



SACRED GRIEF MINI-JOURNAL



DR. NYLA FLEMING



Grief is Love Transformed



If this journal has found its way to you, it is because you carry something tender. Perhaps, a recent loss has left you with some fresh, sharp pain. Maybe it's a quiet grief that has lived with you for a long time. Whatever brought you here, I want you to know that I'm glad you're here. I welcome you with gentleness.

This is a free, complimentary 7-day mini journal created to help you gently explore your grief. No pressure. No rules. No need to say the right thing or just to be "okay". Each daily prompt is simply an invitation. This is your invitation:

To pause.

To feel.

To listen inward.

To honor your grief privately and in your own way.

Grief is sacred. It isn't something to rush through or fix. Grief is love, transformed. Journaling can be one soft way to let that love have a voice, to give it space to speak.

Take your time. Come just as you are.

You don't need perfect words but simply the willingness to begin.

Take Care,

Dr. Nyla

GRIEF JOURNAL

DR. NYLA FLEMING

(M) (T) (W) (T) (F) (S) (S)

Date

TODAY I MISS...

I AM HAVING A HARD TIME WITH

WHAT HELPS ME COPE

WHAT AM I FEELING RIGHT NOW

GRIEF JOURNAL

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(M) (T) (W) (T) (F) (S) (S)

Date _____

MY FAVORITE MEMORY ABOUT MY LOVED ONE

THE HARDEST THING I FACED TODAY

3 THINGS THAT I'M GRATEFUL FOR TODAY

WHAT AM I FEELING RIGHT NOW

GRIEF JOURNAL

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Date _____

IF I COULD SAY ONE THING TO MY LOVED ONE

MY LAST MEMORY WITH MY LOVED ONE

WHAT IS HELPING ME COPE TODAY

WHAT AM I FEELING RIGHT NOW

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Date _____

HOW DO I CARRY ON THE MEMORY OF MY LOVED ONE

WHAT IS A HAPPY MEMORY ABOUT MY LOVED ONE

WHAT FEELINGS CAME UP TODAY

WHAT SONG REMINDS ME OF MY LOVED ONE

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Date _____

TODAY I MISS

WHAT COULD HAVE MADE TODAY EASIER

THE THING THAT NO ONE SEES

WHAT BROUGHT ME COMFORT TODAY

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Date _____

I WISH I COULD TELL THEM

THE BEST THING MY LOVED ONE TAUGHT ME

MY LOVED ONE'S BEST QUALITY WAS

MY LOVED ONE'S WORST QUALITY

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(M) (T) (W) (T) (F) (S) (S)

Date _____

MY GRIEF TRIGGERS ARE

MY BEST COPING MECHANISM

IN THE NEXT WEEK, I WANT TO

I FEEL SAFEST WHEN

Meet Dr. Nyla Fleming



Dr. Nyla Fleming is a triple board-certified nurse practitioner, educator, and founder of Rise Wellness-a mental health practice rooted in compassion, accessibility, and whole-person care.

Dr. Nyla is passionate about helping people reconnect with themselves through rest, reflection, and intentional living. She specializes in anxiety, depression, and ADHD-offering both evidence-based treatment and a gentle, affirming approach to care.

As a mother, mentor, and community leader, she knows firsthand the challenges of burnout, over-stimulation, and striving for balance in a noisy world. ***The Sacred Series*** was born out of that lived experience-a quiet offering to help others rediscover peace, one evening at a time.

Learn more at drnylaanswers.com

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