

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

*Simple words and steady love
go a long way.*

TOP PRIORITY OR GOAL:

- *What's one way I can make grief feel less scary for a child this week?*

SELF-CARE FOCUS:

- *What do I need so I can show up without disappearing inside myself?*

MINDFUL HABIT TO BUILD:

- *What's one simple way to check in (a question at bedtime, a car-ride chat, a drawing)?*

Wins This Week

Month 11

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 out of bed without hitting snooze too many times
- ☐ Laundry (start a load counts)
- ☐ Cleared one surface
- ☐ Took out trash
- ☐ Put 10 things back where they belong
- ☐ _____
- ☐ _____

Steady Wins (Body + Mind)

- ☐ Lit a candle / used a scent that calms you
- ☐ Put on music while you reset
- ☐ Took a break before you were exhausted
- ☐ Noticed one "I did that" moment
- ☐ Wrote one line of gratitude without forcing it
- ☐ _____
- ☐ _____
- ☐ _____

Some weeks, getting through the day is the work.

Transformation

REFLECTIONS

***Different grief doesn't mean
lack of love.***

TOP PRIORITY OR GOAL:

- *Where are we missing each other right now—and what's one small way to reconnect?*

SELF-CARE FOCUS:

- *What boundary does our home need this week (space, quiet, fewer obligations, more routine)?*

MINDFUL HABIT TO BUILD:

- *When emotions clash, what helps me slow down before I react?*

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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
- ☐ _____
- ☐ _____
- ☐ _____

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

Transformation

REFLECTIONS

*Presence matters more than
perfection.*

TOP PRIORITY OR GOAL:

- *What's one practical support my child needs right now (routine, sleep, school help, play, time with me)?*

SELF-CARE FOCUS:

- *What helps me stay patient when I'm running on empty?*

MINDFUL HABIT TO BUILD:

- *What's one tool we can practice together when feelings get big (breathing, drawing, a walk, a "calm corner")?*

Wins This Week

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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
- ☐ _____
- ☐ _____
- ☐ _____

Progress in grief is often quiet. Quiet still counts.

Transformation

REFLECTIONS

Support systems are built—one conversation at a time.

TOP PRIORITY OR GOAL:

- *What does the school need to know so my child is supported?*

SELF-CARE FOCUS:

- *What do I need after advocating (rest, a reset, a safe person, quiet)?*

MINDFUL HABIT TO BUILD:

- *What's one sentence I can use to communicate clearly without overexplaining?*

Wins This Week

Month 11

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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)
- ☐ _____
- ☐ _____
- ☐ _____

Reflect on your wins to track your progress.