

FROM THE WARRIOR CONNECTION

The Encouragement Kit

*Stories, quotes, and small practices to carry with
you on the hard days.*

NO ONE FIGHTS ALONE

WARRIOR
Days

WELCOME, FRIEND

A little something to hold onto.

Every month, the Warrior Connection lands in thousands of inboxes with one goal: to remind you that whatever you're carrying, you don't have to carry it alone.

This kit is a small collection of moments pulled from past issues — a story, a quote, a practice — the kind of thing you might screenshot and come back to on a harder day. Consider it a gift, not a sales pitch.

If something here resonates, the Warrior Connection lands in your inbox once a month with more of the same.

*With you in the fight,
Lisa & the Warrior Bags team*

INSIDE THIS KIT

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FROM THE FEBRUARY ISSUE OF THE WARRIOR CONNECTION

Total solidarity.

In just four days, my group text carried a liver transplant, an ICU admission, a NICU stay, and a kidney transplant. "Life. Is. Hard." I wrote. And yet, even in the hardest moments, glimpses of grace break through.

My spiritual director had me write out my hardest feelings, then add "I am" before each one and "with you" after — because God was saying those exact words back to me, in every one of them.

“When we deny the reality of our experiences, we don't become more of who God designed us to be, but less.”

— AUNDI KOLBER

TRY THIS

Write down whatever hard feeling you're sitting with today. Then write "I am ___, with you" — a small reminder that you're not carrying it alone.

FROM THE SEPTEMBER ISSUE OF THE WARRIOR CONNECTION

Learning to fly.

A Mary Oliver poem about cleaning out a storage unit stopped me cold — not just the closet clutter, but the invisible weight too: old hurts kept like precious cargo, comparisons, the what-ifs that keep me up at night.

So I started small. A trash bag in the closet. Five things let go of every morning. Nothing dramatic — just oddly, quietly freeing.

“For the birds who own nothing — the reason they can fly.”

— MARY OLIVER, "STORAGE"

TRY THIS

Pick five things — physical or otherwise — to let go of this week. Nothing has to be dramatic. Freedom is usually a thousand small choices, not one big one.

FROM THE MARCH ISSUE OF THE WARRIOR CONNECTION

Permission to feel it.

Facing a new health diagnosis, I found myself knee-deep in self-pity — and learned the hard way that self-pity and grief aren't the same thing, and that grief deserves space, not forced positivity.

My three lessons: old coping tools still work, even the light-hearted ones (yes, even a good sitcom counts as a spiritual practice) — and it's okay to be mad at whatever hard I'm facing. God can handle it.

“When we let Christ enter our disappointment, our wonder and hope for life are preserved.”

— CHARAIA RUSH

TRY THIS

Ask yourself honestly: is this self-pity, or is this grief? Whichever it is, give yourself permission to feel it all the way through — no guilt required.

FROM THE MARCH ISSUE OF THE WARRIOR CONNECTION

Buried, then blooming.

Last spring, a family celebration was taken away almost as soon as it arrived. A single Easter lily became a quiet way for me to honor what was lost — planted in the ground, not knowing if it would survive.

A year later, after a long winter: six lilies, pushing through the cold ground toward the light. Proof that even in the messy middle, something is still growing, whether or not I can see it yet.

*“The story isn't over. Life is still breaking through,
whether you can see it or not.”*

— THE WARRIOR CONNECTION

TRY THIS

Look for one place life is quietly breaking through for you right now — even a small one. Some things grow out of sight before you ever notice them.

Cake Batter Protein Shake

Adapted from What Molly Made

A go-to from a February issue — blender-easy, protein-packed, and dessert-flavored enough to feel like a treat on a day when cooking feels like too much.

INGREDIENTS

½ medium frozen banana

3–5 oz. almond or cashew milk, plus
more as needed

1 scoop vanilla or cake batter
protein powder

1 Tbsp creamy cashew or peanut
butter

½ cup frozen cauliflower rice

⅓ tsp almond extract

Crushed ice, optional

DIRECTIONS

1. Add all ingredients to a high-speed blender. Start with less milk — you can always add more.
2. Blend on high for 1–2 minutes until thick and smooth. Thin with more milk or thicken with crushed ice, to taste.

SERVES 1

Mexican Street Corn Pasta Salad

A Fourth of July favorite, gluten- and dairy-free

The dish that stole the show at a Fourth of July cookout — make a double batch, because the leftovers disappear even faster than the first round.

INGREDIENTS

16 oz. short gluten-free pasta
(farfalle, rotini, etc.)

4 ears corn

1 Tbsp olive oil

1 tsp each: cumin, chili powder, salt

½ tsp pepper

1 red pepper, diced

½ cup cilantro, minced

½ large red onion, diced

1 cup cherry tomatoes, quartered

—

¾ cup paleo mayo

½ cup full-fat coconut milk, shaken

½ cup cilantro, packed

1 Tbsp honey • juice of ½ lime

2 tsp dried chives • ½ tsp dried dill

¼ tsp smoked paprika

1 clove garlic (or 1 tsp powder)

½ tsp salt • ½ cup jarred jalapeños

¼ cup salsa verde or diced green
chilis

DIRECTIONS

1. Preheat oven to 425°F. Rub each ear of corn with olive oil, sprinkle with salt, pepper, cumin, and chili powder. Wrap individually in foil and bake 20 minutes, turning halfway.
2. While corn bakes, boil pasta according to package directions. Chop remaining vegetables and set aside.
3. Blend all dressing ingredients in a food processor for 30–60 seconds until smooth and creamy.
4. Drain and cool pasta, then combine with chopped vegetables in a large bowl.
5. Cut corn off the cob and add to the salad.
6. Top with dressing and toss to coat completely.

SERVES 6

ONE LAST THING

This is one issue's
worth of encouragement.
Imagine a whole year.

The Warrior Connection lands in your inbox once a month — a story, a quote, a Game-Changer, a reason to keep going. No spam, no sales pitch. Just company for the road.

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