

grief & gratitude

an interactive workbook for loss



hey.

I'm not sure why you're here, but I'm so sorry to hear you're going through this. I'm going through something myself. So I made this workbook.

I think we both know that this book isn't going to "fix" anything. But maybe having a place to write things down will help us both work through our feelings. Plus it's always good to practice gratitude, whether you're dealing with loss or not.

I've just lost a parent, so these exercises are geared towards the loss of a loved one. You can modify or skip them as needed. Each entry has four little hearts to fill in. I'm going to use them like a mood tracker - more hearts equal a better day - but you can use them however you like. I just wanted to give both of us a space to work on this. Just answer the exercises honestly, at your own pace. There's no one here to judge you or your work, and I hope you're not judging yourself. You deserve more than that.

I'm glad you're here with me.

xoxo,

livelygold

Today's date is... _____



Prompt: You've gone through a loss. Tell me about it.

A series of 18 horizontal lines for writing, spanning most of the width of the page.



Today's date is... _____



Prompt: Tell me about the loved one you lost. Your favorite parts.

Lined writing area consisting of 20 horizontal lines.



Today's date is... _____

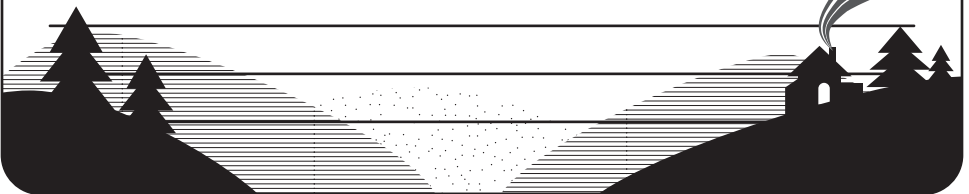


Prompt: Write down two things you're grateful for. Describe them in detail.

Today's date is... _____



Prompt: Tell me about a place that brings you joy.



Today's date is... _____



Prompt: Write down three things you're grateful for



Today's date is... _____



Prompt: Draw a picture below - try to fill the whole box.

A large, empty rectangular box with rounded corners, intended for drawing a picture.

Today's date is... _____



Prompt: Describe what you can hear, smell, and feel right now.

Today's date is... _____



Prompt: What's one dream you have for the future?

