

A RESOURCE FOR GRIEVING HEARTS



ENERGY NEVER DIES, IT SIMPLY TRANSFORMS

A GRIEF JOURNAL BY:

AIYANNA YASMEEN

KALIMACANDLES.COM



A LOVE LETTER TO YOUR GRIEF

DEAR, _____

I WANTED TO TAKE A MOMENT TO THANK YOU FOR THE BEAUTIFUL MEMORIES WE SHARED.
LOOKING BACK, I'M GLAD WE EXPERIENCED...

IN THIS NEW CHAPTER OF MY JOURNEY I PROMISE TO
HONOR YOU BY:

GRIEF OFTEN MAKES US RESISTANT TO CHANGE
AND LETTING GO... WHAT COULD YOUR LIFE
LOOK LIKE IF YOU LEARNED TO EMBRACE THE
INEVITABLE NATURE OF CHANGE?

HONORING THE REALITY OF GRIEF CAN BE THE CATALYST FOR A MAGICAL LIFE
THAT IS ALIGNED WITH OUR TRUE VALUES, IF WE ALLOW IT TO BE

IF YOU WERE TOLD THAT YOU ONLY HAD ONE
YEAR LEFT TO LIVE, WHAT WOULD YOU DO
DIFFERENTLY IN YOUR LIFE?

WHAT BRINGS YOU LIGHT IN THE DARKNESS? HOW CAN YOU INCORPORATE
MORE OF THAT INTO YOUR LIFE?

IF YOU WERE TOLD THAT YOU ONLY HAD ONE
YEAR LEFT TO LIVE, WHAT HONEST THOUGHTS
MIGHT YOU SHARE MORE FREELY WITH YOUR
LOVED ONES?

PAIN CAN EITHER HARDEN OR SOFTEN OUR HEARTS. IT'S UP TO YOU HOW YOU
ALLOW THE ENERGY OF GRIEF TO TRANSFORM YOUR LIFE

DATE

MOOD



GRIEF JOURNAL
YOUR THOUGHTS

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