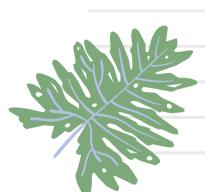
APRIL 2020 JOURNAL

GROWING WITH GRIEF

Week 1:

Write a letter to your person below. You may wish to re-visit some old memories, talk to them about your journey with grief, or express whatever you may be feeling today.



Wherever you are right now, let it teach you something. Be kind to yourself on the journey and in the process of who you are becoming.

- Morgan Harper Nichols

GROWING WITH GRIEF

Week 2:

We may not always choose to do something healthy for ourselves when we feel a wave of grief hit. When you are in a good place, try using the space below to jot down some things you can do for yourself when these waves come. These can act as wonderful reminders when things don't feel right.



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Week 3:

What is something you can do this year that will help you to honor your person? How will this help you in your grief journey?

| •, | "Sometimes the smallest things ta |
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up the most room in your heart." -Winnie the Pooh

GROWING WITH GRIEF

Week 4:

You did not ask for this journey of grief. But now that you are here, what have you learned about yourself along the way?



I know now that we never get over great losses; we absorb them, and they carve us into different, often kinder, creatures.