



**Children's
Cancer
Foundation**



Experience the
Power of
Quotations

体验引句的力量

Natalie Wong • 黄思潔

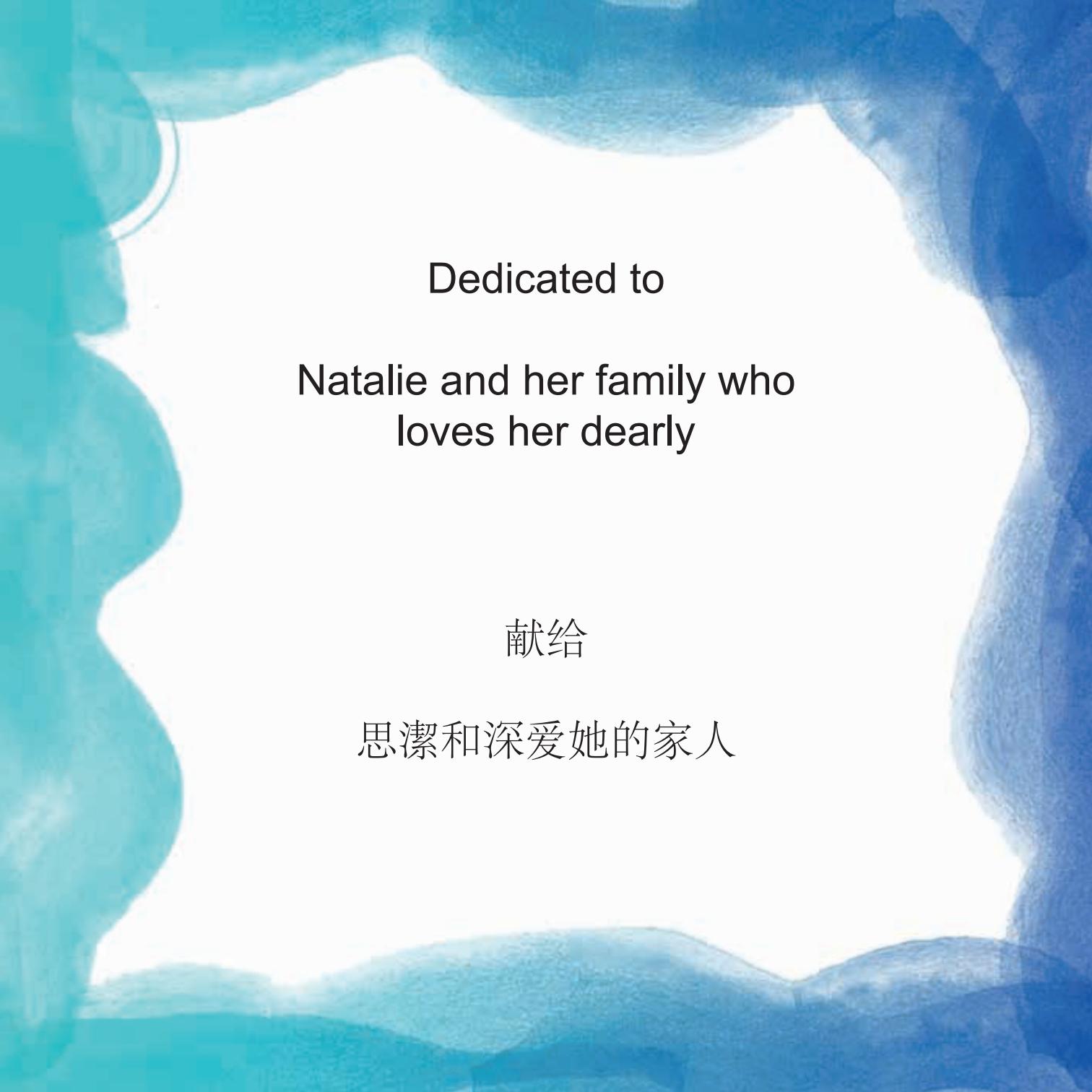


Children's Cancer Foundation's Legacy Building programme hopes to

- Provide a creative way for children with cancer and their families to make meaning of their tough journey with the intent to facilitate resilience in adversity;
- Promote family bonding and communications;
- Reduce caregivers' distress and bring solace to bereaved families through fond memories and remembrance of their loved ones. It serves to create a legacy for children with cancer.

This booklet is a collection of a child's (Natalie) quotes compiled by her caseworker during her sessions with Natalie. These quotes are a reflection of Natalie's strong fighting spirit and serve as an inspiration to the people around her. They are a source of comfort for Natalie's family following her passing as they reflect on her life journey.

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Dedicated to
Natalie and her family who
loves her dearly

献给
思潔和深爱她的家人



These quotes somehow changed my personality and the way I think. If any of these quotes make sense to you, then use it as a source of motivation and be inspired in life.”

--- Natalie (180714)



这些引句改变了我的个性和想法。如果其中有任何引句让你产生共鸣，那就把它牢记起来，把它融入你的生活里。”

--- Natalie 黄思潔 (180714)



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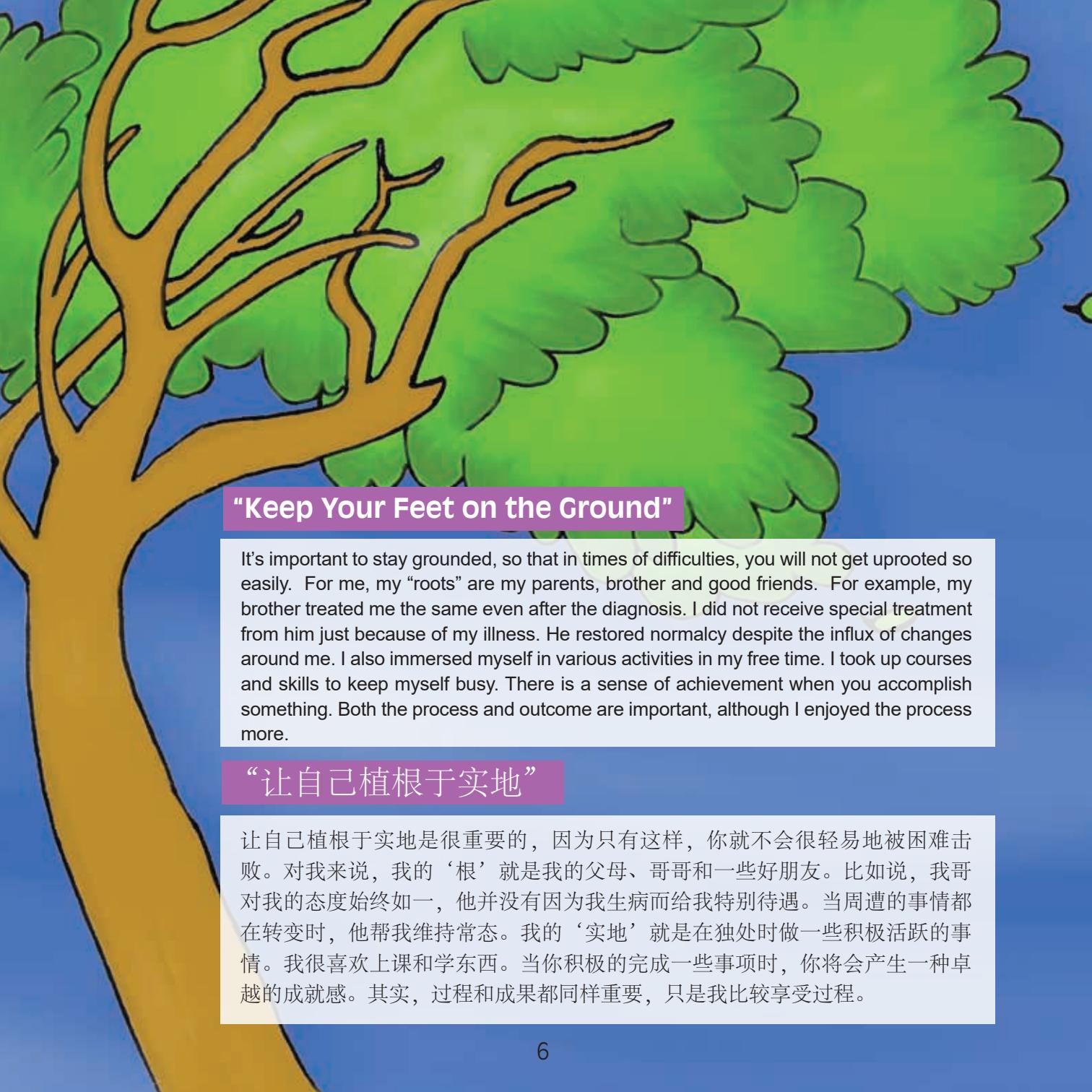
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Attitude Towards Life

面对生活的态度



“Keep Your Feet on the Ground”

It's important to stay grounded, so that in times of difficulties, you will not get uprooted so easily. For me, my “roots” are my parents, brother and good friends. For example, my brother treated me the same even after the diagnosis. I did not receive special treatment from him just because of my illness. He restored normalcy despite the influx of changes around me. I also immersed myself in various activities in my free time. I took up courses and skills to keep myself busy. There is a sense of achievement when you accomplish something. Both the process and outcome are important, although I enjoyed the process more.

