

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

Remembering is not “stuck.” It’s love.

TOP PRIORITY OR GOAL:

- *What’s one way I can honor this bond this week in a way that feels real to me?*

SELF-CARE FOCUS:

- *What helps me feel connected without getting pulled under?*

MINDFUL HABIT TO BUILD:

- *When I miss them hard, what’s one gentle thing I can do instead of fighting it?*

Wins This Week

Month 6

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)

- ☐ Said "no" once/set a boundary
- ☐ Didn't explain yourself to the wrong person
- ☐ Protected your time
- ☐ Took a break before burnout
- ☐ Chose the easier option without guilt
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Grounding (feet, breath, senses)
- ☐ Journalled one boundary you want
- ☐ Did one thing that makes you feel like you
- ☐ Took a walk alone or with someone
- ☐ Slept/rested without apologizing
- ☐ _____
- ☐ _____
- ☐ _____

Give yourself credit for the things no one sees.

Transformation

REFLECTIONS

You don't have to prove what you felt.

TOP PRIORITY OR GOAL:

- *What have I noticed lately that felt like a reminder, a nudge, or a moment of connection?*

SELF-CARE FOCUS:

- *What helps me stay grounded if I feel unsure about what I'm experiencing?*

MINDFUL HABIT TO BUILD:

- *What's one way I can stay open without overthinking everything?*

Wins This Week

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Small Wins (The Basics Count)

- ☐ Looked at a photo (if it felt okay)
- ☐ Wrote down one memory
- ☐ Did one small "continuing bond" action (song, place, object)
- ☐ Cried without judging it
- ☐ Laughed without guilt (if it happened)
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Listened to music that connected me.
- ☐ Spent time in nature.
- ☐ Used a creative outlet (drew, colored, crafted).
- ☐ Did breath work after a wave.
- ☐ Went to bed early or chose a quiet night.
- ☐ _____
- ☐ _____
- ☐ _____

Grief and life can share the same space.

Transformation

REFLECTIONS

Asking for help is part of healing.

TOP PRIORITY OR GOAL:

- *What's one question I wish I could ask right now?*

SELF-CARE FOCUS:

- *What helps me feel supported spiritually or emotionally (prayer, music, nature, quiet)?*

MINDFUL HABIT TO BUILD:

- *What's one small practice that helps me listen (journal, prayer, stillness, a walk)?*

Wins This Week

Month 6

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)

- ☐ Went to one place you've been avoiding
- ☐ Ran one errand
- ☐ Made one plan for next week
- ☐ Cooked something simple
- ☐ Did one "normal life" thing without forcing joy
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Joined/Attended a community space
- ☐ Let yourself be around people briefly
- ☐ Movement (walk/stretch)
- ☐ Ate before leaving the house
- ☐ _____
- ☐ _____
- ☐ _____

Be gentle with yourself. Small steps count.

Transformation

REFLECTIONS

Moving forward isn't forgetting.

TOP PRIORITY OR GOAL:

- *Where do I feel pulled between holding on and moving forward—and what would balance look like?*

SELF-CARE FOCUS:

- *What helps me feel safe when life starts moving again?*

MINDFUL HABIT TO BUILD:

- *When guilt shows up, what's one thing I can remind myself?*

Wins This Week

Month 6

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)

- ☐ Made one phone call (or left one voicemail)
- ☐ Wrote a short to-do list (3 items max)
- ☐ Made one plan for next week
- ☐ Cooked something simple
- ☐ Did one "normal life" thing without forcing joy
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Grounding plan written down
- ☐ Prepared a comfort playlist
- ☐ Practiced one coping tool (breath/tapping)
- ☐ Scheduled a rest day
- ☐ Made a permission statement: "I can change my mind"
- ☐ _____
- ☐ _____
- ☐ _____

If all I did was survive, that's still something worth honoring.