

BECAUSE NO ONE  
FIGHTS ALONE

# THE WARRIOR COMPASS

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*A guide for navigating pathways toward  
encouragement and support.*



# WELCOME



**HI! I'M LISA.**

As a cancer fighter myself, I understand the difficulties that come with a cancer diagnosis. It can be overwhelming, frightening, and exhausting. But I also know that with the right tools and support, you can face these challenges with courage and resilience.

This guide is intended to be just that - a tool to help you navigate your cancer journey with grace and strength. So, let's embark on this journey together, with the Warrior Compass as a resourceful guide. Let's take each step with courage and resilience and find hope and inspiration along the way.

## WARRIOR BAGS

# HOW TO USE THIS GUIDE

The Warrior Compass is a user-friendly and practical guide that offers encouragement and support for your cancer journey. Whether you want to go through each part sequentially or skip to the sections that are most relevant to you, this guide is designed to be flexible and adaptable to your needs. It includes a variety of free downloadable worksheets, links to cancer-related resources, and practical strategies that can help you navigate the emotional and physical challenges of cancer treatment. You can use these strategies to honor your emotions, cope with treatment, and cultivate hope and encouragement throughout your journey.

With The Warrior Compass, you have a valuable tool that is both comprehensive and accessible. No matter where you are in your cancer journey, this guide can help you find the support and resources you need to face the challenges with hopeful resilience and grace.

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Courage is not  
simply one of the  
virtues but the  
form of every  
virtue at the testing  
point.

-

C.S. Lewis

PART 1

RESOURCE  
LIBRARY



# RESOURCE LIBRARY



## ALEX'S LEMONADE STAND

Support for childhood cancer that includes financial assistance, access to a free treatment organizer for parents, Super Sibs, a program aiming to comfort, encourage sibs, and much more.

[MORE INFO](#)



## AMERICAN CANCER SOCIETY

Provides a variety of services and resources to help people affected by cancer. These include cancer education and prevention programs, patient support services, and funding for cancer research.

[MORE INFO](#)



## CANCER SUPPORT COMMUNITY

Find help with emotional support and free counseling, locate financial support, gain information about cancer treatment, clinical trials, exercise and nutrition, how to manage side effects, post-treatment support and much more.

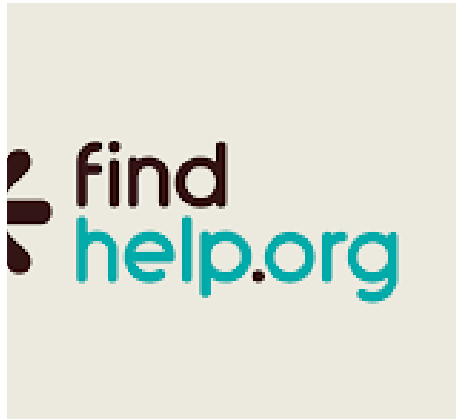
[MORE INFO](#)



## CANCER CARE

The organization assists cancer patients and their families in finding a range of essential services, including counseling and support groups, case management, educational resources, and financial assistance.

[MORE INFO](#)



## FINDHELP

The organization offers a free, user-friendly search tool to help you find a wide range of assistance programs, from medical bill coverage to grocery support. With both national and local resources included, the tool makes it easy to access the support you need during your cancer journey.

[MORE INFO](#)



## HEALTHWELL FOUNDATION

Committed to those who are underinsured. When traditional health insurance falls short, they step in to provide support, including copays, premiums, deductibles, and out-of-pocket expenses.

[MORE INFO](#)

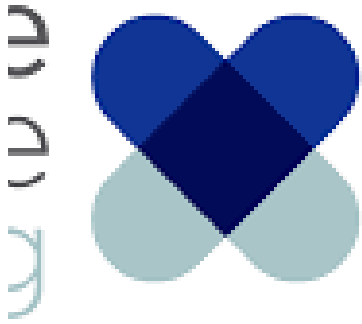


## HOPECAM

Works to combat the social isolation that can often accompany cancer treatment in children by providing virtual connections between homebound children and their classmates. This program is offered free of charge to participants and schools.

[MORE INFO](#)





## MEDICINE ASSISTANCE TOOL

Connects patients with a range of resources and cost-sharing programs, with the aim of reducing out-of-pocket expenses associated with medical treatment. This support is available to individuals with or without insurance coverage.

[MORE INFO](#)



## MERCY MEDICAL ANGELS

Offers free transportation options to cancer patients for their medical treatments, including gas cards, bus and train tickets, and air travel, helping to alleviate the financial burden and logistical challenges of accessing necessary healthcare services.

[MORE INFO](#)



## NATIONAL CANCER INSTITUTE

The foremost authority on cancer research within the U.S. government, this organization provides the most reliable and current information on cancer, covering all aspects of the disease from prevention to treatment options.

