

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 7

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
- ☐ _____
- ☐ _____
- ☐ _____

Some weeks, getting through the day is the work.

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

Month 7

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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're allowed to move slowly. You're still moving.

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)?*

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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)
- ☐ _____
- ☐ _____
- ☐ _____

Progress in grief is often quiet. Quiet still counts.

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 7

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

Reflect on your wins to track your progress.