

WARRIOR SISTER CARDS

Warrior Sister Cards are short notes of encouragement addressed to our Haven Retreat participants. These cards are given to them on Thursday during their final wrap-up celebration.

We would love your help. You can make blank cards and send them in for other volunteers and survivors to write messages. Or you can make and/or buy blank cards and write your own messages that inspire hope.

Please send all cards to:

The Yunique Foundation
ATTN: In-kind Donations
3400 W Mayflower Ave
Lehi, UT 84043

Live in the area? You can drop them off at the same address Monday – Friday from 9:00am to 4:00pm.

MAKING BLANK CARDS

Cards should appeal to a variety of women. Because our participants come from diverse backgrounds, please keep any messaging nonreligious. The cards can be simply decorated and/or have encouraging, uplifting messages.

WRITING MESSAGES

Inside you can write a short note of encouragement to a Haven Retreat participant. These messages should inspire hope and remind each survivor of her strength and courage. Because our participants come from diverse backgrounds, please keep your messages nonreligious.

Address your notes to “Dear Friend,” “Dear Warrior Sister,” “Dear Courageous One,” or something similarly empowering, and sign off “Your Friend,” “Your Warrior Sister,” or something similarly kind and supportive. If you use your name, please do not include your surname.

See sample notes for ideas and inspiration, but please make your notes your own.

Dear Friend,

You are amazing for all you have accomplished at The Haven Retreat. I am proud of you for the journey you have made that has led you to this moment. You are strong, capable, and loved, and you can do this. Keep learning and growing. Use the tools you’ve learned here at retreat to continue your healing. There will be hard days, but you are full of courage and have a community supporting you.

Your Friend

Dear Warrior Sister,

I want you to know that you are brave and strong. If you ever doubt yourself, just think of all the courageous things you have accomplished this week. I love this quote by actress Ruth Gordon: “Courage is like a muscle. We strengthen it by use.” I know you will continue to strengthen your courage as you use the tools you learned this week. You can do it! I have such faith in you, in your journey, and in the amazing growth awaiting you!

Your Warrior Sister



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You can also use empowering quotes to encourage and strengthen. The following are some you might consider incorporating.

You are worth finding. Worth knowing. Worth loving. You and all your one million layers. Always hold that close.

–Danielle Doby

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.

–Maya Angelou

It took me quite a long time to develop a voice, and now that I have it, I'm not going to be silent.

–Madeline Albright

I raise up my voice not so I can shout but so that those without a voice can be heard.

–Malala Yousafzai

I believe in being strong when everything else seems to be going wrong.

–Audrey Hepburn

You may encounter many defeats, but you must not be defeated. Please remember that your difficulties do not define you. They simply strengthen your ability to overcome.

–Maya Angelou

Open your eyes to the beauty around you. Open your mind to the wonders of life. Open your heart to those who love you. And always be true to yourself.

–Maya Angelou

Show me how big your brave is.

–Sara Bareilles

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.

–Mary Anne Radmacher

Nothing is impossible, the word itself says 'I'm possible'!

–Audrey Hepburn

Honor your scars. They are proof you have lived.

–Cleo Wade

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

–Maria Robinson

Courage is like a muscle. We strengthen it by use.

–Ruth Gordon

