



PRESENCE & PASSAGE

Support through serious illness, caregiving, grief and end-of-life

Daily Grief Check-in

A few quiet minutes to notice how you're doing today. There is no right way to fill this out.

IF TODAY HAD ONE WORD, IT WOULD BE

Recognizing My Grief

TODAY MY GRIEF FEELS

e.g. heavy, quiet, loud, expected, surprising, distant, numb, restless

I NOTICE MY GRIEF IN MY BODY BY

e.g. tight chest, moving slowly, fatigue, tears close to the surface

Remembering & Connecting

A MEMORY OF MY LOVED ONE I CAN HONOR TODAY

ONE PERSON I MAY WANT TO CONNECT WITH TODAY

I CAN DO THAT BY

I COULD REACH OUT BY

e.g. social media, text, phone call, coffee, sitting together, sharing a memory

Today's Focus

ONE SMALL TASK I CAN FOCUS ON OR ONE EXPECTATION I CAN LET GO OF TODAY IS

IF I DO THIS, I HOPE I'LL FEEL

Closing

RIGHT NOW, I AM GRATEFUL FOR

ONE THING THAT HELPED TODAY WAS

WHAT DO I NEED TOMORROW?