



Canadian
Pulmonary Fibrosis
Foundation

31 DAYS OF HOPE CHALLENGE

<p>DAY 1</p> <p>Every breath is a victory</p>	<p>DAY 2</p> <p>Hope is the courage to try again tomorrow</p>	<p>DAY 3</p> <p>Hope is a renewed sense of purpose</p>	<p>DAY 4</p> <p>Hope is finding hidden blessings</p>	<p>DAY 5</p> <p>Hope is embracing my inner strength</p>	<p>DAY 6</p> <p>Hope is discovering a resilience I didn't know I had</p>
<p>DAY 7</p> <p>We're here for you</p>	<p>DAY 8</p> <p>Hope is my PF support group</p>	<p>DAY 9</p> <p>Hope is supporting and uplifting others</p>	<p>DAY 10</p> <p>Hope is sharing small wins</p>	<p>DAY 11</p> <p>Hope is supportive rehab programs</p>	<p>DAY 12</p> <p>Hope is when others seek to understand</p>
<p>DAY 13</p> <p>Tomorrow is a new day</p>	<p>DAY 14</p> <p>Hope is the start of a new day</p>	<p>DAY 15</p> <p>Hope is accepting my new normal</p>	<p>DAY 16</p> <p>Hope is seeing some good, despite my challenges</p>	<p>DAY 17</p> <p>Hope is promising medical breakthroughs</p>	<p>DAY 18</p> <p>Hope is defeating the odds</p>
<p>DAY 19</p> <p>Embrace what you CAN do</p>	<p>DAY 20</p> <p>Hope is time spent with my family</p>	<p>DAY 21</p> <p>Hope is connecting with the PF community</p>	<p>DAY 22</p> <p>Hope is going for a drive</p>	<p>DAY 23</p> <p>Hope is traveling (even with oxygen)</p>	<p>DAY 24</p> <p>Hope is noticing the miracles of nature</p>
<p>DAY 25</p> <p>Shine your light</p>	<p>DAY 26</p> <p>Hope is finding the positives</p>	<p>DAY 27</p> <p>Hope is being present in the moment</p>	<p>DAY 28</p> <p>Hope is supporting fellow PF community members</p>	<p>DAY 29</p> <p>Hope is finding joy in small things</p>	<p>DAY 30</p> <p>Hope is sharing my story</p>
<p>DAY 31</p> <p>May hope light your path in 2025!</p>	<p>NOTES</p> <hr/> <hr/> <hr/> <hr/>				