[MORE INFO](#)



## NATIONAL INSTITUTE OF MENTAL HEALTH

Provides confidential crisis support through a toll-free lifeline and text line that operate 24/7, offering a lifeline to those in need at no cost. All conversations are kept private and confidential.

[MORE INFO](#)



## PATIENT ADVOCATE FOUNDATION

Offers a range of services to eliminate obstacles, including case management assistance, a COVID-19 resource center, financial assistance funds and directory, copay relief, and cancer education. They aim to empower patients to make informed decisions about their healthcare.

[MORE INFO](#)



## TEAM CURE

Provides care packages for children and teens who have been affected by cancer. These packages are specifically tailored for survivors and teenagers and are available nationwide to any child or teen who has been impacted by cancer, regardless of their current health status.

[MORE INFO](#)



## TRIAGE CANCER

Provides free education on the practical and legal issues after a cancer diagnosis.

[MORE INFO](#)



## TRSCARE

The organization provides chemotherapy wigs for cancer patients that are typically covered by insurance. They offer assistance with the qualification process - simply fill out their online form to get started.

[MORE INFO](#)

”

Your scars are  
proof that you are  
a kind of  
BULLETPROOF.

-

Ann Voskamp

PART 2

STRATEGIES  
FOR  
CULTIVATING  
HOPE

# 7 STRATEGIES FOR CULTIVATING HOPE

## 01 BATTLE CARDS

The Battle Cards strategy is a powerful tool for you, helping to combat the darkness and fear that often accompanies a cancer diagnosis. This approach involves writing Bible verses on note cards, providing a tangible reminder of God's love and truth, no matter what challenges you may be facing. Confessing these verses out loud can bring a sense of strength and peace that goes beyond your circumstances. The cards serve as a battle cry, silencing negative thoughts and shifting your focus towards hope and faith. To start using this strategy, grab some 5x7 notecards and your Bible, and write down verses that resonate with you. You can also download pre-made Battle Cards from the "Free Downloads" section of this guide.

## 02 BREATH PRAYER

The Breath Prayer strategy is a simple yet effective approach that involves taking slow, deliberate breaths while repeating a short Bible verse or phrase that inspires hope and peace. The idea behind this strategy is to use the rhythm of your breath to help calm your mind and body and to connect with God's presence. To do this, choose a short verse or phrase that speaks to you and that you can repeat easily. Some examples of phrases are "God, you are with me" or "I trust in Your unfailing love." Once you have chosen your phrase, inhale while saying the first half of the phrase in your mind, and then exhale while saying the second half of the phrase in your mind. Repeat this process for several minutes, focusing on your breath and your chosen phrase. The Breath Prayer strategy can be used anytime, anywhere, making it a helpful and accessible tool for you to use whenever you need it. Check out the "Free Downloads" section for a few examples.

## 03 FAITH-FILLED BEATS

Faith-Filled Beats is a strategy for cultivating hope through music. By creating a playlist of uplifting, inspiring, and faith-filled songs, you can tap into the power of music to help shift your focus towards hope and encouragement. Listening to music has been shown to have numerous psychological benefits, including reducing stress and anxiety, increasing feelings of happiness and well-being, and boosting energy levels. When you intentionally choose songs that speak to your faith and your hope, you create a powerful tool for combating the negative emotions that can sneak up on you at any time. So, turn up the volume, and let your Faith-Filled Beats help you cultivate a mindset of hope and resilience.

## 04 SOULFUL SCRIBBLES

Soulful Scribbles is a powerful practice that can help you cope with the many emotions that arise during your journey. By putting pen to paper, you can begin to process your thoughts and feelings, gain clarity, and ultimately find peace. Whether you're experiencing fear, anger, grief, sadness, or hope, journaling can be a safe and effective outlet for your emotions. To get started with Soulful Scribbles, set aside some quiet time in a comfortable space where you can reflect without distractions. Choose a journal or notebook that inspires you and begin by writing *whatever* comes to mind. You can write about your cancer journey, your feelings, your hopes, your fears, or anything else that's on your heart. Don't worry about grammar, punctuation, or spelling because the goal is simply to express yourself honestly and authentically. So start scribbling! You can find journal pages with prompts to help get you started in the "Free Downloads" section of your guide.

“  
*Fill your paper with the  
breathings of your heart.*  
William Wordsworth  
”

## 05 BETTER TOGETHER

To navigate the challenging journey of cancer, it's essential to stay connected with others. Building relationships with those who understand your experiences can provide a sense of community and empowerment. Support groups, whether in-person or online, offer a safe space to share emotions, knowledge, and experiences with others going through a similar journey. Facebook provides access to support groups like our [Warrior Way](#), where you can find a safe space to share experiences, gain insights, and feel understood. Additionally, connecting with others through social media and online forums can be helpful. In our "Free Downloads" section, we've listed several apps for cancer warriors that provide a safe space for sharing experiences and finding resources and support.

