HAGAR'S HEART™

We see you.

Letter Writing Instructions

Letter Writing Instructions

**For service hour credit: 10 letters = 1 hour of service; Max of 10 hours given.*

Research shows that it takes 5-7 positives to make up for one negative. Please choose 5-7 sentences below and write your encouraging and affirming letter. Feel free to also use your own words of support as desired. Because the women we serve are of all faiths, or may be questioning their faith, please avoid any spiritual or religious references, when writing. Please remember to sign the letter with a first initial, first name ONLY, or "A Friend" to make it personal for the survivor reading.

Steps

1. Use blank 4x6" folded cards (not index cards), or smaller, to write your letters.
2. Choose 5–7 encouraging sentences from the provided list or write your own uplifting, supportive words. You can use the
3. Avoid religious or spiritual references to respect the diverse backgrounds of the survivors receiving the letters.
4. Do not include any personal information such as your last name, address, or contact details.
5. Sign your letter with your first name, first initial, or "A Friend" to keep it personal but safe.
6. Do not place the letter in an envelope! We do not need the envelopes, so you can keep.

Exact Letters to be copied

- Dear Friend, YOU ARE SEEN! YOU ARE WORTHY! YOU ARE LOVED! As I write this note, I am thankful for the life of the person reading it. You are on a journey where loving yourself is most important. I hope you continue to put your worth first because you deserve nothing but the best…
- Dear Friend, YOU ARE SEEN! YOU ARE WORTHY! YOU ARE LOVED! I want you to know that you have people who know and understand this journey and we stand with you. Continue to be safe and stay encouraged as you take your next steps. You owe it to yourself to make YOU important.
- Dear Friend, Your courage is a source of strength to others. You are so much more than you may realize, and you are encouraging others you may not know. Remember there is always purpose in the process. Continue to take care of and trust YOURSELF first. YOU ARE SEEN! YOU ARE WORTHY! YOU ARE LOVED!
- Dear Friend, YOU ARE SEEN! YOU ARE WORTHY! YOU ARE LOVED! You have been through a lot but please remember that YOU are Enough. Use each day to love and trust yourself and your decisions. You know what is best for YOU so know that your best is yet to come. Take care.

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THE JOURNEY

- You are not alone. You are on a journey that so many before you and so many after you will
- take. Be encouraged and know that you are encouraging others.
- See the journey of self-love as steppingstones to the happiness you deserve.
- You are stronger than all of life's challenges. Let your strength continue to see you through
- this journey.
- This journey is a marathon, not a sprint. Take day by day, one step at a time.
- Each person has their own unique journey with many different paths. For every step back or
- forth, it is a part of the journey. Just keep going!

STRENGTH AND COURAGE

- I encourage you to use the same strength that got you to this point, be a guide for you
- through this process.
- Your strength is your power so remember that you are so much more than a survivor.
- Your strength to survive is within YOU so do not let anyone take it away from you.
- Your strength and courage are your superpower. Remember to tap into it when you need to!
- Focus your strength and energy on what is in front of you, not what is behind.
- The situations you face today are developing the strength you need for tomorrow. Do not
- give up now.
- Your voice is your strength and power. Use it!
- Each day will be another day towards a stronger YOU!

SELF-LOVE

- You are valuable and more than enough!
- Encouraging you to focus on your reasons WHY you CAN instead of why you CAN'T.
- Now is the time to show up for yourself like nobody else can.
- Use each day as an opportunity to love yourself. YOU are amazing so you will be able to do
- amazing things!
- Start living life knowing that you are enough.

SUPPORT

- I am cheering for you!
- You can overcome the hurts of the past to be everything you need for yourself in the future.
- You know better than anyone what is best for YOU so know that your best is yet to come.
- I encourage you to keep reclaiming your life and all that you deserve.
- You are capable of so much so don't give up on your dreams and goals.
- I encourage you to focus on the reasons why you CAN instead of why you CAN'T.
- You deserve the best, so it is ok to let go of things that don't give purpose to your life.

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Bracelet Making Instructions

For service hour credit: 7 bracelets = 1 hour of service; Max of 10 hours given.

Steps

1. Use round or square beads in assorted colors to make each bracelet.
2. Include one word from the word list on each bracelet using letter beads.
3. Make bracelets in a variety of sizes to fit women of all wrist sizes.
4. Allow for about 8–10 inches of string per bracelet so you have enough room on each side to add beads and tie a secure knot.
5. Tie a secure knot when you finish stringing the beads.
6. Seal the knot with clear nail polish to prevent it from coming undone.
7. Trim excess string after sealing. Leave a little space to avoid loosening the knot.

Bracelet Word List

Seen • Worthy • Strong • Loved • Valued • Smart • Trust • Powerful •
Brave • Dream • Grace • Amazing • Bold • Beautiful

Bracelet-Making Tips

- Use stretchy cord for comfort and easy wear.
- Plan your design first by laying out the beads before stringing.
- Double or triple knot the bracelet for extra security.
- Use a sizing guide or test on different wrist sizes to ensure variety.
- Keep your workspace organized to make the process smoother and more fun.

Bracelet Kits

If you'd like to purchase supplies, here are some great options:

1. All-in-One Bracelet Making Kit: https://a.co/d/9z24uvl
   Includes letter beads, colorful round beads, elastic string, and tools—everything you need in one box.

2. Two-Part Option (if you prefer to mix and match):
   - Letter Beads Kit:https://a.co/d/caq2AZr – A full set of alphabet beads for creating meaningful words.
   - Color Beads Kit:https://a.co/d/dBnUzrx – A variety of colorful round beads to pair with the letter beads.
   - String: https://a.co/d/jj89AWb

WE NO LONGER TAKE BRACELETS MADE WITH PONY BEADS.