



## YOUR HEALING TOOLKIT

### 4 PILLARS FOR FINDING YOUR WAY AFTER LOSS



GRIEF  
COACH

*Life After Loss Coaching*™

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[www.AmyMcCarty.com](http://www.AmyMcCarty.com)

# WELCOME

I am so glad you are here-  
even if it is because you  
are going through a season  
of life you were not  
expecting.



Loss can feel like someone yanked the carpet out from under your feet. I know the loneliness and chaos that can follow. I want you to know you don't have to figure it all out at once, and you don't have to have all the answers before you move forward in life again.

In my darkest parts of grief, I wished for small and meaningful moments that reminded me to hold onto hope. I wanted to have hope while acknowledging the pain of loss.

## How to Use the Toolkit

1. Read one section at a time
2. Pause after each reflection
3. Write your responses on the note page or in your own journal

Remember, take your time with this toolkit. It is meant to be an invitation to find peace when chaos seems deafening.



With Hope, Peace, Joy, and Love -

*Amy McCarty*  
Grief Coach

# How to Use Your Toolkit

This isn't homework; there are no wrong answers. Your grief, your loss - it's unique, and you will take the lead on how slow or fast you want to take this part of the journey. I found solace in reading the Bible while I was in the darkest parts of grief. I have a Bible verse reference for each section if you would like to read the verse too. No need to read it if you don't want to; it won't change the reflections and actions.

*Read one section at a time  
or read them all at once*



Some days, you might only have the bandwidth for one section. Other days, you might want to get encouragement from anything and everything. Both are perfectly normal and very much okay to feel.

Write your journal prompts in a notebook or use the included space I will have with each section. The most important part of writing down your thoughts is that your feelings and emotions have a safe place to land.

If you don't want to grab paper and pen, use your note section of your phone. You can lie in bed and read this and type just as easy.

**Pause and breathe before and after reading the sections.**

Let the words find your soul. You don't have to rush. Let the words meet you where you are.

just  
BREATHE

AM  
AMY MCCARTY  
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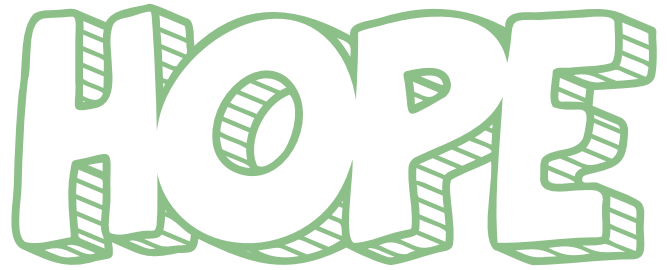
**JOURNAL PROMPT:** *Where have you seen even a small light in your darkness this week?*



Loss can make the world feel dark, dank, and dangerously scary.

Hope isn't about ignoring the dark; it's about finding light shining through a crack in the dark.

A kind gesture, a remembered laugh, it is all proof that light still finds a way to you.



Isaiah 9:2

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Think of a 'light' moment from this week. Even something as simple as a warm cup of coffee or tea or a smile from a stranger could be a ray of hope.

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*Where have you seen  
even a small light in  
your darkness this week?*



**JOURNAL PROMPT:** If peace could sit beside you right now, what would it tell you?



PEACE

John 14:27

The world's version of peace often means "everything is fixed."

There is something deeper — peace that steadies you even when nothing is fixed.

This kind of peace brings you safety, even in the chaos.



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Set aside some time to breathe deeply today.

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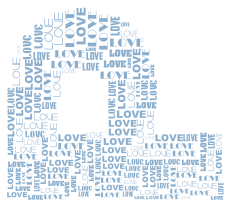
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If peace could sit  
beside you right now,  
what would it tell you?



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This image shows a single sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no vertical margin lines or other markings on the paper.

**JOURNAL PROMPT:** *When was the last time you felt even a small spark of joy, and what sparked it?*



Grief can feel like an endless night, but joy isn't gone — it's simply waiting for you to open the window.

Joy often comes quietly, slipping into moments we didn't expect.

You don't have to force it; it will come as naturally as morning follows night.



Psalm 30:5

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Notice one thing today that stirs even a flicker of joy — a song, a memory, a color in the sky. Write it down as a reminder that joy still visits.