## 06 THE POWER OF BOUNDARIES

Setting boundaries is a crucial element in cultivating hope during the cancer journey. It involves taking charge of your life and making room for what's most important to you. With a life-changing diagnosis, it's easy to feel powerless and overwhelmed. However, boundaries can help you establish some sense of control and purpose. You can say "no" to commitments that drain your energy, create a physical space that is comforting, or establish routines that promote well-being. By prioritizing healthy boundaries, you can reduce stress and help improve your overall sense of well-being. Check out our "Free Downloads" section for a self-assessment and practical tips on setting boundaries.

“  
*I set boundaries not to offend  
you, but to respect myself.*  
Unknown  
”



# SANCTUARY OF SELF-CARE

A sanctuary is a place of refuge, which is why self-care is a crucial element of cultivating hope during the cancer journey. It's easy to become overwhelmed with the physical, emotional, and mental demands of cancer treatment, which can take a toll on your overall well-being. By prioritizing self-care, you can help to restore your sense of balance and reduce stress levels. Self-care can take many forms, from taking a relaxing bath or practicing meditation to getting enough sleep or engaging in creative activities that bring you joy. Finding ways to nurture yourself can help you feel more resilient and better equipped to face the challenges ahead. Check out the list below for practical self-care ideas to help you create your own sanctuary of self-care.

- Take a warm bath or shower with aromatherapy oils.
- Practice meditation or deep breathing exercises.
- Listen to calming music or guided relaxation audio.
- Engage in gentle stretching or yoga.
- Get a massage or try acupuncture.
- Spend time in nature, such as going for a walk or sitting in a park.
- Enjoy a favorite hobby or creative activity.
- Read a book or watch a favorite movie or TV show.
- Try journaling or expressive writing to process emotions.
- Connect with supportive friends or family for a chat or outing.
- Practice mindfulness by being fully present in the moment and focusing on the senses (*Anatomy of the Soul* by Curt Thompson discusses this in greater detail.)
- Treat yourself to a healthy and delicious meal or snack.
- Get enough sleep by establishing a bedtime routine and creating a restful sleep environment.
- Practice self-compassion and positive self-talk.
- Seek professional help or support if needed, such as therapy or counseling.

”

It is during our  
darkest moments  
that we must focus  
to see the light.

-

Aristotle

PART 3

INSPIRING READS  
FOR  
THE JOURNEY

# INSPIRING READS FOR THE JOURNEY

Inspiring Reads for the Journey is a curated list of books that can help you and your loved ones find inspiration, hope, and wisdom. Reading can be a powerful tool for coping with difficult emotions and gaining new perspectives. No matter where you are on your journey, these books can offer guidance and support, reminding you that you are not alone.

1. *The Broken Way* by Ann Voskamp
2. *This Day We Fight* by Francis Frangipane
3. *No Cure For Being Human* by Kate Bowler
4. *Fighting Words* by Ellie Holcomb
5. *Crushed* by T.D. Jakes
6. *You'll Get Through This* by Max Lucado
7. *Chase the Lion* by Mark Batterson
8. *Get Out of Your Head* by Jennie Allen
9. *Everything Happens* by Kate Bowler
10. *The Gift of Being You* by David G. Benner
11. *Sensible Shoes* by Sharon Garlough Brown
12. *The Next Right Thing* by Emily P. Freeman
13. *Pilgrimage of a Soul* by Phileena Heuertz
14. *Present Over Perfect* by Shauna Niequis
15. *Try Softer* by Aundi Kolber
16. *The Book of Common Courage* by K.J. Ramsey
17. *Anatomy of the Soul* by Curt Thompson
18. *Embracing the Body* by Tara M. Owens
19. *Boundaries* by Henry Cloud
20. *The Naked Now* by Richard Rohr

PART 4

RHYTHMS  
OF  
HOPE

# RHYTHMS OF HOPE

## Podcasts, Videos and Songs for Hope

Rhythms of Hope is a selection of podcasts, YouTube videos, and songs that can offer support, insight, and inspiration during the cancer journey. These rhythms of hope can help you feel less alone, connect with others who understand what you're going through, and offer new perspectives on your experience. Whether you're looking for practical advice, emotional support, or simply a reminder of your strength and resilience, these rhythms of hope can help you find moments of peace, joy, and beauty.

### EVERYTHING HAPPENS

Everything Happens is a podcast hosted by theologian and author Kate Bowler that explores how to make sense of life's difficult moments. Each episode features interviews with guests who share their experiences of navigating grief, illness, and other life-altering events

### NEURO FAITH

Neuro Faith is a podcast hosted by Curt Thompson that explores the intersection of neuroscience and faith. Through interviews with experts and personal reflections, the podcast offers insights and practices to help listeners cultivate resilience and connect with God.

### THE NEXT RIGHT THING

The Next Right Thing is a podcast by Emily P. Freeman that explores how to make meaningful decisions and live a more intentional life. Through storytelling and reflection, Emily offers practical guidance and inspiration for navigating life's uncertainties.