“让自己植根于实地”

让自己植根于实地是很重要的，因为只有这样，你就不会很轻易地被困难击败。对我来说，我的‘根’就是我的父母、哥哥和一些好朋友。比如说，我哥对我的态度始终如一，他并没有因为我生病而给我特别待遇。当周遭的事情都在转变时，他帮我维持常态。我的‘实地’就是在独处时做一些积极活跃的事情。我很喜欢上课和学东西。当你积极的完成一些事项时，你将会产生一种卓越的成就感。其实，过程和成果都同样重要，只是我比较享受过程。

“Take the Chance Now!”

After the amputation of my leg, I realised that there're some activities that I can never do again. For instance, it is a bit more difficult to roller-blade and play basketball now. I should have tried that before. However, the National Disability League is now one of my aspirations. I hope to participate in archery and clinch a medal. I may even get a chance to play in Paralympics. All hope is not lost as this is another platform for me to get active again. I have always liked sports and my passion for sports is still burning. I like to lead an active lifestyle and keep myself busy. So do not procrastinate and always get involved in the activity when you still have the opportunity to do so. Take the chance now!

“现在就把握机会！”

自从我的脚被截肢后，我再也不能轻易的完成一些活动。以我的现状，玩滑轮或打篮球变得更困难了。回想起来，我应该在以前就尝试玩这些东西。虽然如此，我怀有一个抱负，那就是在全国残疾人联赛赢取一面奖牌。我希望能参与这联赛，并在射击环节中成功突围。我甚至可能有机会参与残奥会，那将是我可以重新参与运动的场合。由始至终，我爽朗活跃的个性从未遗失。要的话，总会有办法。一向热爱运动的我，对体育的热衷仍然存在。我喜欢活跃的生活方式，让自己充实起来。我如果能在某个时段做某些事情，那何乐而不为呢？可能下次你就不能再这么做。那倒不如现在就把握机会！

“You Only Have One Life”

I want to complete my bucket list. Life can get too hectic at times and you may forget to pamper yourself by doing activities that you enjoy. Since you only have one life, why not try out everything? Do not judge a book by its cover. Find out more about the activity before you write off the idea.



Learn archery
学习射箭

Take part in National Disability League & Paralympics
参加全国残疾人联赛和残奥会

Complete 'o' levels
完成“o”水准会考

Study in Junior College
升读初级学院

“你只有一个人生”

我想要完成我的‘人生清单’。忙碌的生活常常让人忘了给自己一些时间，做些喜欢的事情来宠宠自己。既然人生只有一回，何不大胆尝试呢？不要单凭书的封面来判断书的内涵。凡事都要试着了解才下定论。

“Why Not Make the Best Out of Life?”

Life still goes on whether or not you are optimistic, so why not make the best out of it? If you are not tired, why do you rest? We spend at least eight hours a day sleeping, so why not live life to the fullest with the remaining hours?

Personally, I treat every Physical Education class like the Olympic Games. I push myself hard and I may have sore and aching muscles at the end of the day. But, there is an overwhelming sense of accomplishment as I see myself being fit.



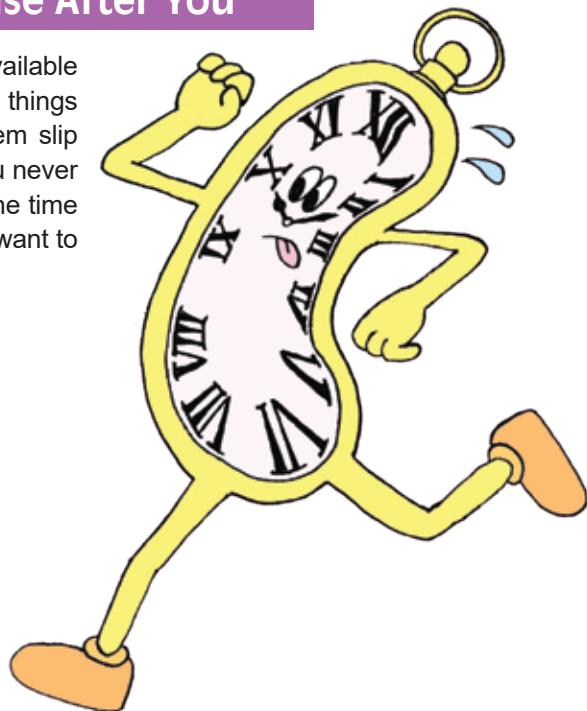
“为何不活出最精彩的人生?”

不管你为人乐观还是悲观，生活仍是要继续。既然如此，那为何不活出最精彩的一面呢？如果你不累，那为什么要休息？我们每天已花近八个小时的时间睡觉，那剩余的时间为何不做些事情充实自己呢？

我本身是那种会把每堂体育课当成是奥运会的人。即使在运动后会肌肉酸痛，但我却非常有成就感，因为我还是有一定的体能水平。

“Don't Chase After the Time, Let Time Chase After You”

Time does not control you. Choose what you want to do within the available time and make it a memorable one. Live a life that is enjoyable and do things that you take delight in. Seize the opportunities instead of letting them slip away. Make sure you complete the things that can be done now, for you never know when the opportunity will come by again or when you will have the time to complete the things. That was why I came up with my bucket list – I want to be doing something every day.



“让时间追逐你，而非你去追逐时间”

不要受到时间的约束。在有限的时间内完成想要做的事情，让它成为一段最为美好的回忆。好好的享受人生，做一些你喜欢做的事情。一定要懂得把握眼前的机会，因为你不知道相同的机会会何时再出现，或你是否还有时间把事情完成。因此我早就列出我的‘人生清单’，因为我要活在当下，认真的完成我每天要做的事情。

