

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 buy or make blank cards for participants to write in.

Please send all cards to:

**The Younique Foundation
ATTN: In-kind Donations
11675 Great Oaks Way, Suite 175
Alpharetta, GA 30022**

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 and empowering quotes. 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