### THE DAILY STILL

The Daily Still is a podcast that offers daily meditation and mindfulness exercises to help listeners find inner stillness and calm amidst the busyness of life. Each episode is short and guided, making it a great resource for beginners looking to establish a daily mindfulness practice.

## HOW GREAT IS OUR GOD BY LOUIE GIGLIO

"How Great Is Our God" is a powerful and inspiring YouTube video that explores the vastness and complexity of the universe, while also emphasizing the incredible love and care that God has for each and every person. Louie Giglio's passionate and engaging presentation reminds viewers of their place in the world and the beauty and purpose of their existence.

## TAKE COURAGE

"Take Courage" is a popular song by Kristene DeMarco, a Christian singer and songwriter. The song encourages listeners to have faith and trust in God, even in the midst of fear and uncertainty. The lyrics emphasize the importance of standing firm in one's beliefs and trusting in God's plan, even when things seem impossible. The song's uplifting melody and powerful lyrics have made it a favorite among Christian music fans looking for encouragement and hope.

## ENJOYING EVERYDAY LIFE

Joyce Meyer is a Christian author and speaker who offers practical advice on how to overcome life's challenges. She has three podcasts available: "Enjoying Everyday Life" features sermons and teachings, "Talk It Out" offers candid conversations about faith and relationships, and "Bible Study" provides in-depth teachings on specific books and themes. Each podcast is designed to help listeners deepen their understanding of the Bible and grow in their faith.

## GRAVES INTO GARDENS

"Graves into Gardens" is a popular Christian worship song by Brandon Lake. The song is based on a Biblical passage from Isaiah 61 that speaks of God's ability to turn mourning into dancing and transform sorrow into joy. The lyrics encourage listeners to trust in God's transformative power, even in the darkest moments of life. The song's catchy melody and powerful message have made it a favorite among Christian worshipers seeking hope and inspiration.



## YOU'RE GONNA BE OKAY

"You're Gonna Be Okay" is a popular Christian worship song by Brian and Jenn Johnson. The song offers encouragement to listeners who may be struggling with fear or uncertainty, reminding them of God's love and faithfulness. The lyrics emphasize the importance of trusting in God's plan, even in the midst of difficult circumstances. The song's gentle melody and reassuring lyrics have made it a favorite among Christian music fans looking for hope and comfort.

## RAISE A HALLELUJAH

"Raise a Hallelujah" is a popular Christian worship song by Jonathan Hessler and his friends from Bethel Music. The song was inspired by the true story of a young boy who was facing a life-threatening illness, and his parents' decision to trust in God's goodness and faithfulness. The lyrics encourage listeners to lift up their voices in praise and worship, even in the midst of difficult circumstances. The song's powerful melody and message of hope have made it a favorite among Christian music fans seeking inspiration and encouragement.

## SURROUNDED

"Surrounded" is a popular Christian worship song by Michael W. Smith. The song is based on the Biblical passage from 2 Kings 6:16-17 that speaks of God's protection and presence in times of trouble. The lyrics encourage listeners to trust in God's power and love, even in the midst of fear and uncertainty. The song's powerful melody and uplifting lyrics have made it a favorite among Christian worshipers seeking to deepen their faith and find comfort in God's presence.

## BATTLE BELONGS

"The Battle Belongs" is a popular Christian worship song by Phil Wickham. The song offers encouragement to listeners who may be facing difficult battles or challenges, reminding them that God is with them and fighting on their behalf. The lyrics emphasize the importance of trusting in God's strength and power, even when things seem impossible. The song's upbeat melody and powerful message have made it a favorite among Christian worshipers seeking hope and inspiration.



If God keeps track  
of your tears and  
holds them safe in  
a bottle, then  
perhaps your pain  
is precious.

-

K.J. Ramsey

PART 5

# FREE DOWNLOADS

# BATTLE CARDS

The LORD is with me;  
He is my helper.  
I look in triumph on my enemies.

Psalm 118:7

God is your refuge and strength,  
an ever-present help in trouble.

Psalm 46:1

You are my strength, I sing praise  
to You; You, God, are my fortress,  
my God on whom I can rely.

Psalm 59:17

Truly my soul finds rest  
in God; my salvation comes  
from Him.

Psalm 62:1

The LORD your God, who is going  
before you, will fight for you, as He  
did in Egypt, before your very eyes.

Deuteronomy 1:30

I am the vine; you are the branches. If  
you remain in Me and I in you, you will  
bear much fruit; apart from Me  
you can do nothing.

John 15:5

The mind governed by the flesh is  
death, but the mind governed by  
the Spirit is life and peace.

Romans 8:6

For the Lamb at the center of the  
throne will be their shepherd; He will  
lead them to springs of living water.  
And God will wipe away every tear  
from their eyes.

Revelation 7:17

# BREATH PRAYERS

*breathe in:*  
God, my Helper,

*breathe out:*  
quiet my soul.



*breathe in:*  
The LORD is my shepherd,

*breathe out:*  
I lack nothing.

