

Journaling Menu



Low-Energy Days

- One word for how today felt
- List of sensory details
- Voice memo instead of writing
- Draw a line and label where grief lives in your body

Heavy Days

- “What hurts the most today is...”
- Letter you’ll never send
- Write from grief’s voice back to you
- Advice journaling (what would you tell a friend?)



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Journaling Menu



Angry / Restless Days

- Rage writing (no censoring)
- Tear out the page afterward
- Bullet dump everything that's irritating you
- Write what you're not allowed to say outloud

Clearer Days

- Gratitude with detail (why, how, what it means)
- What helped today, even just a little
- What future-you might need to remember



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Journaling Menu



Decision / Stuck Days

- Pros / cons (including emotional ones)
- Write from the perspective of “one year from now”
- What’s in my control / what isn’t

Connection Days

- Write to your past self
- Write to your future self
- Write about what love looks like now



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Journaling Prompts



- Where is grief showing up in my body or daily life right now? How does it want me to listen to it?
- What is one loss I've experienced that still shapes me today? What did it take from me — and what, if anything, did it give me?
- What do I tend to reach for when I want to avoid my grief? What happens if I imagine setting that aside, even for a moment?
- What has helped me feel just a little lighter, even briefly, in my grief? How can I bring more of that into my life?
- If my grief could speak, what would it say it needs most from me today?



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