

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

*Healing isn't a straight line. Neither
are you.*

TOP PRIORITY OR GOAL:

- *What's one expectation I can release this week (about progress, mood, energy)?*

SELF-CARE FOCUS:

- *What do I need when I'm tired of being "strong"?*

MINDFUL HABIT TO BUILD:

- *When I start comparing my grief to someone else's, what can I do instead?*

Wins This Week

Month 4

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
- ☐ _____
- ☐ _____
- ☐ _____

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

Transformation

REFLECTIONS

A wave is a wave.

Let it pass.

TOP PRIORITY OR GOAL:

- *What's one trigger I keep running into—and what's one way I can prepare for it?*

SELF-CARE FOCUS:

- *What helps me come down after an emotional ambush?*

MINDFUL HABIT TO BUILD:

- *What's my "grounding script" for public places (store, work, car)?*

Wins This Week

Month 4

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 feel okay to take one next step.

Transformation

REFLECTIONS

You deserve people who can stay.

TOP PRIORITY OR GOAL:

- *Where do I need to stop explaining myself?*

SELF-CARE FOCUS:

- *What do I need when I feel alone in a room full of people?*

MINDFUL HABIT TO BUILD:

- *What's one way I can come back to myself after social exhaustion?*

Wins This Week

Month 4

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)

- ☐ 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)
- ☐ _____
- ☐ _____
- ☐ _____

Give yourself credit for the things no one sees.

Transformation

REFLECTIONS

***Meaning doesn't erase pain. It helps
you carry it.***

TOP PRIORITY OR GOAL:

- *What's one small thing that matters to me now—even if it's different than before?*

SELF-CARE FOCUS:

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

MINDFUL HABIT TO BUILD:

- *What's one practice that helps me make room for both sorrow and life?*

Wins This Week

Month 4

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

Grief and life can share the same space.