

January 2025 Grief Support Group - Worksheet: Finding Purpose After Loss

Part 1: Reflection

1. Identify Your Values:

What values are most important to you (e.g., love, creativity, service)?

2. Passion Check:

What activities or interests brought you joy before your loss?

3. Strengths List:

What strengths or skills do you have that could serve others or bring fulfillment?

Part 2: Visioning Purpose

1. Purpose Visualization:

Imagine a day in the future where you feel aligned and purposeful. What does it look like?

2. Guided Questions:

How can I honor my loved one's memory through my purpose?

What new opportunities or interests am I open to exploring?

Part 3: Action Plan

1. Set One Small Goal:

Write down one achievable step you can take this week toward finding purpose.

2. Accountability:

Who can support or encourage you in this journey?

3. Celebrate Progress:

How will you acknowledge and celebrate small wins?
