

"You cannot choose your destiny, but you can always choose happiness."

Years from now, when we have achieved the dreams we have always been longing for, we will look at this photo and thank the Patient Partners and the Rheumatology faculty of Medicine 2 Module 4 for the opportunity to learn.

This photo will remind me not only of the medical jargons, the pathophysiology, and the symptomatology of rheumatoid arthritis but it will remind me of the day I was able to appreciate what I have in life. It will remind me of the simple blessings God gives me each day – many of which I take for granted.

It will remind me to always choose happiness. Even if it is sometimes a struggle for me to experience happiness, this photo will always remind me that no matter what life throws at you, you should always look at the bright side.

As you struggle to be happy, never forget to be grateful.

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