

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

Love isn't a limited resource.

TOP PRIORITY OR GOAL:

- *Where do I feel guilt about connection—new people, old people, or changing relationships?*

SELF-CARE FOCUS:

- *What helps me feel safe when my heart starts opening again?*

MINDFUL HABIT TO BUILD:

- *When guilt hits, what's one sentence I can tell myself?*

Wins This Week

Month 8

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)
- ☐ _____
- ☐ _____
- ☐ _____

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

Transformation

REFLECTIONS

*Not everyone gets the same
version of you.*

TOP PRIORITY OR GOAL:

- *What relationship feels confusing right now—and what do I need from it (or not need)?*

SELF-CARE FOCUS:

- *What do I need after social time so I don't crash?*

MINDFUL HABIT TO BUILD:

- *What's one boundary sentence I can practice this week?*

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- ☐ _____
- ☐ _____

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

Transformation

REFLECTIONS

You don't owe anyone your whole story.

TOP PRIORITY OR GOAL:

- *What do I want people to understand about my grief without me having to explain everything?*

SELF-CARE FOCUS:

- *What helps me feel protected when I'm misunderstood?*

MINDFUL HABIT TO BUILD:

- *When someone says the wrong thing, what helps me come back to myself?*

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Small Wins (The Basics Count)

- ☐ Got out of bed without hitting snooze too many times
- ☐ Laundry (start a load counts)
- ☐ Cleared one surface
- ☐ Took out trash
- ☐ Put 10 things back where they belong
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Lit a candle / used a scent that calms you
- ☐ Put on music while you reset
- ☐ Took a break before you were exhausted
- ☐ Noticed one "I did that" moment
- ☐ Wrote one line of gratitude without forcing it
- ☐ _____
- ☐ _____
- ☐ _____

Give yourself credit for the things no one sees.

Transformation

REFLECTIONS

Let your life keep expanding.

TOP PRIORITY OR GOAL:

- *Who do I want to keep close—and who might need to move to the outer circle?*

SELF-CARE FOCUS:

- *What helps me feel grounded in relationships (honesty, space, routine, or boundaries)?*

MINDFUL HABIT TO BUILD:

- *What's one small way I can show up with clarity this week (say what I mean, ask for what I need, step back when I should)?*

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

Grief and life can share the same space.