

## Community Days 2019 – Ideas for Notes of Encouragement

Thank you for volunteering to [write a note of encouragement](#) for a person with cancer! Your message helps us deliver hope to patients and lets them know we care.

As you write your note, keep these points in mind:

- *Sign your first and last names (or, if you prefer, your first name and the first initial of your last name) – so if a patient sends us a thank-you note, we'll forward it to you.*
- *Add your city and state – to personalize your card even more.*



**Please note:** Patients have diverse religious or spiritual beliefs, and we don't know their diagnosis. Please avoid sharing religious thoughts and expressions such as "get well soon."

### Examples of encouraging messages:

- Stay strong and keep fighting. I'm cheering for you.
- Remember you are not alone – I'm sending my support.
- Stay positive and try to make the most of every day. Know that others care.
- You are strong. You can do this.
- Find hope in the everyday moments of your life.
- We care about you. We're thinking about you.
- Believe in yourself. Believe in your strength.

### Examples of inspiring quotes:

"Turn your face to the sun and the shadows fall behind you."  
– Maori proverb

"Use what you've been through as fuel, believe in yourself and be unstoppable!"  
– Yvonne Pierre

"Laughter is a sunbeam of the soul."  
– Thomas Mann

"Only when we are brave enough to explore the darkness will we discover the infinite power of our light."  
– Brené Brown

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."  
– Christopher Reeve