*adapted from Psalm 23:1*



*breathe in:*  
You are my God,

*breathe out:*  
and You are with me.

*adapted from Genesis 46:4*



*breathe in:*  
But I trust,

*breathe out:*  
in Your unfailing love.

*adapted from Psalm 13:5*



*breathe in:*  
You, Lord,

*breathe out:*  
are my hiding place.

*adapted from Psalm 32:7*



*breathe in:*  
In You, LORD,

*breathe out:*  
I take refuge.

*adapted from Psalm 31:1*



*breathe in:*  
You, LORD ALMIGHTY,

*breathe out:*  
are with me.

*adapted from Psalm 46:11*



*breathe in:*  
You, God,

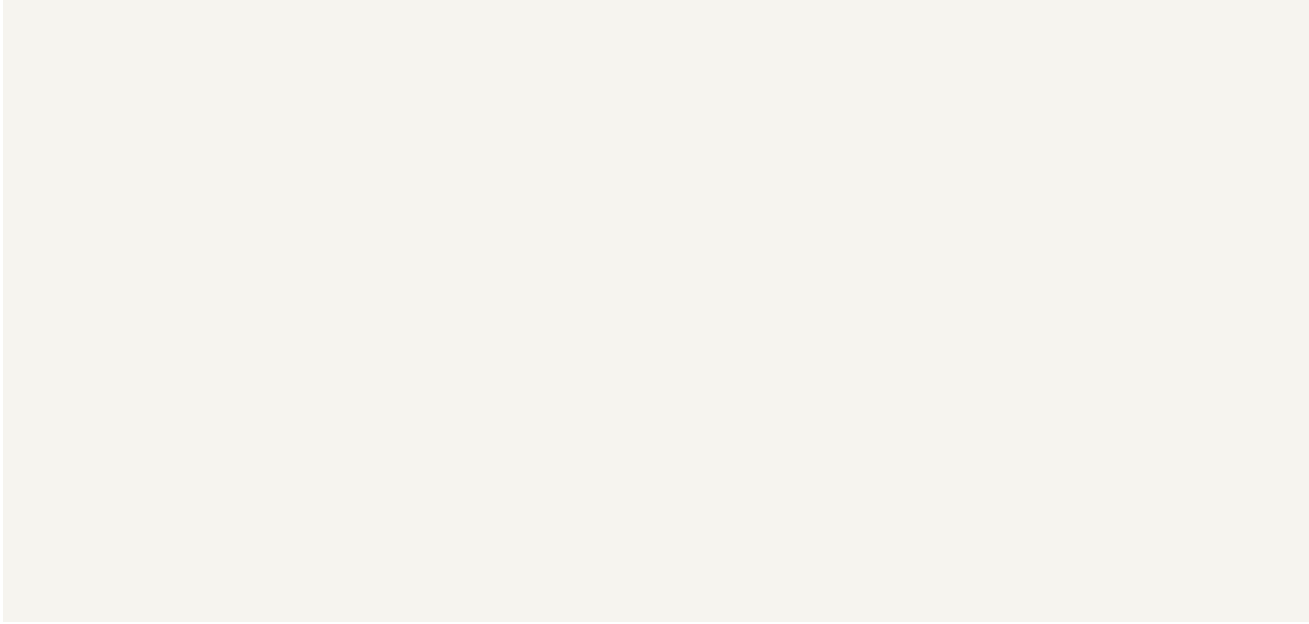
*breathe out:*  
go before me.

