



Grace & Grief

When caregiving carries loss – of time, energy, plans, or people – these prompts are here to help you hold that loss with tenderness and grace.

- What does grace mean to me today? Have I extended any to myself? _____

- Where is grief showing up in my life in quiet ways – through irritability, fatigue, forgetfulness?

- If my grief could speak, what would it want me to know? _____

- What is one thing I wish someone understood about my caregiving journey or the grief it carries? _____

Journal Prompt: Grace & Grief

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A Guided Journal for the Caregiving Journey

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