

TODAY'S REFLECTION

Right now, I feel:

[List every emotion that comes to mind here and if you can't think of an emotion, list every thought you are having and then go back and try to pinpoint the emotions].

Today, I'm really missing:

[If it's a person you lost, it is important to acknowledge what we miss about them].

Today, I'm having a hard time with:

[Creating space for difficult emotions].

TODAY'S REFLECTION

A simple activity I can do today to show myself compassion is:

Things I am grateful for today:

Things I have to look forward to:

I am proud of myself for:

[Sometimes when you're in the midst of heavy grief, this may just be taking a shower or going to get the mail - That is ok!].