

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 don't have to untangle it all
today.***

TOP PRIORITY OR GOAL:

- *What part of this grief feels the most tangled right now?*

SELF-CARE FOCUS:

- *What helps when my grief feels heavy and confusing (sleep, structure, support, fewer decisions)?*

MINDFUL HABIT TO BUILD:

- *When I feel overwhelmed, what's one way I can simplify the next hour?*

Wins This Week

Month 10

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
- ☐ _____
- ☐ _____
- ☐ _____

Give yourself credit for the things no one sees

Transformation

REFLECTIONS

Safety first. Everything else can wait.

TOP PRIORITY OR GOAL:

- *What's one thing that helps me feel safer in my body this week?*

SELF-CARE FOCUS:

- *What do I need after a trigger (water, food, quiet, grounding, a safe person)?*

MINDFUL HABIT TO BUILD:

- *What's my "come back to the room" practice when I get pulled into the memory?*

Wins This Week

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Small Wins (The Basics Count)

- ☐ Stood up and stretched
- ☐ Walked to the mailbox / end of driveway
- ☐ Changed clothes
- ☐ Made the bed (or cleared the couch)
- ☐ 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
- ☐ _____
- ☐ _____
- ☐ _____

Grief and life can share the same space.

Transformation

REFLECTIONS

You don't need permission to grieve.

TOP PRIORITY OR GOAL:

- *Where am I minimizing my loss to make other people comfortable?*

SELF-CARE FOCUS:

- *What helps me feel validated (writing it, saying it out loud, community, prayer, a trusted friend)?*

MINDFUL HABIT TO BUILD:

- *When someone dismisses my grief, what's one way I can protect my heart?*

Wins This Week

Month 10

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Small Wins (The Basics Count)

- ☐ Got up (even if it was late)
- ☐ Ate something
- ☐ Drank water
- ☐ Showered or washed up
- ☐ Opened a window / stepped outside
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Took meds/vitamins (if applicable)
- ☐ Took 10 slow breaths
- ☐ Listened to one song that helped
- ☐ Wrote one honest sentence
- ☐ Went to bed earlier (or rested without guilt)
- ☐ _____
- ☐ _____
- ☐ _____

Be gentle with yourself. Small steps count.

Transformation

REFLECTIONS

*Closure isn't always possible...
Support is.*

TOP PRIORITY OR GOAL:

- *What part of this feels unresolved—and what would bring even a little peace?*

SELF-CARE FOCUS:

- *What helps when my mind keeps looping (structure, movement, prayer, talking it out)?*

MINDFUL HABIT TO BUILD:

- *When I start replaying “what ifs,” what can I do to interrupt the loop?*

Wins This Week

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

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