

Finding

**encouragement
& strength**

during blood
cancer treatment

Daily intentions of hope during your journey



AstraZeneca



**I am strong
and resilient.**

My disease does
not define me.



**I can choose to
embrace today**

with hope and a
positive mindset.



**I am actively
participating**

in my wellness
journey.



I am grateful

to have people in
my life who care
about me.



**My body is
strong,** and it is

fighting to heal
every day.



**I can draw
strength** from my
support network.



**My body is
resilient** in the
fight against
cancer.



**I will process my
emotions** with
self-compassion.



**I release feelings
of fear** and I
embrace feelings
of courage.



I am grateful for
the advancements
in blood cancer
care.



I am confident
in my decisions.



Connecting with
loved ones and
community gives
me strength.



I am grateful
for moments
of peace and
comfort.



I am focused
on today and
my immediate
well-being.



**My mindset and
attitude** are in
my control.



Today, **I will offer
myself patience**
and remember
that healing takes
time.



My strength can
overcome today's
challenges.



I envision a
thriving future
despite my
cancer.



**Choosing
optimism**
nourishes my
body and mind.



I am focused
on my mental
and emotional
well-being.



I find joy in
simple pleasures.



**My life has
purpose**, and
my treatment
journey does not
change that.



Today, **I am
choosing**
courage and
fearlessness.



I am embracing
self-care and
prioritizing my
needs.



I find moments
of joy amidst
challenges.



I am worthy of
love, happiness,
and a better
tomorrow.



I can be an
inspiration
to others as
I navigate my
cancer journey
with courage.



I am grateful
for what my
body can still do.



There is **meaning**
and value in
each day.



**I can choose
to focus on the
good in my life
today.**



**Knowledge
and support
empower me.**



AstraZeneca has a bold ambition
to help people with blood cancer
live longer, better lives



Visit hematologyambition.com/patients
to discover valuable resources for people
living with blood cancer and their caregivers