

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

Year two isn't easier. It's different.

TOP PRIORITY OR GOAL:

- *What feels different about this season—and what do I need because of that?*

SELF-CARE FOCUS:

- *What helps when I'm tired of this being part of my life?*

MINDFUL HABIT TO BUILD:

- *When I start thinking "I should be further along," what can I do instead?*

Wins This Week

Month 13

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)
- ☐ _____
- ☐ _____

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)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Reflect on your wins to track your progress.

Transformation

REFLECTIONS

Rest is part of healing.

TOP PRIORITY OR GOAL:

- *What can I take off my plate this week—without guilt?*

SELF-CARE FOCUS:

- *What's the simplest version of rest I can actually do?*

MINDFUL HABIT TO BUILD:

- *What's one sign my body gives me before I crash—and what can I do sooner?*

Wins This Week

Month 13

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)

- ☐ Ate one real meal
- ☐ Added protein (even small)
- ☐ Drank water before coffee/soda
- ☐ Grabbed an easy snack for later
- ☐ Cleaned up one dish / one surface
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Took a gentle walk (5–10 minutes)
- ☐ Sat in silence (2 minutes counts)
- ☐ Limited doom-scrolling once
- ☐ Did one grounding practice (feet on floor)
- ☐ Noticed one thing your body needed
- ☐ _____
- ☐ _____
- ☐ _____

You don't have to do it all; you just have to do what you can.

Transformation

REFLECTIONS

Strong support is built on purpose.

TOP PRIORITY OR GOAL:

- *Who are my “go-to” people for different needs (practical, emotional, spiritual, community)?*

SELF-CARE FOCUS:

- *What helps me stay connected without burning out?*

MINDFUL HABIT TO BUILD:

- *What’s one small way I can keep support active (schedule check-ins, join a group, set reminders)?*

Wins This Week

Month 13

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)

- ☐ Ate something with fiber or fruit
- ☐ Walked to the mailbox / end of driveway
- ☐ Stood up & stretched
- ☐ Straightened up a room
- ☐ Took out trash or brought in mail
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Movement that matched your mood (walk, stretch, dance)
- ☐ Warm shower or bath
- ☐ Put on a comfort show or playlist
- ☐ Wrote down one trigger you noticed
- ☐ Did one thing that made tomorrow easier
- ☐ _____
- ☐ _____
- ☐ _____

You don't have to feel okay to take one next step.

Transformation

REFLECTIONS

*I can brace and embrace
all of the nexts.*

TOP PRIORITY OR GOAL:

- *What do I need for the first of all of the nexts?*

SELF-CARE FOCUS:

- *How can I ask my support system to “show up” for me?*

MINDFUL HABIT TO BUILD:

- *What is one new habit I can create during the next 13 months?*

Wins This Week

Month 13

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)
- ☐ _____
- ☐ _____

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)
- ☐ _____
- ☐ _____
- ☐ _____

Do what you can - you don't have to do it all.