*adapted from Psalm 68:7*

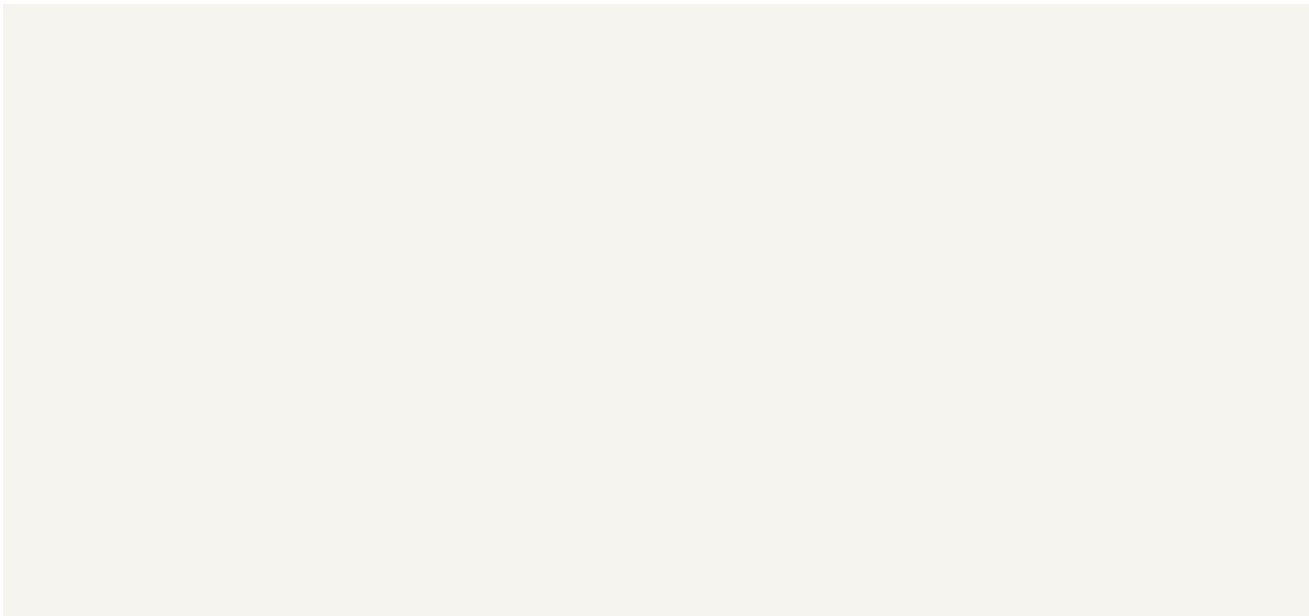


# SOULFUL SCRIBBLES

What are some things that give me strength and hope?  
How can I structure my life so I can experience more of those things?

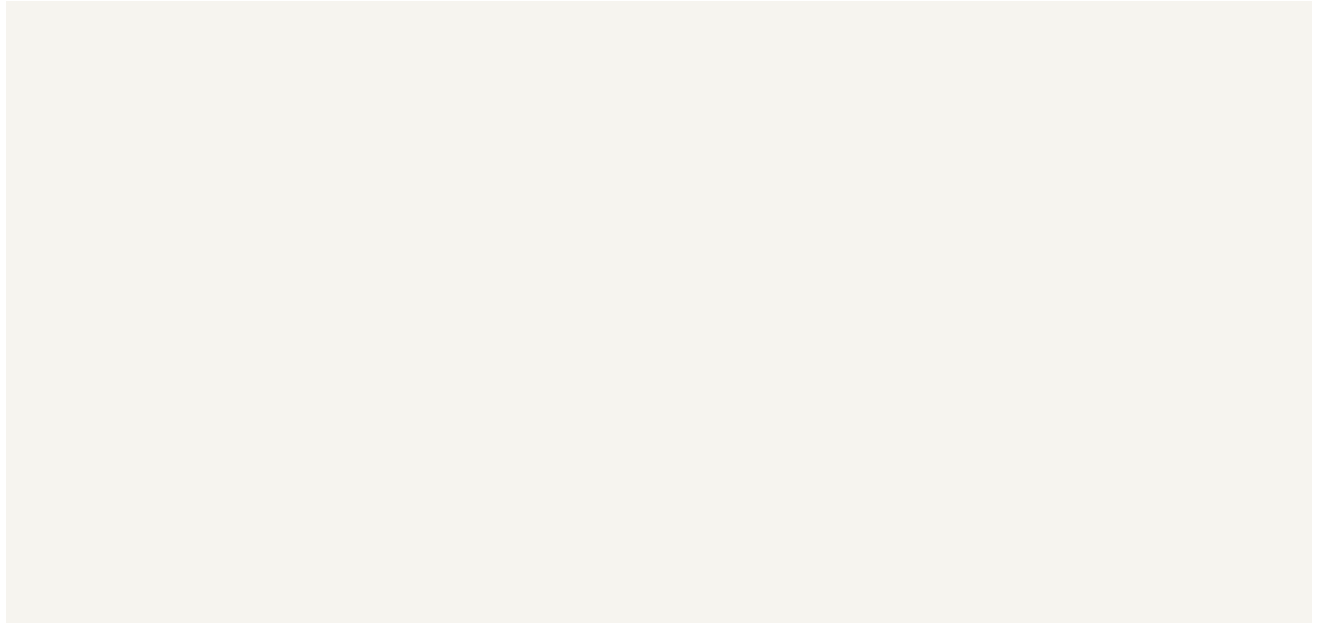


What emotions am I feeling right now about my cancer diagnosis and treatment that I need to release?  
What actions can I take to release or process these emotions in a healthy way?

