



What We Plant Today

As I reflect on this past month, I keep coming back to one simple thought: what we plant today has the power to shape tomorrow.

Every encouraging word, every act of kindness, and every moment we choose to believe in someone can plant a seed. Sometimes we may never see how big that seed grows, but that doesn't make the impact any less meaningful.

That is what Logan's Little Warriors is about. We are planting seeds of confidence, resilience, hope, and self-worth in children and families. We are reminding them that their circumstances do not define their future and that even the smallest positive change can be the beginning of something much bigger. I see those same seeds being planted by our volunteers, board members, sponsors, donors, and everyone who continues to show up and believe in our mission. You are part of every life we touch.

Logan's life taught me how quickly everything can change. His legacy continues to teach me that we should never underestimate the difference we can make while we are here.

So, keep planting good things. Keep choosing kindness. Keep encouraging someone who needs it. Keep believing that what you do matters.

Because the seeds we plant today may become someone else's strength tomorrow.

With gratitude,
Kerrie



Change Your Thoughts. Change Your Life.



Logan's Little Warriors returned to St. John's Program for Real Change for a hands-on workshop focused on the power of our thoughts.

13 women and 15 children participated in an activity designed to help them recognize negative self-talk and intentionally replace it with positive, empowering thoughts.

Participants began by identifying their "garbage thoughts," such as "I'm not enough," "I can't do this," or "I always mess up." They symbolically threw those thoughts away, creating a powerful reminder that we do not have to hold on to the messages that tear us down.

Next, they planted something better. Using flower and leaf-shaped sticky notes, each participant created a colorful flower pot poster filled with positive thoughts and affirmations representing confidence, hope, and self-worth.

With 28 participants, the workshop was creative, meaningful, and filled with connection. Most importantly, it reinforced a simple lesson we want both children and adults to carry with them:

We may not be able to control every thought that enters our minds, but we can choose which thoughts we nurture and allow to grow.

At Logan's Little Warriors, this is what the Warrior Way is all about: giving children and families practical tools to build confidence, resilience, and a stronger future, one thought at a time.



