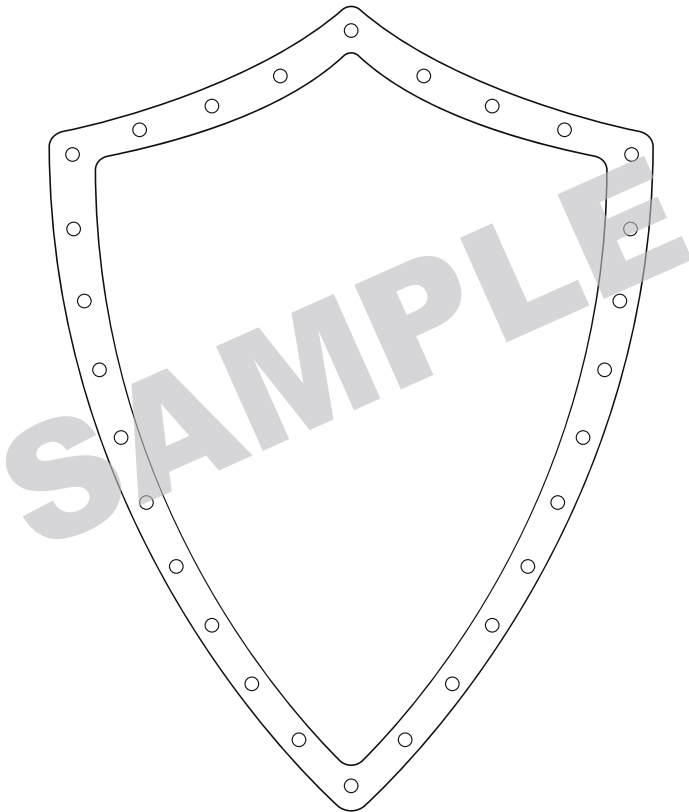


Today's Date: \_\_\_\_\_

# READY FOR BATTLE

Shields were used for protection in battle. In your battle to combat the uncertainties, hardships, and adversities a cancer diagnosis brings, what makes you feel safe and protected? Fill in the shield with drawings and/or words of the things that make you feel strong, brave, safe, and protected.



**Remember, "You're braver than you believe, stronger than you seem, and smarter than you think." A.A. Milne**