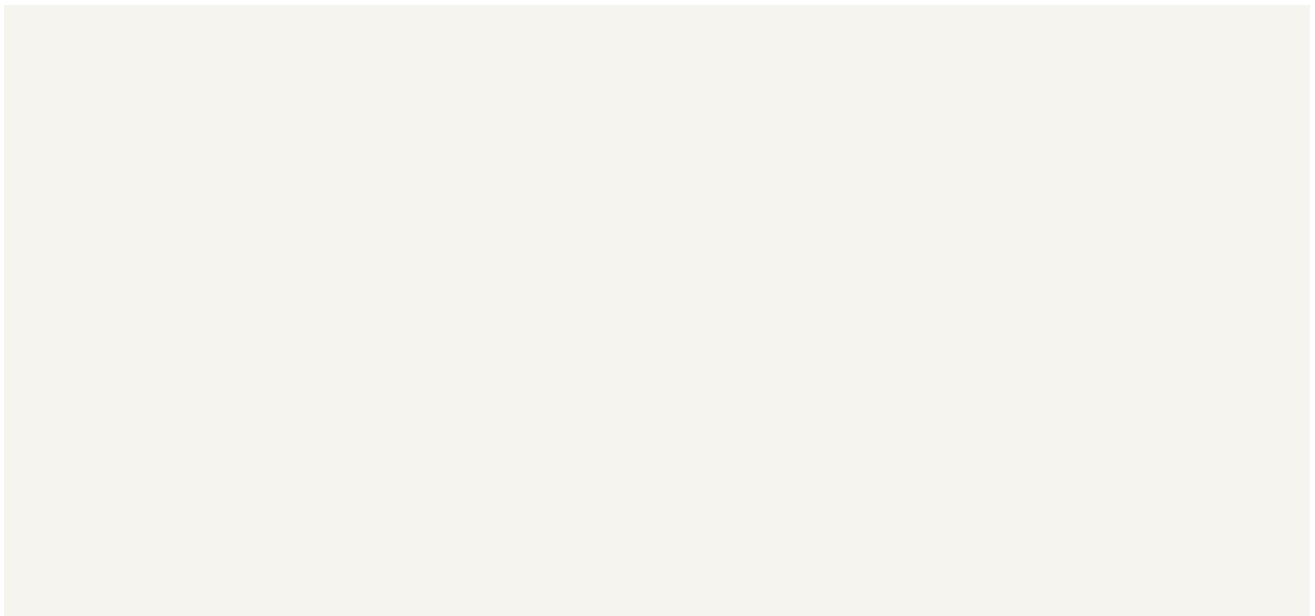


# SOULFUL SCRIBBLES

What are some things I am grateful for despite the challenges I am facing?  
Who is one person who has supported me and how have they helped me?



What are some fears or worries I have about my future?  
Write a prayer, releasing all of these concerns to Jesus,  
your ever-present Friend.





# 10 HELPFUL APPS

Please note that although I've done my homework and I'm confident that these apps can offer valuable resources and benefits for cancer warriors and their caregivers, I have not personally used any of them. So, please remember to consult with your healthcare professional and do your own research before downloading any app.

***Cancer.net Mobile App*** - Provides easy access to cancer information, including treatment options, managing side effects, and survivorship. Also allows you to track symptoms, side effects and appointments, and also provides reminders for medications and tests.

***LivingWith Cancer support*** - Offers a range of tools and resources to help cancer warriors manage their treatment, symptoms & emotions.

***The Cancer Coach*** - Helps you navigate your cancer journey by providing personalized information and resources.

***Mindful Cancer*** - Provides guided meditations and mindfulness exercises to help reduce stress and anxiety.

***Breast Advocate*** - Helps breast cancer patients and survivors navigate their treatment options and make informed decisions.

***Outcomes4Me Cancer Care*** - Provides personalized treatment information, helps track medications and symptoms, and offers access to expert advice and support.

**CancerBuddy** - Provides cancer warriors and their families with access to a range of support services, including peer support, practical advice and community resources.

**Cancer Therapy Advisor** - Offers cancer warriors & oncologists up-to-date news, expert analysis, and treatment guidelines to help inform and improve cancer care decisions.

**Re-Mission 2 Nanobot's Revenge** - Uses game-based therapy to help young cancer patients learn about their treatment, improve their health behaviors, and increase their sense of control and empowerment.

**BELONG Beating Cancer Together** - Provides cancer warriors and their caregivers with a supportive community, expert information, and personalized resources to help navigate their cancer journey.

“  
\_\_\_\_\_  
*Faith is the bird that sings  
when the dawn is still dark.*  
Rabindranath Tagore  
\_\_\_\_\_  
”

