

Self Care: Take a moment to consider the different "rooms" of your life. How has your identity shifted in each?

Area of Life	What was lost?	What remains?	What is being "reborn"?
Personal	(e.g., specific roles)	(e.g., my values)	(e.g., a new strength)
Relational	(e.g., a companion)	(e.g., shared memories)	(e.g., deeper empathy)
Purpose	(e.g., future plans)	(e.g., my skills)	(e.g., a new mission)

Daily Tools for the Journey

1. Emotional Tracking: Use a "Grief & Grace" log. Note one moment where the grief felt heavy, and one moment where you noticed a "grace" (a small beauty, a kind word, or a moment of peace).
2. The "Honor Desk": Create a small physical space (a shelf, a corner) that honors what was lost while leaving room for something new (like a small plant) to grow alongside it.
3. Ongoing Support: Connection is the antidote to the isolation of grief. Seek out communities that validate your timeline, not their own.