# No Fear Planning Your Liver Loving Life

It’s the time of year when I begin to reflect on the past and look toward the New Year, an ingrained habit that started in my childhood.

December 17, 2021 By Karen Hoyt

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Perhaps a person who has adversity automatically looks hope from every circumstance. It’s worked for me every single year of my life, so I’m not about to stop now. For those of you who are wondering how to start planning your No Fear liver loving life, join me in the journey.

Declutter – I’ve already started with my personal spaces. The area around my desk and all the drawers have been emptied out. I wiped everything down that is staying and threw away all those scraps of paper, candy wrappers, bent paper clips, and stretched out rubber bands. I’m not sure why I need 4 lipsticks, 2 tubes of lip gloss, and 2 lip balms in the top drawer, but they got wiped down and placed in a little clay pot my daughter gifted me. My liver loving life includes zoom meetings with my liver disease friends from the AASLD, Global Liver Institute, and Trio Oklahoma. Plus, I’m back to teaching in a virtual classroom.

Work Out – Are you with me? Keep going and organize your work out room. For me it’s a small bench, hand held weights, and stretch bands in one corner. Yes, they have helped me even when in pain, to overcome a lot of fear. Rolled up in a large basket are my yoga blocks and mat. I’ve got a few massagers—you know, the mechanical ones in addition to my husband’s strong hands. They are a must if I’m going to build and maintain strength. I’ve overcome a lot of muscle imbalances, stiffness, and joint pain in that room. Hip labral tear, spinal retrolisthesis, and neuropathy require constant physical, mental, and spiritual attention. That’s why there is a corner devoted to my inner life and focus.

SMB – Honestly, it’s where it all starts. There is a continuous cycle of seeing myself for who I am: A woman who has overcome Hepatitis C, end stage liver disease, cancer, and a transplant. I also see myself for who I’m continually becoming: I’m a determined climber who pushes toward a No Fear planning my liver loving life. I have an entire wall devoted to motivational sayings, including a vision board. It begins with my spiritual life, and moves into my thought life, or mental capabilities. In addition, it is folded into my body. Spirit, Mind, Body is the way I have always seen myself. The parts of the whole all need equal attention and I take tender loving care throughout each and every day—all year long.

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