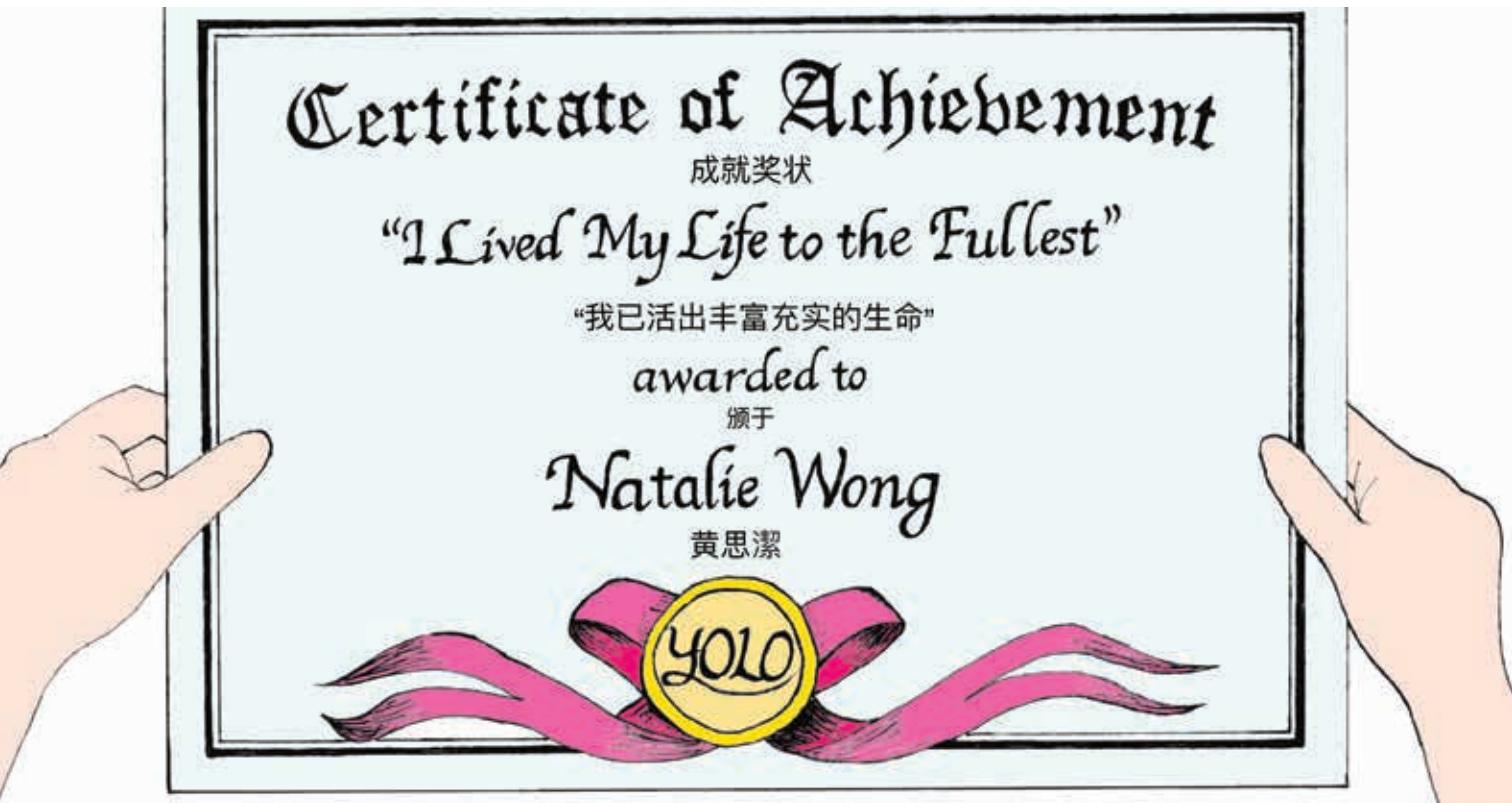


“Live Life to the Fullest”

If I could issue a certificate to myself, it would be titled ‘I have lived my life to the fullest’. Not many people will be able to do the same. Some choose not to do so as they are too caught up with the minor details in life or perhaps, they do not have the ability to do so. Why not take a step closer to your goal, instead of merely setting a goal? After I have attained mine, I am proud to say, ‘I did it!’

“活出丰富充实的生命”

如果我能颁给自己一张证书，我会把它命名为‘我的人生没有白过’。说实在的，不是很多人能够这样做。有些人没有能力那样做，有的则因为生活所产生的愁烦和压力而选择不这么过他们的生活。与其把目标设定在眼前，不如朝着目标迈前一步。当我达到我的目标时，我会很自豪地说：“我做到了！”



“Just Think About Gains”

This world has optimists and pessimists. Do not focus on flaws or drawbacks as there will be no end to it. Only pessimists will have negative thoughts, while optimists always see the bright side of situations. Before I was diagnosed with cancer, I considered myself an optimistic person. I am still an optimistic person despite the roller-coaster cancer journey and I befriended many along the way.

“专注于收获”

这个世界有乐观主义者和悲观主义者。无论做任何事情，千万不要过于专注于弊处或挫折。悲观的人总会有很多负面的想法，相反的，乐观的人就会以正面的心态看待事情。我本身在被诊断患癌前就是个乐观派的人。即使经历这趟像过山车般的抗癌旅程，我仍然保持乐观。因为我乐观的个性，我在这期间也结交了很多知心好友。

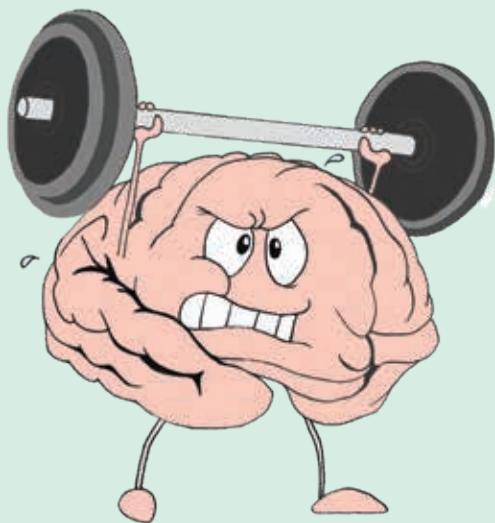


“Take Charge of Your Life”

When you are trapped in a situation, the first thing you should do is to know what is going on before you consult others for their opinions. First and foremost, get familiar with the situation with your own eyes and ears, and not through others. People can guide or help you but they should not be the ones to fix it as this is your situation. I have always enjoyed being in control of the situation since I was a kid. I want to be the one to solve my problem. If you can take charge, you learn from it and gain a valuable lesson in life.

“掌管你自己的人生”

当你面对一个状况时，你必须先了解事情的来龙去脉。在还没有寻求别人的意见前，你要先了解整个状况。千万不要通过别人的耳语了解实情，而是要通过你自己的眼睛和耳朵。别人只能告诉你他们的感觉，但是他们不是你，他们只能透过自己的角度分析你现处的状况。我从小就喜欢掌控周遭的情况，独立的处理任何状况。如果能自己解决问题，你不仅能够吸收另一种体验，同时也能建立你的人生。既然如此，那何乐而不为呢？



“Be Goal-Oriented”

I'm someone who is very clear about what I want in life as I have my goals in mind. Do not be afraid to dream big because they can be turned into goals or targets. When you do achieve them in reality, it will be a good experience.



“做个目标导向型的人”

我是个设有明确人生目标的人，也很清楚知道自己要什么。这些目标是从梦想开始，然后转化成目标或指标。当你成功的把梦想实现时，那将成为一段美好的经验和回忆。

“Regrets vs Experiences”

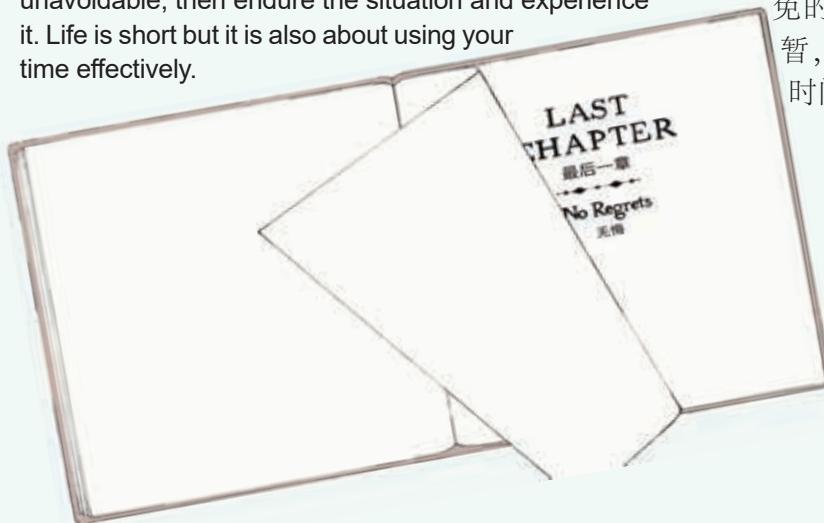
The ‘last chapter’ of my life would be when I am close to death. If I were to look back in life one day, I want to say that I have lived life to the fullest and I am proud to also say that I have no regrets at all. I may make wrong decisions at times but why not see it as a good learning lesson than a bad mistake?

