

Remembering My Loved One



REMEMBERING THE LIFE THEY LIVED

The people we love leave us with memories, stories, and moments that remain part of our lives. Remembering who my loved one was, what made them unique, and the moments we shared can help me feel connected to them. Some memories may bring a smile, others may bring tears. There is no right or wrong way to remember. I may choose to write a few words, share a story, or simply enjoy a quiet moment of reflection.

I CAN TAKE MY TIME.

I DO NOT NEED TO ANSWER EVERY QUESTION.



1. The Person They Were...

WHAT WERE SOME OF MY LOVED ONE'S FAVORITE THINGS?

Perhaps a favorite food, song, hobby, place, or simple pleasure.

Today, I am Remembering

BEYOND WORDS

WHAT MADE MY LOVED ONE UNIQUELY THEMSELVES?

A funny habit, favorite saying, special talent, or something that made them unmistakably them.



2. The Life We Remember...



WHAT DID WE ESPECIALLY ENJOY DOING TOGETHER?

Think of places we went, activities we shared, or simple everyday moments.



WHAT IS A FAVORITE MEMORY I HAVE OF MY LOVED ONE?

Perhaps a moment that makes me smile, something we laughed about, or a memory I especially treasure.



WHAT WAS MY LOVED ONE ESPECIALLY PROUD OF?

Perhaps an accomplishment, relationship, experience, or personal achievement that meant a lot to them.





3. What Lives On...



WHAT DID MY LOVED ONE TEACH ME OR LEAVE WITH ME?

Perhaps a lesson, tradition, or way of looking at life that continues to be part of who I am..

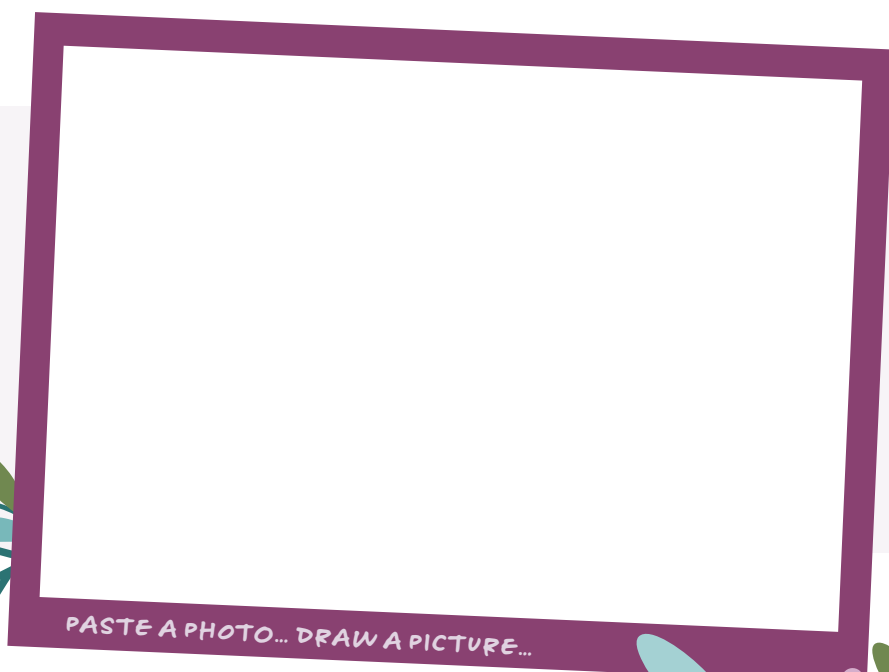
WHAT WOULD I MOST LIKE OTHERS TO KNOW OR REMEMBER ABOUT MY LOVED ONE?

What made them special, and what would I love to share about them?



MY LOVED ONE WILL ALWAYS BE PART OF MY STORY.

*Some memories may bring comfort,
while others may bring sadness. I can
welcome these memories in my own
way and be gentle with myself as I
remember the person I love.*



PASTE A PHOTO... DRAW A PICTURE...

