

# Kind Notes



TENACIOUSLY TEAL DELIVERS OVER 300 CANCER CARE PACKS EVERY MONTH TO 15 TREATMENT CENTERS ACROSS OKLAHOMA. THANK YOU FOR CHOOSING TO SPREAD LOVE AND HOPE TO CANCER FIGHTERS BY HELPING US FULFILL OUR COMMITMENT TO INCLUDE A HANDWRITTEN NOTE IN EACH CANCER CARE PACK!

## THE BASICS

1

YOU CAN USE ACTUAL NOTE CARDS OR SIMPLY A PIECE OF PAPER FOLDED IN HALF. ENVELOPES ARE NOT REQUIRED. PENS, MARKERS, AND CRAYONS ARE ALL GREAT!

2

DO WRITE SIMPLE NOTES OF ENCOURAGEMENT, LET THEM KNOW YOU ARE THINKING ABOUT THEM OR PRAYING FOR THEM, REMIND THEM HOW STRONG AND COURAGEOUS THEY ARE, INCLUDE YOUR FAVORITE INSPIRING QUOTE OR SCRIPTURE.

3

DON'T INCLUDE STORIES OF FAMILY OR FRIENDS WITH CANCER OR ILLNESS.

4

BE CREATIVE! PINTEREST AND GOOGLE IMAGES ARE GREAT PLACES FOR FINDING INSPIRATIONAL QUOTES AND SCRIPTURE. WE HAVE ALSO INCLUDED SOME EXAMPLES BELOW.

5

MAIL COMPLETED NOTES TO THE ADDRESS LISTED BELOW.

## EXAMPLES

STAY STRONG!

**THE LORD WILL FIGHT FOR YOU; YOU NEED ONLY BE STILL.**

Exodus 14:14

**You are not alone.**

The human spirit is stronger than anything that can happen to it.

C.C. SCOTT

KEEP FIGHTING!

**BRAVERY ISN'T THE ABSENCE OF FEAR. IT IS BEING AFRAID BUT SHOWING UP ANYWAY.**