To regret, it means you wish that a particular event never happened. It is a waste of your time and you do not wish to remember or make use of it any further. But to see it as an experience gained, it means you have made full use of the episode to learn and it has been a good exposure for you. Although the journey of experience may not be smooth, but there will be gains from it. If you were to experience it, then do not carry any regrets with you. If you are given a choice to avoid a bad experience, then you should do so. But if it is unavoidable, then endure the situation and experience it. Life is short but it is also about using your time effectively.

“后悔与经验”

我人生的最后一章就是当我接近死亡的时候。当我回首人生时，我会说我的生命没有白过。我也会很自豪地说我的人生毫无遗憾。我有可能在某些时刻作了一个错误的决定，可是当我想起这些决定时，我不会为它而感到后悔，因为它让我得到了宝贵的经验。

‘后悔’ - 是当你希望某件事情根本从未发生。除了浪费你宝贵的时间，这件事情也是一段你完全不想拥有的回忆，甚至不会想要利用它。相反地，如果你把它当作是个‘经验’，你将能从中学习到一些东西。倘若需要经历某件事情，那就不要为此而后悔。当然，如果可以避免经历不愉快的过程，那你就不要自投罗网！如果是不可避免的话，那就大胆去体会它。人生虽然短暂，但更重要的是你怎样有效的利用你的时间。

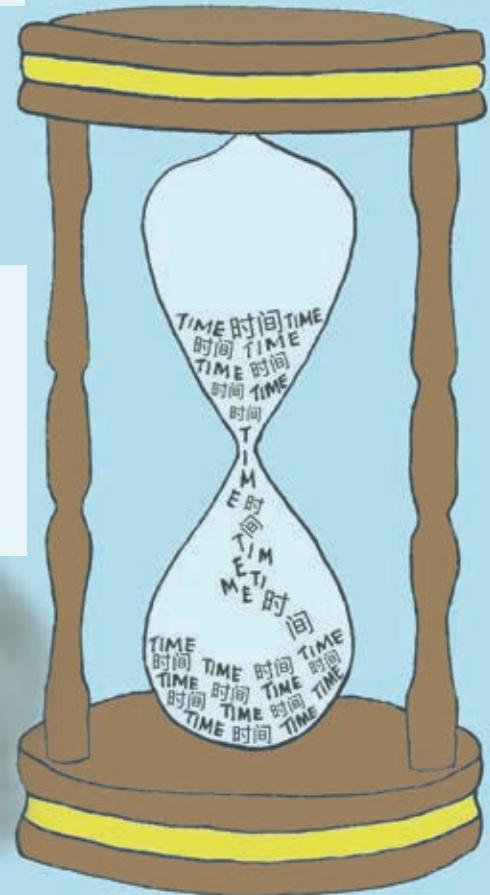


“Don't Wait for Change. Invoke Change”

This quote came to my mind one day. If you want to become more outgoing or confident, put yourself in a situation where you are forced to do so. Why not be an agent of change? Put your thoughts into action by working towards the goal. Thinking does not invoke change but your actions will. Waiting is a waste of time, and time and tide wait for no man. So instead of waiting, just act on it!

“不要等待转变。放胆创造改变”

这引句在某天突然浮现在我的脑海里。如果你想变得更外向或更有自信，你就必须把自己置身于相关的状况，让自己试着学习。为何不主动的采取转变呢？很多人只把想法停留在空想的世界中，而不落实到具体的行动中。光等待就等于浪费时间，而且光阴似箭，日月如梭。与其等待，倒不如付诸行动朝往目标前进。



“Seize Your Time”

I created a bucket list at an early age. A bucket list is a lineup of activities that you want to do before you die. To some, time may not be that important. Hence, they may take their time in doing something. For me, I truly realised the importance of time when I returned to school after fighting cancer. I may have only been away for a year but there were drastic changes and as such, I want to make the most out of my time. I want to experience life as much as possible because we do not know how much time we have in this world. Time is really very precious because it allows you to live life.



“珍惜你拥有的时间”

我很早就立下我的‘人生清单’。拥有一张清单，可以勉励自己在离世前完成想要做的事情。对一些人而言，时间可能并不是很重要，因此他们在处事方面会较为慢条斯理，甚至不会放在心上。当我再次返校时，我切切实实的意识到时间的重要性。我虽然只离校一年，但好多东西都改变了。因此我要珍惜我的时间，因为时间就等于是体验生命。我要尽情地体验生活，因为没有人会知道自己有多少时间。时间真的很宝贵，因为它会完全体现你的生命。

“Give Your Best at the First Shot”

There is no guarantee of success and sometimes you fail at your first attempt. Most importantly, it is about trying your best. In the past, after receiving my graded test papers, I would scrutinize the mistakes made and lament about them. Now, I would still check, but I have learnt to be less harsh on myself. The focus is on whether I have tried my best or not. If you need time to try again, then you should if it is worth the while. Otherwise, do not waste your time crying over spilt milk and spend your time on other tasks that may be more productive for you.

“奉上最好的第一次”

成功不是必然的，但努力是必须的。以前的我只会顾着查看自己哪里犯错，然后就会生闷气和抱怨。现在，我还是会查看自己在试卷中犯了什么错误，但是不会那么介怀。现在我在意的是我到底已经尽力了没有。如果你需要时间再作尝试，只要这尝试是好的，你就应该再试一次。不然，不要浪费你的时间，情愿把时间花在那些对你有帮助的事情上。



