

Lola's Life Lessons: Session 10

One of my favorite proverbs is:

“Walang tagumpay, kung walang paghihirap.”

Translation: “There is no success if there is no sacrifice.”

It was very difficult for your *Lolo** to quit smoking. Back home, all the men began smoking at an early age. Your Lolo told me he started smoking as a soldier during World War II. It became a habit that was hard for him to break. He said it helped him feel better when he was under a lot of stress. Until his last days, he was unable to quit. He knew it was not good for him.

I hated the smoke, especially because it made everything smell bad. The money he spent on cigarettes could have been used for so many other things. If only he had been willing to sacrifice, your Lolo may have been with us longer.

Do not give up hope! There are many sacrifices to make before you can see success. Take small steps to protect your heart. Be heart healthy, and make your life and your family's lives smoke free.

* *Lolo* is Tagalog for grandfather. Not only the family, but the close network of community members also respectfully addresses him as Lolo.

A Time To Reflect...

What things keep you from quitting smoking or eliminating secondhand smoking from your home?

(Use this space to write down your thoughts for this week's session.)