOD DAYS AND BAD DAYS

good days



Walking two miles with Gretchen. Warm enough to wear shorts. No meetings = tee shirt. Walk to work. Hot air balloons near the house. Project tasks with beginning, middle, end. Eating a veggie burrito at the taqueria for lunch. Leave work early and stop at bakery for bread on the way home. Making a simple dinner. Hearing from the girls. Watching the Giants with Gretchen. Feeling 100%.

bad days



Any day that involves diagnostics like blood tests, ultra sound, scans, endoscopies, appointments with gastro department. These all mean waiting for results and the possibility of bad news. Feeling not right and wondering what it means. Trying to compare it to a time I was really sick and jumping to those worst case scenarios.

Don't screw around with self-diagnosis, call the doctor. The last time cost me a trip to the hospital.

next steps...