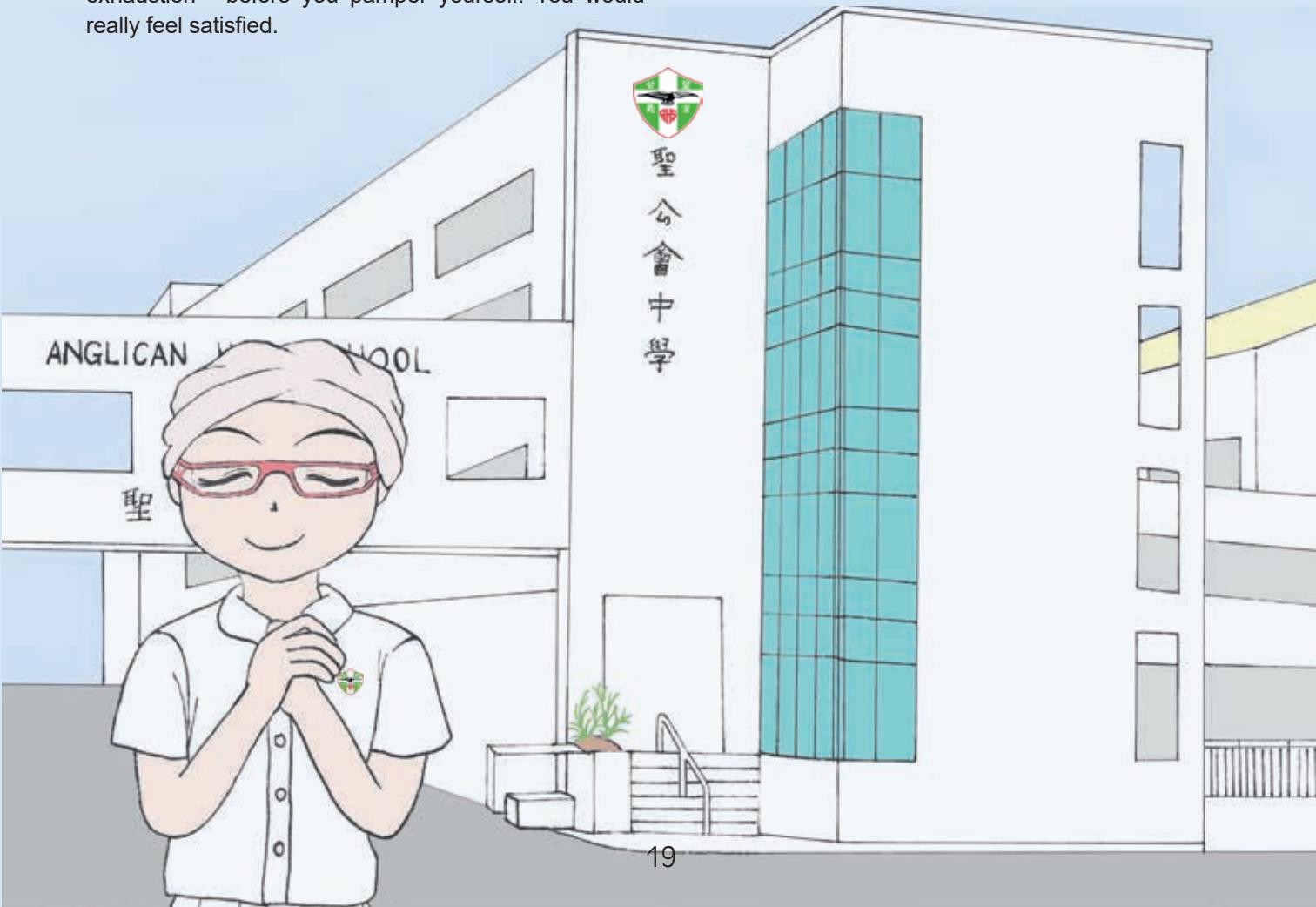


“Don't Pamper Yourself Unless You Have Given Your All”

Some people think, just because I am sick, I should not be doing this or that, and I should have special privileges instead. But I do not agree. I make it a point to attend school first before going off for my medical appointment at the hospital in the later part of the day. Friends around me may be curious as to why I do not ask for medical leave. Well, it is about giving your all, ultimately. It is only after you have given your all - until you are beyond exhaustion - before you pamper yourself. You would really feel satisfied.

“不要无故宠坏自己”

有些人认为，因为自己生病了，就不应该做这个、做那个，甚至还要享有特别待遇。我却不那么认为 - 因为人生是公平的！纵使我需要去复诊，我依然会先照常上课。我的朋友每次都问我为什么不干脆请病假，但我觉得没有这个必要。因为只有当你觉得已经付出最大的努力，就像耗尽了所有的力气，在那个时候宠宠自己的话，你就会觉得很有满足感。





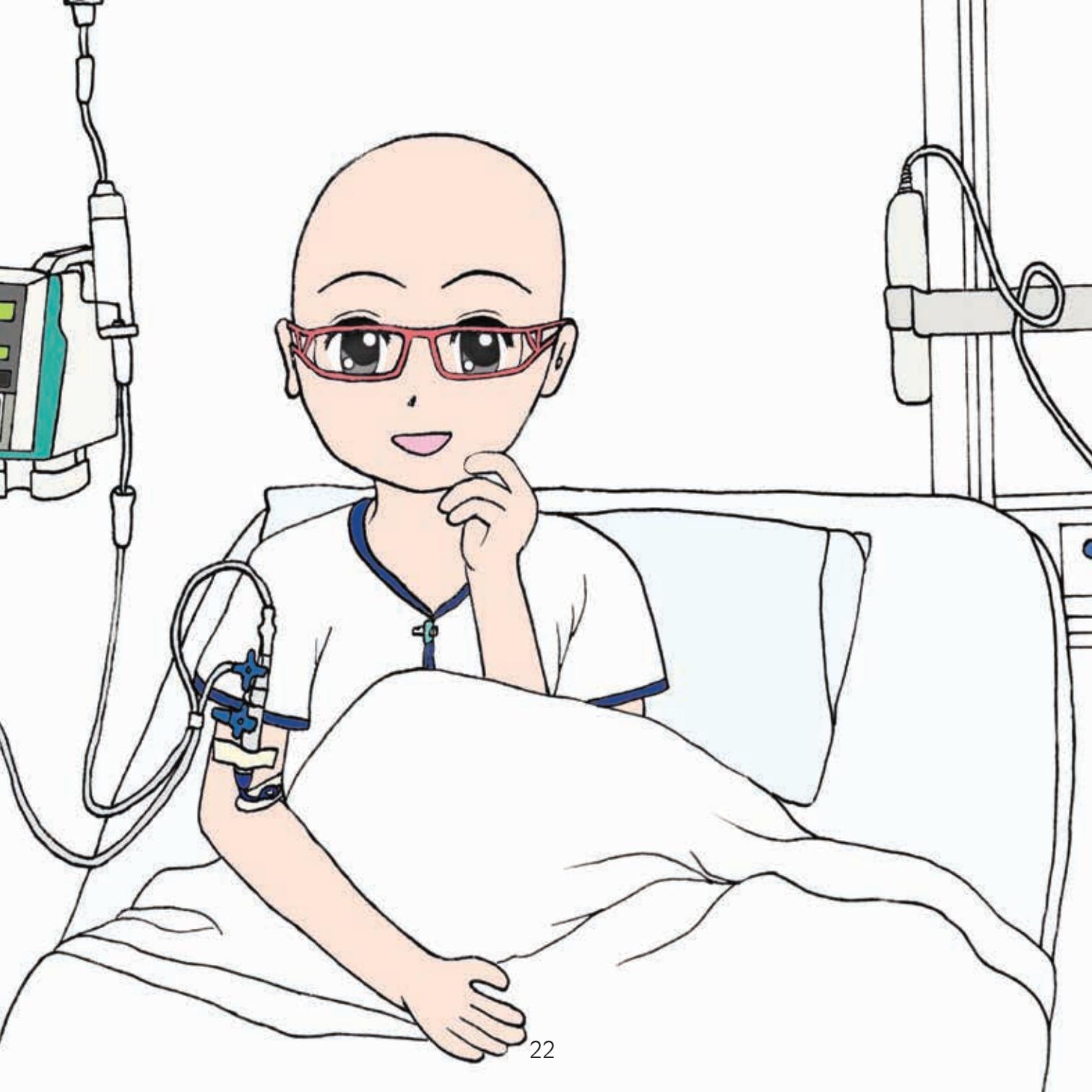
"Curiosity Doesn't Kill. Assumption Does."

"好奇心不会抹杀你。假定却会。"

Attitude Towards Cancer

面对癌症的态度





“Don't Think About the 'Why'. Think About the 'How'”

Instead of allowing yourself to feel scared or stutter when you speak – and make excuses thereafter – why not learn how to push yourself out of your comfort zone and see it as a growth process in life?

This applies to the way we see chemotherapy sessions too. Instead of asking why you have to undergo chemotherapy, why not think about how this treatment can save you? If it helps you with the fight against cancer, then why not? Many ask ‘Why do I have to go through this’ or ‘Why does this happen to me’. Since it has already happened, focus on the aspect of ‘How’.

When I was first told that I have to undergo chemotherapy, one thing that came up in my mind was, ‘How to solve this problem?’ I will have to miss school and I will not be seeing my friends in a while. But after completing my treatment, my lifestyle can be reverted to the way it was before.

“不要想‘为什么’，要想‘该如何’”

与其允许自己以害怕或说话结巴当作借口，为何不尝试勇敢的跨出你的舒适圈，借此推动自己成长？

同样的道理也可以应用在化疗的过程中。与其问自己为什么要做化疗，为何不试想治疗将能怎样帮助你？如果它可以帮你战胜癌症，那为什么不做呢？很多人问：‘为什么我要经历这些事情？’或者是‘为什么这事情会发生在我身上？’但既然事情已经发生，倒不如先想想‘现在该如何呢？’。

当我被告知需要接受化疗时，我的第一个反应是：‘该如何解决这个问题？’因为我将不能去学校，也不能见到我的朋友。不过我在完成化疗后，生活便恢复的像从前一样。

“Are Relapses Entirely Bad?”

My 5-year journey with cancer felt like an emotional rollercoaster ride. I was at the peak of happiness when I was allowed to return to school. But life came crashing down when I found out I had a relapse.

However, in my first and second relapses, I met a few more friends, including ‘J’ and ‘G’, and also nurses, CCF staff and volunteers such as Sweedy and Shi Hui. I even met a CCF volunteer who was a trainee teacher in my school when I was in Secondary Two. It was a surprise to see him in the ward. I see this as a blessing; if not for my relapses, I would not have come to know them.

