

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.



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!



Personal Reflections

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





Memories

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



Acceptance

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





Rituals

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





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.





Timing

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





Music

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





Gratitude

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





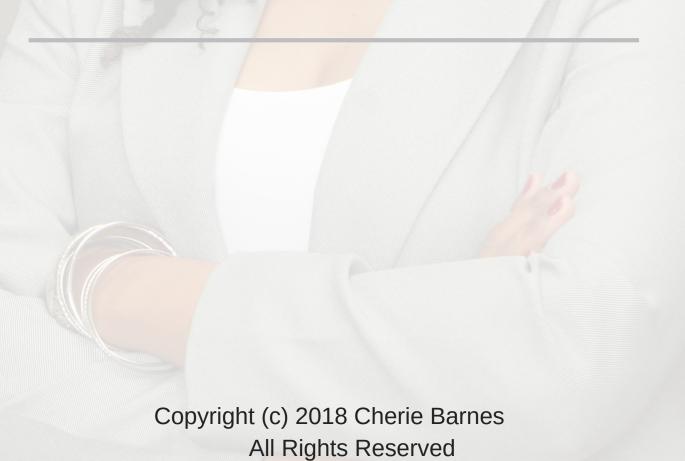
Affirmations

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





Healing Thoughts



















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, or join the free Facebook community, The Healing Group, where you will be inspired and find encouragement while healing from grief loss and trauma.