

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 care.

TOP PRIORITY OR GOAL:

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

SELF-CARE FOCUS:

- *What helps me feel steadier during anniversary weeks?*

MINDFUL HABIT TO BUILD:

- *When I feel the build-up, what's one thing I can do to slow the spiral?*

Wins This Week

Month 9

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)

- ☐ 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.
- ☐ _____
- ☐ _____
- ☐ _____

Reflect on your wins to track your progress.

Transformation

REFLECTIONS

Seasons change. You will, too.

TOP PRIORITY OR GOAL:

- *What's one small change I can make this week to support my energy (light, movement, sleep, food, connection)?*

SELF-CARE FOCUS:

- *What's the simplest version of self-care I can actually do today?*

MINDFUL HABIT TO BUILD:

- *What's one routine that helps me when motivation is low?*

Wins This Week

Month 9

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
- ☐ _____
- ☐ _____
- ☐ _____

This is not a scorecard. Give yourself credit for what you managed.

Transformation

REFLECTIONS

Keep it simple. Keep it real.

TOP PRIORITY OR GOAL:

- *What ritual would feel meaningful right now—simple, private, and doable?*

SELF-CARE FOCUS:

- *What helps me feel connected without getting overwhelmed?*

MINDFUL HABIT TO BUILD:

- *What's one small ritual I can repeat (candle, music, prayer, letter, walk)?*

Wins This Week

Month 9

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)

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

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

Transformation

REFLECTIONS

Compassion has boundaries.

TOP PRIORITY OR GOAL:

- *Who is struggling right now—and what's one kind thing I can do that won't drain me?*

SELF-CARE FOCUS:

- *What do I need after I support someone else?*

MINDFUL HABIT TO BUILD:

- *What's one way I can stay present without taking on their pain as my job?*

Wins This Week

Month 9

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

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