# BOUNDARIES ASSESSMENT

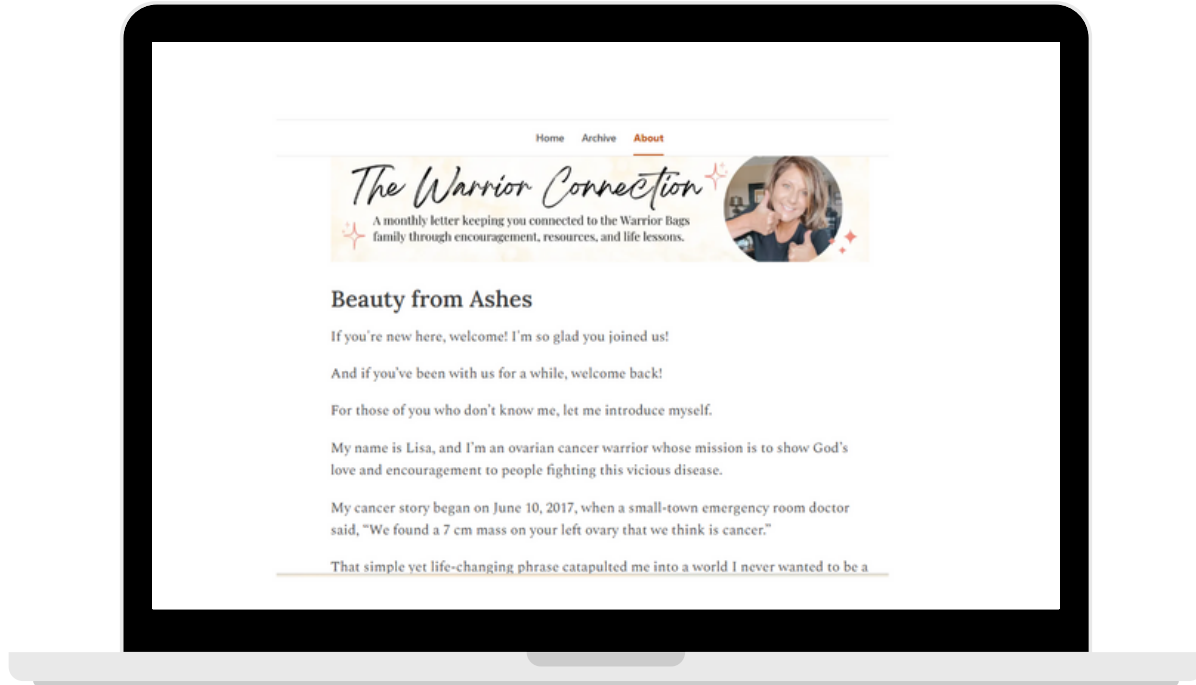
YES NO

- 1 Am I comfortable with saying "no" to requests that I'm not comfortable with?
- 2 Do I prioritize my own physical and emotional needs during my cancer journey?
- 3 Do I feel guilty taking time for myself during my cancer journey?
- 4 Do I feel overwhelmed by the responsibilities or commitments I have during my cancer journey?
- 5 Do I take breaks or rests when I need to?
- 6 Do I disconnect from technology during my rest periods?
- 7 Do I celebrate my successes, no matter how big or small they are, during my cancer journey?
- 8 Do I communicate my limits clearly to my loved ones and healthcare providers?

After completing the assessment, reflect on your scores and identify areas where you may need to work on setting and maintaining boundaries. Use this information to develop a plan for setting boundaries that works for you and your unique situation. Here are some ideas to get you started.

1. **Be clear about your limits:** Identify what you are comfortable with and what you're not, and communicate them clearly to your loved ones and healthcare providers.
2. **Learn to say "no":** It's okay to decline invitations or requests that are outside your comfort zone or that feel overwhelming.
3. **Prioritize your needs:** Make sure to prioritize your own physical and emotional needs, and don't feel guilty for taking care of yourself.
4. **Seek support:** Reach out to family, friends, or support groups for help when you need it, and don't be afraid to ask for assistance or delegate tasks.
5. **Set technology boundaries:** Limit your use of technology to reduce stress and anxiety, and disconnect from devices during rest periods.
6. **Don't overextend yourself:** Avoid taking on too many responsibilities or commitments, and delegate tasks or responsibilities when possible.
7. **Be mindful of your energy levels:** Pay attention to your body and your energy levels, and pace yourself accordingly.
8. **Advocate for yourself:** Don't be afraid to speak up and advocate for yourself during medical appointments, and ask questions or express concerns as needed.
9. **Take breaks when needed:** Allow yourself to take breaks and rest when needed, and don't feel guilty for doing so.
10. **Celebrate your successes:** Recognize and celebrate your successes, no matter how small, and take time to reflect on your accomplishments and progress.

STAY CONNECTED WITH US!



## DON'T MISS OUT

Are you a cancer warrior or caregiver looking for a tribe of like-minded individuals who understand your journey? Sign up for *The Warrior Connection* newsletter and join our supportive community! By subscribing to The Warrior Connection, you'll receive exclusive access to free resources, helpful tips, and empowering stories to help you navigate your cancer journey. Join The Warrior Connection newsletter today and never feel alone in your journey again. Log on to our website or click the link below. Let's stay connected. Because no one fights alone.

[SIGN UP](#)

# THANK YOU!

Thank you for downloading our Warrior Compass guide.

We understand that the cancer journey can be overwhelming and challenging, so we hope that our guide has provided you with some practical tools and insights to help you navigate your way forward.

We are honored to have been a small part of your journey and are grateful for the opportunity to provide you with some guidance and inspiration.

We hope to connect with you on our social media platforms and through our newsletter, *The Warrior Connection*.

Until then, here's to holding on to hope and letting it guide us in whatever season we're in.

[WARRIORBAGS.ORG](http://WARRIORBAGS.ORG)