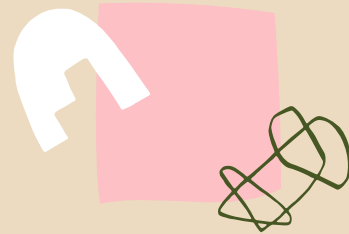


3 Things to Do Right Now to Start Rebuilding After Grief

A powerful jumpstart guide to help you move forward with grace, faith, and purpose

By: Cherie Rickard RN, CG-C

www.QueenBeeTransformation.com



Speak Life – Out Loud

Your healing begins with what you say.

Grief often silences our voice. We internalize pain, guilt, or shame, and begin to believe things like:

“I’ll never feel whole again.”

“My life is over.”

“God has forgotten me.”

But your words are powerful. Proverbs 18:21 reminds us: “The tongue has the power of life and death.”

◆ What to do today:

Write down 3 affirmations you can say out loud every morning — even if you don’t fully believe them yet.

Examples:

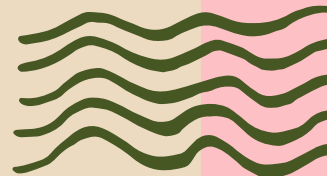
- “God is healing my heart day by day.”
- “I am still here for a purpose.”
- “My pain will not have the final word.”

Speaking truth breaks the cycle of silence and activates healing in your spirit.

Queen Bee Transformation LLC

I-239-763-0133

www.QueenBeeTransformation.com



Write the Pain Down – Don't Carry It

Grief is heavy — but putting it on paper is a way to release what your heart can't carry alone.

When we don't process our loss, it festers. But when we journal through it, we make room for healing.

◆ What to do today:

Set a timer for 10 minutes. Write without judgment, without editing.

Answer this prompt:

👉 “What is one thing I wish I could say to the person (or dream) I lost?”

Let your words be raw, real, and honest. God can handle your emotions — He invites them.

Invite God In – Even If You're Angry

Grief can feel like God is far away. But He's not. Psalm 34:18 says, “The Lord is close to the brokenhearted.”

Your healing doesn't require you to have perfect faith — just open faith.

◆ What to do today:

Pray one honest prayer — even if it sounds like, “God, I don't understand, but I need You.”

Then pause. Be still. Invite Him into your heartache. Sometimes the most powerful thing you can do is whisper, “Help.”

You don't have to rebuild alone.

💛 Your Next Step: Start with Truth & Support

You've taken your first three steps toward healing. That's powerful. Now, take the next one.

✅ Download your free guide: “20 Truths to Speak When You're Rebuilding After Grief” — a beautiful printable filled with hope-filled truth to declare daily.

✅ Book a 20-minute consultation call with Cherie — personalized support to help you find your next step forward in faith and life.

➡ Visit: queenbeetransformation.com