

PREPARING FOR IMPORTANT DATES

Reflect on the important dates that may arise in the first few years after losing a loved one. How will you and your family navigate these occasions? Will you establish new traditions or modify existing ones to honor the memory of the deceased?

Special Dates Birthdays, Holidays, Anniversaries, etc.	Past Routines	Identify Stressors Family, Friends, Finances, etc..	New Traditions or Changes to Routines

Transformation

REFLECTIONS

Planning is a soft landing for hard days.

TOP PRIORITY OR GOAL:

- *What date is coming up—and what do I need in place before it arrives?*

SELF-CARE FOCUS:

- *What's one way I can soften the impact of this week (sleep, food, quiet, support)?*

MINDFUL HABIT TO BUILD:

- *What's my plan for the "first five minutes" when I get triggered?*

Wins This Week

Month 3

This is your weekly wins list. Check what fits, skip what doesn't, and give yourself credit for what you managed, especially the things that don't show up on a checklist.

Small Wins (The Basics Count)

- ☐ Took a nap or rested on purpose
- ☐ Went to bed without "earning it"
- ☐ Made the room darker/quieter
- ☐ Put your phone down 10 minutes earlier
- ☐ Did one calming routine (tea, wash face, lotion)
- ☐ _____
- ☐ _____

Connection Wins (Even Small Ones)

- ☐ Left the house and saw another human
- ☐ Had one real conversation
- ☐ Joined a group space (online or in person)
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Breath work (box breathing or slow exhale)
- ☐ Wrote down what's keeping you up
- ☐ Reduced one stressor (one decision postponed)
- ☐ Took meds as prescribed (if applicable)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Some weeks, getting through the day is the work.

Transformation

REFLECTIONS

***You don't owe anyone a
"normal" holiday.***

TOP PRIORITY OR GOAL:

- *What tradition do I want to keep, change, or skip—and what's my reason?*

SELF-CARE FOCUS:

- *What would make this week feel less performative and more real?*

MINDFUL HABIT TO BUILD:

- *What's one boundary sentence I can use if people push?*

Wins This Week

Month 3

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Small Wins (The Basics Count)

- ☐ Showered / brushed teeth
- ☐ Took meds
- ☐ Ate something with fiber or fruit
- ☐ Drank water
- ☐ Changed sheets or pillowcase
- ☐ _____
- ☐ _____

Connection Wins (Even Small Ones)

- ☐ Told someone how your body is doing (tired, tense, numb)
- ☐ Checked in with a friend
- ☐ Let someone encourage you without arguing
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Stretched or did gentle yoga
- ☐ Walked outside
- ☐ Practiced a grounding technique
- ☐ Reduced one "should"
- ☐ Went to bed a little earlier
- ☐ _____
- ☐ _____
- ☐ _____

You're allowed to move slowly. You're still moving.

Transformation

REFLECTIONS

***You get to choose
the shape of the day.***

TOP PRIORITY OR GOAL:

- *What would feel most honoring for this birthday—quiet, ritual, company, or distraction?*

SELF-CARE FOCUS:

- *What do I need the day before and the day after?*

MINDFUL HABIT TO BUILD:

- *What's one small ritual I can repeat that helps me feel connected?*

Wins This Week

Month 3

This is your weekly wins list. Check what fits, skip what doesn't, and give yourself credit for what you managed, especially the things that don't show up on a checklist.

Small Wins (The Basics Count)

- ☐ Paid one bill (or scheduled it)
- ☐ Opened mail (even if you didn't finish)
- ☐ Made one phone call (or left one voicemail)
- ☐ Wrote a short to-do list (3 items max)
- ☐ Put one appointment on the calendar
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Took breaks between tasks
- ☐ Did one grounding reset after difficult tasks
- ☐ Ate before/after paperwork
- ☐ Reminded yourself: "This is a lot"
- ☐ Did one comforting thing when you finished
- ☐ _____
- ☐ _____
- ☐ _____

Progress in grief is often quiet. Quiet still counts.

Transformation

REFLECTIONS

Your remembering is love.

TOP PRIORITY OR GOAL:

- *What do I need to name out loud this week instead of swallowing it?*

SELF-CARE FOCUS:

- *What helps when I feel invisible or alone in my grief?*

MINDFUL HABIT TO BUILD:

- *What's one way I can comfort myself without waiting for someone else to notice?*

Wins This Week

Month 3

This is your weekly wins list. Check what fits, skip what doesn't, and give yourself credit for what you managed, especially the things that don't show up on a checklist.

Small Wins (The Basics Count)

- ☐ Tried journaling (a few sentences or more)
- ☐ Read 2 pages (counts)
- ☐ Cleaned up your digital space (photos, emails, texts, etc.)
- ☐ Did one small errand
- ☐ Made one decision you've been avoiding
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Meditation (2–5 minutes)
- ☐ Music that matches your mood
- ☐ Limited one trigger (news/social)
- ☐ Did one calming ritual (tea, lotion, prayer, quiet)
- ☐ _____
- ☐ _____
- ☐ _____

Reflect on your wins to track your progress.