

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 allowed to be different after
what you've lived.*

TOP PRIORITY OR GOAL:

- *What's one thing I can do this week that helps me feel like me again (even a little)?*

SELF-CARE FOCUS:

- *What part of me feels most worn down right now—body, mind, or heart?*

MINDFUL HABIT TO BUILD:

- *When I catch myself thinking "I don't know who I am anymore," what can I do in that moment?*

Wins This Week

Month 5

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.

Transformation

REFLECTIONS

***You don't have to carry every role you
used to carry.***

TOP PRIORITY OR GOAL:

- *What role am I grieving right now (partner, caregiver, "the strong one," the fixer)—and what do I need instead?*

SELF-CARE FOCUS:

- *What's one responsibility I can lighten this week?*

MINDFUL HABIT TO BUILD:

- *What's one sentence I can use when I feel pressure to be who I used to be?*

Wins This Week

Month 5

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)

- ☐ 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
- ☐ _____
- ☐ _____
- ☐ _____

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

Transformation

REFLECTIONS

***Being alone isn't the same as being
unsupported.***

TOP PRIORITY OR GOAL:

- *What's one small choice I can make this week just because it feels right for me?*

SELF-CARE FOCUS:

- *What helps me feel steady when I'm alone with my thoughts?*

MINDFUL HABIT TO BUILD:

- *What's one way I can check in with myself daily (even for 30 seconds)?*

Wins This Week

Month 5

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
- ☐ _____
- ☐ _____
- ☐ _____

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

Transformation

REFLECTIONS

***Read back later.
You'll see you're becoming.***

TOP PRIORITY OR GOAL:

- *What's one change in me that I can name without judging it?*

SELF-CARE FOCUS:

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

MINDFUL HABIT TO BUILD:

- *What's one belief about "who I'm supposed to be" that I can loosen this week?*

Wins This Week

Month 5

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 something with fiber or fruit
- ☐ Walked to the mailbox / end of driveway
- ☐ Stood up & stretched
- ☐ Straightened up a room
- ☐ 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
- ☐ _____
- ☐ _____
- ☐ _____

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