



A Hepatitis C New Year's Invitation

December 28, 2015 By [Lucinda K. Porter RN](#)

It is easier to resist in the beginning than at the end. ~ Leonardo da Vinci

I gave up New Year's resolutions many years ago. I don't see the point of beginning a year badly, or worse, failing on a day that is easy to remember the date that marks my failure. Besides, health and hepatitis C do not keep a calendar. They both need daily attention.

Living with hepatitis C is an invitation to change, to embrace health in every moment. Few, if any of us, will do this perfectly. I don't know of anyone who sleeps just the right number of hours every night, eats a flawless diet, and follows a spotless health regimen.

The most challenging aspect of practicing good health is getting started. Once I start, the benefits often help me stay on track, summed up by Aristotle when he said, "Well begun is half done." The trick is figuring out what I need to begin, and to begin well. Resolving to do something is not a good beginning; trying on a new behavior for just one day (or minute) is a much better way to start the process that leads to genuine change..

- Is there something in your life, a practice or goal that may make living with hepatitis C a little bit easier? What can you begin today?
- What reward is waiting for you, beckoning you to change?
- When you make a change, be sure you say, "Good job--I knew you could do it." Rewarding yourself for the changes you make is an essential ingredient for success. Don't skip this step.

Wishing you a happy, healthy, hep-free New Year.



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