



PRESENCE & PASSAGE

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

Grief Worksheet — Remembering Together

Our memories often fade around the edges before we expect them to. This worksheet offers a simple way to capture the everyday moments, stories and details that help keep someone's life present in our hearts.

Complete it alone or invite family and friends to contribute their own memories. Answer one question at a time or do it all at once — go at your own pace.

Who They Were

The first word that comes to mind when I think of them is

They always made me feel

Something they taught me

A phrase they always said

Something that always made them laugh

Everyday Life

A meal I'll always associate with them

Something they always wore or carried

A smell that reminds me of them

A place that always makes me think of them

A season or holiday I associate with them

Moments

A funny story involving them

A TV show, song or movie that makes me think of them

A small everyday moment I'll always miss

A Story I'll Always Carry

Tell the story as you remember it — don't worry about getting every detail right, the feeling behind the memory matters most.

Carrying Them Forward

One tradition I'd like to continue

One lesson I'll carry with me

One way I'll honor their memory this year

When someone asks about them years from now, I hope they'll know...

After reflecting today, I'm feeling...