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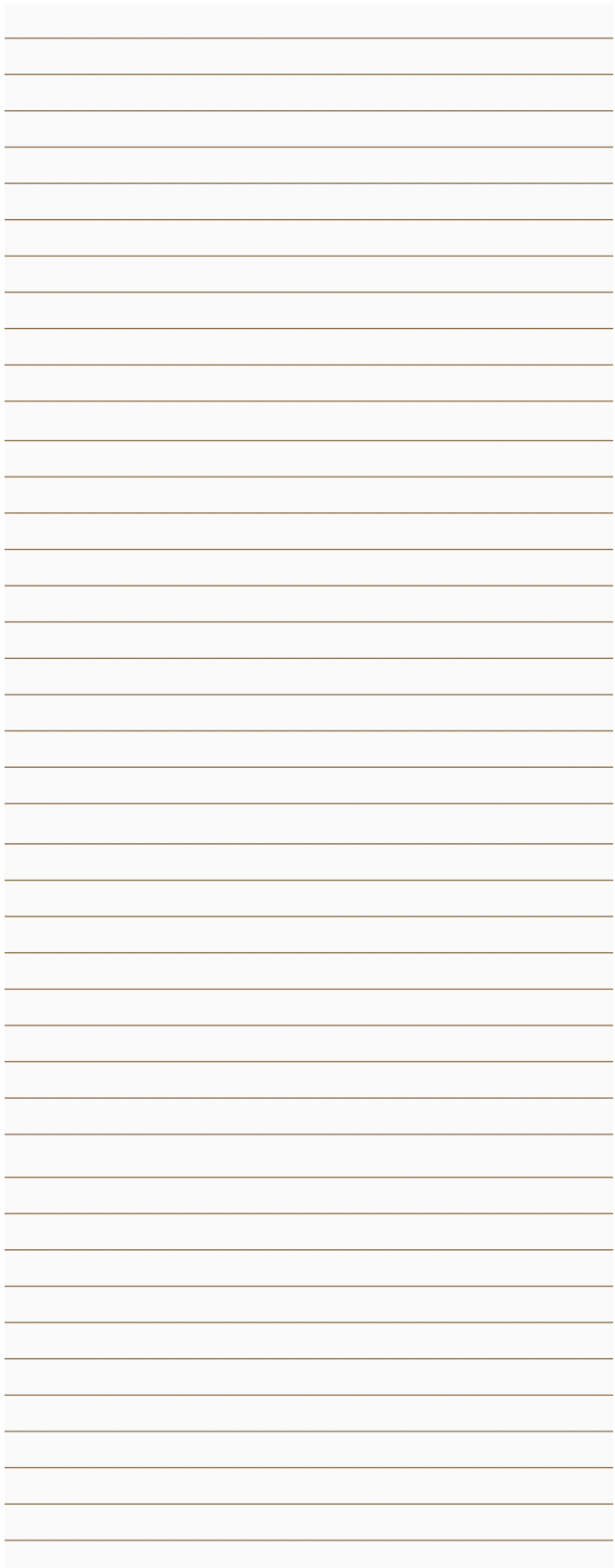


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*When was the last time  
you felt even a small  
spark of joy, and what  
sparked it?*

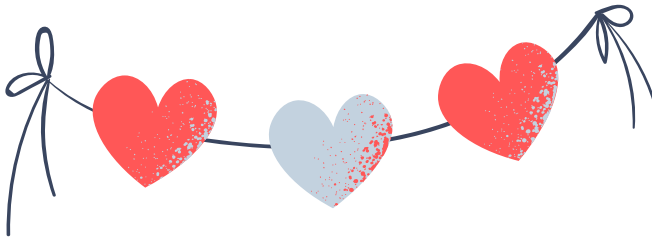
*When was the last time  
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**JOURNAL PROMPT:** *How has love shown up this week?  
How can you share that with someone else?*



Love is the thread that loss  
cannot cut.

It remains constant, even when  
relationships change or loved  
ones are gone.

That same love can still flow  
through you — not to replace  
what was lost, but to carry its  
light forward into the lives  
you touch.



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Do one small act of love today.  
Write **YOURSELF** a love  
letter; send a kind text to a  
friend or family member. Just  
hold someone in your thoughts  
today and wish for their well-  
being.

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**JOURNAL PROMPT:**

*How has love shown up  
this week? How can you  
share that with someone  
else?*



A series of horizontal lines for journaling, consisting of 28 lines on a light gray background.

# BEFORE YOU GO

Thank you for allowing me to walk with you through these pages. Whatever season this is for you, please remember you are not alone.

Use these reflections as often as you need to use them. They are for the quiet mornings before the day gets going as well as reflective moments as you wind down the day. When you are ready for more guidance, I'd be honored to walk with you in a more personal way.

Schedule Your Next Step Conversation

Hope, Peace, Joy, and Love can live  
alongside your grief

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