



*Cherie Barnes*

AUTHOR · SPEAKER · COACH

## *Self-Care*

What are some of the ways you can care for you? Write them down below and make an effort to do them for you.

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# *Support System*

Completely fill out this worksheet with whom you have identified as your support system. Think about people from all areas of your life!

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# *Personal Reflections*

Take some time to take gather your thoughts and jot them down below.

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## *Memories*

List some of your fondest memories  
that you have of your beloved?

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## *Acceptance*

Now that you have accepted the loss,  
what is the first thing you can do in  
order to help with acceptance?

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## *Rituals*

Write out some of the rituals that you  
and your beloved did together?

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## *Holiday Planning*

What is your Holiday Plan A & B?  
The holidays can be hard without your  
loved one. Write down what you will  
do and say to someone as you  
navigate this time.

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## *Timing*

The grief process takes time, what do you plan to do while time is ticking away to help you in your process.

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## *Music*

Music means different things to different people, what role does music play in your healing journey?

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# *Gratitude*

Record the things that you are grateful  
for that you shared with your loved  
one?

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# *Affirmations*

Are healing words that help us in our  
grief journey, what words speak to you  
that are part of your daily routine.

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A portrait of Cherie Barnes, a woman with dark, curly hair, smiling and wearing a light-colored blazer over a white top. She has her arms crossed and is wearing several gold bangles on her right wrist. The background is a soft, out-of-focus grey.

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# *Healing Thoughts*

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## *About the Author*

Cherie L. Barnes is a clinician, author, and speaker, Child of God and founder of the Healing Group Community, LLC. Cherie is the author of 12 Lessons of Healing Through Grief and Conversations with God: The Devotional. Cherie uses her own experiences and others of grief and loss to support positive actions. For upcoming events and booking visit: [www.CherieBarnesAuthor.com](http://www.CherieBarnesAuthor.com), or join the free Facebook community, The Healing Group, where you will be inspired and find encouragement while healing from grief loss and trauma.