

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

You're not going backward.

You're integrating.

TOP PRIORITY OR GOAL:

- *What part of me is trying to come back online—and how can I support it?*

SELF-CARE FOCUS:

- *What helps me feel grounded in who I am becoming?*

MINDFUL HABIT TO BUILD:

- *What's one daily check-in question that helps me stay honest with myself?*
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Wins This Week

Month 12

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
- ☐ _____
- ☐ _____
- ☐ _____

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

Transformation

REFLECTIONS

You can carry loss and still build a life.

TOP PRIORITY OR GOAL:

- *What matters to me now that didn't matter before?*

SELF-CARE FOCUS:

- *What helps me feel connected to what's sacred to me (faith, family, music, service, nature)?*

MINDFUL HABIT TO BUILD:

- *What's one practice that helps me notice what's still good without denying what hurts?*

Wins This Week

Month 12

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.
- ☐ _____
- ☐ _____
- ☐ _____

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

Transformation

REFLECTIONS

Intentional beats perfect.

TOP PRIORITY OR GOAL:

- *What's one thing I want to build now—slowly, on purpose?*

SELF-CARE FOCUS:

- *What keeps me steady when life starts moving again?*

MINDFUL HABIT TO BUILD:

- *What's one small habit that supports the life I'm building?*

Wins This Week

Month 12

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
- ☐ _____
- ☐ _____
- ☐ _____

Give yourself credit for the things no one sees.

Transformation

REFLECTIONS

Read back. Let the pages show you.

TOP PRIORITY OR GOAL:

- *What growth can I name—even if I'm still grieving?*

SELF-CARE FOCUS:

- *What do I want to keep doing because it's helping?*

MINDFUL HABIT TO BUILD:

- *What's one way I can honor my progress without needing a "happy ending"?*

Wins This Week

Month 12

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"
- ☐ _____
- ☐ _____
- ☐ _____

Grief and life can share the same space.

Pilot Invitation Response

Select your funeral home, tell us who we should contact, and choose YES or NO. That's it.

Your Response

Please complete all required fields.

Funeral Home *

Select the funeral home

Point of Contact Name *

Jane Smith

Role (optional)

Director, Manager, etc.

Email *

name@funeralhome.com

Mailing Address for Cards (optional)

Street, City, State, ZIP

Do you want to participate in the pilot? *

YES

We want to try the pilot.

NO

Not at this time.

Submit Response

This form is for funeral homes only.