“把复发看成收获”

历经5年的抗癌旅程就好像坐过山车一样。当我返校的那一刻，是我最开心的时候。但过了不久，我的癌症复发了，我的人生又一次跌到谷底。

尽管如此，我在第一次和第二次复发时，结识了许多朋友，当中就包括了‘J’和‘G’，还有许多护士，儿童癌症基金会（CCF）的职员和义工，Sweedy 和 Shi Hui。在接触义工中也发生了小惊喜。原来我就读中二时的一位见习老师也是CCF的义工！试想，如果不是因为癌症复发，我也不可能有这个福气认识他们。



“Be an Able Disabled”

At the moment, my goal is to learn archery, then train for the next Disabled League. My friends have not heard of it but it does not mean I should give up on this dream. Because of my disability, I stand a chance to qualify for the Paralympics someday. I want to see myself as a person beyond my disabilities.

“做个残而不废的人”

现在我的志向是学习射箭，然后再训练自己迈向下一个全国残疾人联赛。我周遭的朋友都没有听过这个联赛，不过不要紧，我还是会朝向这个目标前进，因为我是朋友当中唯一能够参加这项比赛的人。虽然我有缺陷，但我会让其他人看到我是残而不废的。



“Mind Over Matter”

There are many possibilities in life and some things are beyond our control. If you think positively, for instance, that you will pass your test, then it may really happen because you set your mind to it. Think about the things that you want to see happening in your life!

“心胜于物”

生命充满着很多变数。正面的思想会起着它一定的功用。试想着你对人生的渴望，并抱着正面的态度去想，就可能取得好的结果。





“Replace ‘What If’ With ‘Oh Well’”

It is all in the mind when it comes to thoughts and feelings. When I had to amputate my leg, it felt like a do-or-die situation. Although the surgery left me with one leg, but at least I get to live.

Instead of thinking ‘What if I had not amputated my leg?’ I told myself ‘Oh well, at least I survived’. To me, ‘what if’ comes with negative connotations.

“把‘如果’变成‘还好’”

其实一切都在乎于我们如何学习控制自己的思维。当我知道需要被截肢时，那一霎那就是个“要嘛就截肢，不要嘛就死”的情况。虽然我现在只有一只脚，但至少我活了下来。

与其想着‘如果我没有截肢，那会是怎样的情况？’，我告诉自己‘还好我截肢了，因为至少我是活着的’。对我而言，‘如果’往往是偏向负面的想法。

“Find Pleasure in Little Things in life”

I think cancer has changed me for the better. After my diagnosis, I started to find pleasure in the little things in life, which my friends may not have observed. It is about learning to appreciate things more and to observe the small details better. I now see life with a clearer vision. These details have always been there but we may have overlooked them.

Previously, I focused on a group of people – everything revolved around friends and I was mindful about what people said. But now, I have learnt to find a balance and focus on everything. There was this one time, when I stopped to admire the beautiful sunset and the crimson sky. It prompted me to take a photo and upload it on my Instagram account. Because of my photo on Instagram, it made my friends take notice of the picturesque view that evening. In a way, I have helped my friends focus on the small details too.”

“从微不足道的小事中寻找乐趣”

我认为癌症把我的个性变得更好。自从我患癌后，我开始从小事中寻找乐趣，这是我的朋友可能没有察觉到的事。我从中学习更懂得欣赏周遭的事物，也把生命看得更透彻。其实，有很多小事本来就存在着，只是我们一向无视它们的存在。

以前，我只专注周遭的人，凡事都围绕着朋友，也比较在意别人的意见。现在，我不但会专注于人，也会环看天空和四周的事物，如地面、草丛、花朵等等。有一次，我留意到天空变得一片桔色，当时的夕阳真的很美，我就把它拍下来放上社交网站。后来，我的朋友看到照片后，都纷纷去拍那片天空，因为他们之前完全没有留意到。就像是突然觉醒过来，瞬间意识到‘噢，今天的天空真的是很美！’我的举动转移了他们的焦点，让他们看到了一些很美好的事物，一些他们不常留意到的事情。



“Cancer Cannot Take Away the Good Stuff”

Cancer cannot take away the good stuff from me. What remained unchanged throughout the cancer journey was that I still enjoyed school, play sports and sing.



“癌症不能夺取我的爱好和兴趣”

癌症不能夺取我的爱好和兴趣。由始至终，从未改变过的是 - 我仍然喜欢读书、运动和唱歌。



“Do Not Focus on Disability, But More on Personality”

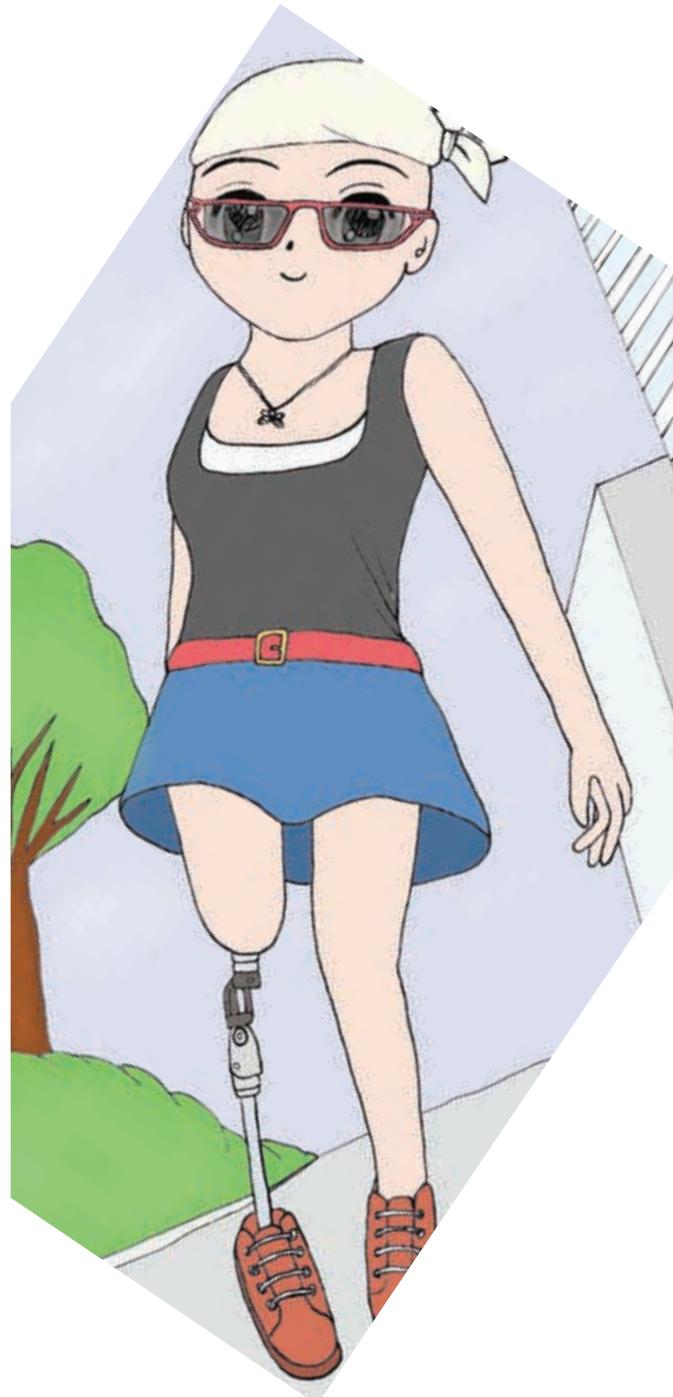
I refrain from wearing long pants with the purpose of hiding my prosthesis leg in mind. Instead, I embrace my appearance and wear a skirt. It is fine by me if people stare – they usually turn away when they are done staring. Whatever you wear, the most important thing is whether you are wearing it for yourself or for the sake of others.

Being disabled does not mean you are different from others. Everyone of us has our own personality. So, do not focus on the disability and let your personality shine through instead!

