



One Minute at a Time

May 31, 2017 By [Karen Hoyt](#)

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's [I Help C blog](#).

"Boy, am I glad this day is finally over." The recent words of a friend caused me to stop and scan my own attitude about the minutes that make up a day. My first impulse is to say that we have freedom to choose how we spend each minute. But is that really true? Some of my time is dictated by a lot of factors, such as health, relationships, or finances. You've wasted time waiting in a doctor's office or making money. Honestly though, is it wasted, or do we have a choice of how we spend our time?

Lately my time has been spent on these things:

- Physical therapy for post tibial tendon injury
- Researching joint and muscle pain side effects after Hepatitis C Treatment
- Teaching yoga
- Showing the farm to potential buyers
- Sharing weekend meals with our kids
- Learning Zumba with my granddaughters
- Speaking engagements
- Volunteer work
- Traveling with my dream guy
- Networking
- Training for World Transplant Games

It's a busy and wonderful life I lead. Making every minute count is a way to honor my Creator, my donor, and myself. This looks like a glamorous life on paper. If you were with me, you'd find that there is a lot of personal work going on to make it all come together.

To read the rest of this blog and find out what Karen does in between the above, [click here](#). Her answer to the question, "If I can't do what I want to do, what is the next best thing?" is soul

soothing.

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