“不要专注于残疾，而应注重个性”

我从来不是为了隐藏我的义肢而穿长裤。相反地，我喜欢以短裙示人。如果他们盯着我看，我就自然地看着他们。不管你要怎样装扮，最重要的是问自己：你的衣着打扮是为了自己，还是因为他人的意见？

残疾并不代表你和他人不一样。我们仍然有自己的个性，所以千万不要把目光放在残疾或外表的部分！



“Always Remember to Bounce Back”

I am normally optimistic and I do not dwell on the negative. You may fall to the ground at times but always remember to come back stronger. Keep this mentality in mind and you will change for the better.

“永远记得要反弹”

我是乐观派的人，也不会一直刁钻于负面的事情。虽然偶尔会感到脆弱，但是要切记，一定要记得反弹。因为有些人尝试反弹几次后，就会感到疲惫不堪，然后就不再反弹。保持这反弹思维，才能让自己变得更好。





Attitude Towards Friendships 面对友情的态度



“Quality Over Quantity”

Not all friendships are meaningful. Spend more time understanding one another instead of using the time to quarrel. Some friends are never too far away from wherever you are. When you have a meaningful relationship, your friends will always be there for you. Otherwise, the friendship may be difficult to maintain.

“品质超于数量”

不是所有的友情都是有意义的。与其浪费时间争吵，倒不如花时间互相了解。不管你在哪里，有些朋友总不会离你太远。当一段友谊发展到有深层的意义时，它自然会变得长存坚固。不然，就算你有再多的时间，这段友情也会很难维系。

“Never Let Go”

If someone means a lot to you, never let go of them. No matter how hard it is, make the relationship work. You will not feel alone if there is someone doing the same thing together with you.

“不要轻易放手”

如果有任何人对你特别重要，那就不要輕易地把他們放走。不管有多困難，總要維護、延續這段關係。如果有人在你身邊一起共同進退，你就不会感到孤單。



“Cancer Does Not Make You Lose Your Friends. It Just Shows Who Your Friends Are.”

True friends will never leave you in the lurch. After chemotherapy, you will find out who your true friends are because they will stand by you. Someone said, ‘Cancer makes you lose your friends’. But I beg to differ. True friends will not mind your illness and your physical appearance. They will be friends with you and talk to you regardless.

“癌症不会让你失去朋友”

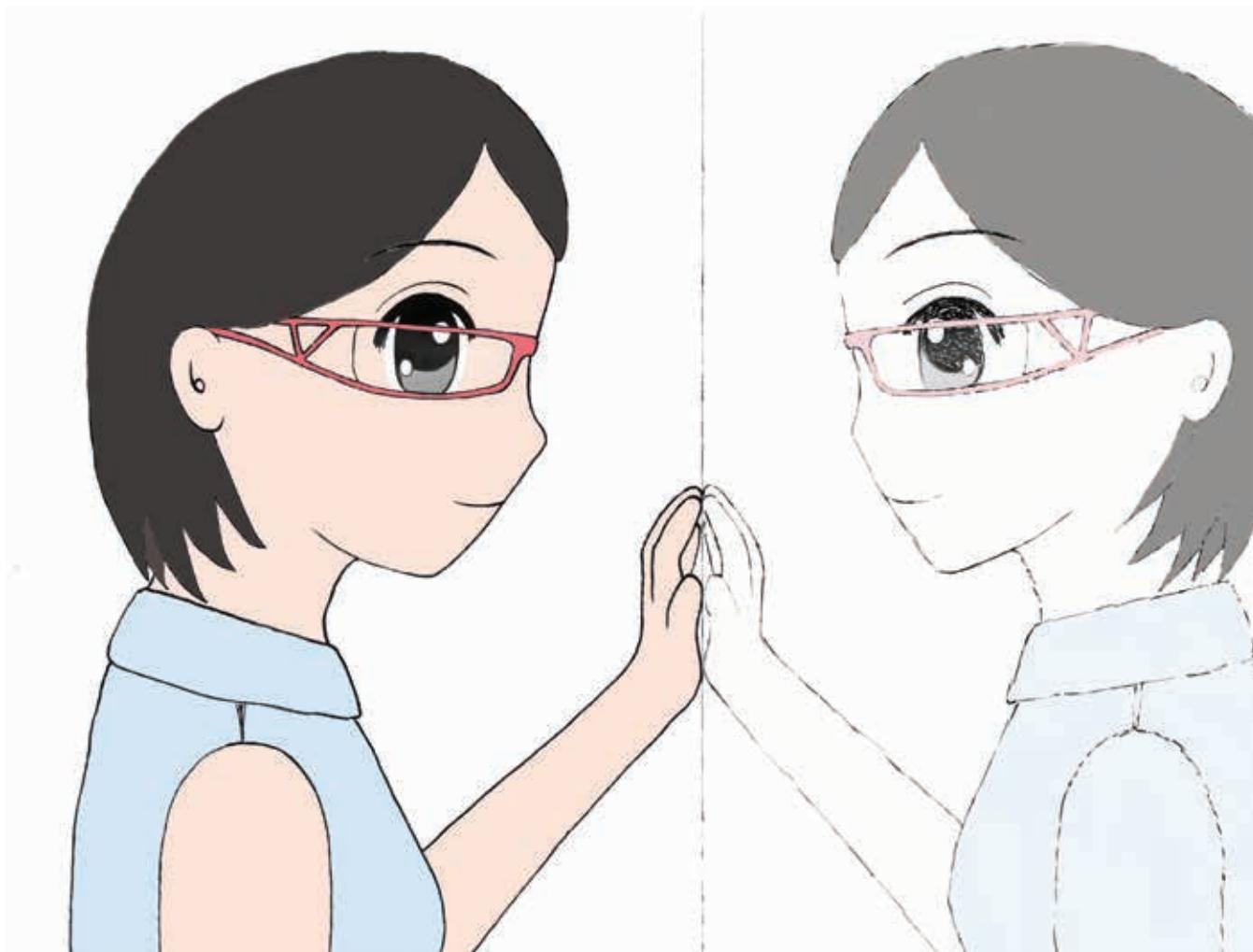
真正的朋友不会贸然离你而去。有人说：“噢，癌症让我失去朋友。” 我却不这么认为。真正的朋友不会介意你患了什么病，也不会在意你的外表。无论如何，他们都会主动示好，也会主动找你聊天。



Attitude Towards Self

面对自己的态度





“You Cannot Lie to Yourself”

You can lie to others but not to yourself because the truth is already out there. The facts are also etched in your mind, so why bother forging the truth?

“不能欺骗自己”

你可以欺骗别人，但是你不能欺骗自己。既然真相已巩固在你的脑海里，那何必要扭曲事实呢？



“Do Not Stop Believing”

I was a reserved person before the diagnosis. But I became more outspoken after that. I would talk to the doctors, nurses and play with other patients who are younger than me. Now, I will also try to lead when doing presentations even though I have only been back to school recently. Perhaps it has always been my dream to speak confidently on stage, which was why I pushed myself hard when presenting to my classmates. Be confident and you will have fun in doing the things you do.

“不要停止相信自己”

我在患癌前是一个文静的人。自从我患癌后，我不知不觉地变得更为健谈。我开始跟医生和护士们聊天，有时也跟其他年纪比较小的病人一起玩乐。虽然我刚返校不久，但我会尝试做领导和演讲等等。能够很有自信的站在台上演讲是我的梦想之一，因此我便想通过这些机会去训练自己。当你变得有自信时，你就会乐在其中。



Wall of Remembrance

纪念板





In the Eyes of School Principal and Teachers...

在学校校长和老师眼中的思潔...



She was a true fighter who was always cheerful throughout her illness. The optimistic and brave girl was determined to fulfil her aspirations, always eager to attend school and had a ready smile for everyone she met. Her true grit and resolve have left a deep impression on her peers and her teachers. Natalie was an inspiration to all who knew her. She exemplified courage and great resilience, and she lived life to the fullest. We will always remember her for her indomitable spirit – one that never gave up on life or on bringing hope and inspiration to others!”



她是真正的勇者，不管病情如何，她总是如此开朗。她是一位乐观、勇敢的女孩，总是决心要完成她的理想、积极学习和笑脸迎人。她的决心和坚持在她的老师和同学心目中留下了深刻的印象。对所有认识她的人来说，没人能否定思潔对他们所产生的启发和鼓舞。她充分地表彰了勇气和坚韧，她确实活出了一个丰盛的生命。我们会永远记得她不屈不挠的精神 – 一份永不放弃生命、散发希望和启发别人的精神！”



Natalie's Achievements

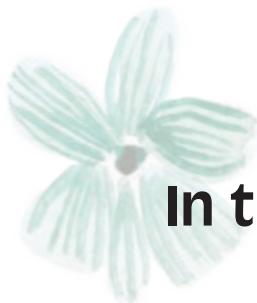
Natalie was recognized in 2010 with the Inspirational Patient Award by SingHealth.

思潔在2010年荣获新加坡保健集团所颁发的“激励人心病人奖”。



Anglican High School also presented her with an award in 2014 for embodying the school value of 'Perseverance'.

在2014年，思潔也荣获圣公会中学所颁发的奖项，以表扬她活出毅力的一面，这正是其学校所秉承的价值观之一。



In the Eyes of Classmates and Friends...

在同学和朋友们眼中的思潔...



Natalie has always been a very kind girl with a warm smile on her face. She will never allow her illness to ruin her mood. She was a very important friend to me. She has taught me how to keep a positive attitude and to live life with perseverance. Natalie was a very beautiful girl and she will always hold a special place in my heart.”



思潔是个十分善良的女孩子。她每天总是带着一个温暖的微笑，从来都不会因为病情而心情不佳。她对我而言是一位十分重要的朋友。她教会我要保持一个正面和持之以恒的生活态度。思潔是一个十分美丽的女孩，她在我心中永远都保有一个特别的位置。”



Natalie was always very happy and cheerful in school. Even though I have only known her for a few months, she soon became a close friend of mine. Natalie was the strongest person I have ever met. She disliked receiving help as she always wanted to be treated normally. Natalie is never gone. She will always be loved and remembered.”



在学校里，思潔总是非常开心和开怀。虽然我只是认识她几个月，但她很快就成为了我的一位亲密好友。思潔是在我遇过的人当中最坚强的人。她不喜欢我对她有什么特别的待遇，因为她要我们如常人般地对待她。思潔并没有离开我们，我们永远会爱她和想念她。”



Natalie has been a great friend and she truly inspired me. Even though I've only known her for about six months, she made a great impression. Despite her disability or her illness, she was still the strongest person I have ever met. She will forever be in our hearts. Her fighting spirit will always be remembered. She has and will always be with us."



思潔是一位很棒的朋友，她真的给了我很多的启发。虽然我只认识她六个多月的时间，她却在我心中留下非常深刻的印象。虽然她有疾病和残缺，她仍然是我遇过最坚强的人。她会永远在我们的心中，我们也会永远记得她坚强奋斗的精神。她永远是我们的一份子。”



Natalie was truly a great inspiration and role model to all of us. It was a great blessing and joy to have her in our class. She was always optimistic and very helpful. I am pleased and grateful to meet such a great friend like her. Natalie will forever live in our hearts and will always be remembered. She has left behind great memories and we will all miss her very much, but she will never be forgotten."



思潔是我们的榜样和鼓舞，她为我们班上带来莫大的祝福和欢乐。她总是那么乐观和喜欢帮助别人。我很荣幸和欣慰能有这么棒的一位朋友。思潔会永远活在我们的心中，我们也会永远记得她。她为我们留下了许多美好的回忆，我们会非常想念她，也永远不会忘记她。”



During the period of time when Natalie joined our class, she brought a lot of joy to our class. I really enjoyed having her as my classmate. She was always smiling and would help others if she could. She has also been a great inspiration to us as she continued to pursue her studies even when she was sick. No matter what, Natalie will always be a part of our class.”



自从思潔加入我们班后，她为班上带来了许多欢笑。我真的很庆幸有她做我们的同学。她总是脸带笑容，总喜欢在她的能力范围内帮助别人。虽然面对疾病，她仍然积极求学，这对我们来说是一个很好的借镜。无论如何，思潔永远会是我们班上的一份子。”



Natalie has been a very resilient girl. She withstood the sufferings that none of us can understand and she faced these challenges with a smile. She was also very hardworking. Whenever she came across something that she didn't know, she would take the initiative to ask her teachers or classmates. Natalie fought with this illness for six years. She is indeed a brave warrior.”



思潔是一个很坚强的女孩。她在班上的这段时间带给了我们不少的欢乐。尽管她承受着我们并不了解，也不能体会的痛楚，她却总是面带笑容的面对一切。思潔总是十分勤奋，有什么不懂的问题都会主动询问老师或同学。思潔和疾病奋斗了六年之久，她是一个真正的勇士。”



“ Natalie was very brave and strong. She was never bothered by her past and her illness. She had a very strong fighting spirit. Having Natalie in our class definitely was a joyful addition and I am so happy to have met and known her because she has taught me how to persevere, overcome difficulties and live life to the fullest. Natalie sat in front of me in class and each time I saw her, she was always working hard and being positive about life. I may not be a close friend of hers but she showed me how precious life is and taught me to be strong. Natalie's joy and happiness towards everything will live on in our hearts forever. All the good memories of Natalie will stay with us.”



“ 思潔非常勇敢和坚强。她从来不会因为她的过去和病症而受困扰，她有着无比坚韧的战斗精神。有思潔加入我们的班绝对是一件值得庆幸的事，我很高兴有机会遇见她、认识她，因为她教会了我们如何坚忍、如何克服困难和如何活出精彩的人生。思潔在班上就坐在我前面，每当我看到她时，她总是那么努力勤劳，对任何事都抱着非常正面的态度。虽然我不是跟她特别熟落，她却让我体会到生命有多珍贵，她也教会我如何持续奋斗。思潔对所有事所抱有的热诚将会永远活在我们心中，所有和思潔的美好回忆也会永存在我们心里。”

“ Natalie was very approachable and had a big smile on her face every day. Though she faced many challenges in life, she seemed to be the happiest person in our class. Natalie's happiness was infectious. My troubles seem to go away when I talk to her. I have learnt a lot from Natalie, who was a very resilient person. Because of her, I have learnt to stay strong and not give up whenever I encounter difficulties.”

“ 思潔很亲切，她每天都带着一脸的笑容。虽然她在生活中经过这么多困难，但她在我们班上看起来是最开心的。思潔在班上所带来的欢乐是非常具有感染力。每逢我与她说话时，我总会感到非常开怀，仿佛我的困扰都离我而去。我从思潔的身上真的学到了很多。她是个很坚强的人。因为她，我学会了在面对困难时，一定要坚强，不放弃。”



In the Eyes of Medical Staff...

在医疗团队眼中的思潔...



Natalie was always so positive and enthusiastic about life. Despite her medical problems, including amputation, side effects from chemotherapy, multiple relapses and lung surgeries, she never stopped smiling and always lived in the moment. She has an admirable inner strength, which helped her come back stronger from each setback.

For me, she truly lived up to the phrase ‘carpe diem’. Seize the day and do not fret about tomorrow or the things you cannot change. I remember her enthusiasm when she shared that she was to visit a Japanese anime exhibition. I learnt quite a bit about Japanese anime from her.”

— A/Prof Chan Mei Yoke, Head & Senior Consultant (Haematology/Oncology Service)



思潔对生命总是那么正面和积极。纵然面对各种起伏不定的状况，如截肢、化疗引起的副作用、多次的复发和手术等等，她仍然能脸带笑容、开玩笑和活在当下。她确实有一种值得我们敬佩的内在韧力，让她总是能在每一次的挫折中，一次又一次地反弹。

对我而言，她实实在在地体现出‘把握每一天’的概念。不管面前有什么障碍或挑战，她坚持活在当下，不要为明天或一些不能改变的事实而烦恼。我记得有一次她很兴奋，满心期待要去参加一个有关日本动画的展览，她也很雀跃地分享她对那些动画人物的认识，她确实增进了我对日本动画的认识。”

— 陈美玉副教授，血液/肿瘤科服务主任和高级顾问

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