



SHARE SOME MEMORIES OF YOUR LOVED ONE.

TELL US ABOUT YOUR LOVED ONE'S LIKES, HOBBIES, INTERESTS AND PASSIONS




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WHAT WAS YOUR LOVED ONE'S LIFE'S WORK OR CAREER?




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TELL US ABOUT YOUR LOVED ONE'S RELIGIOUS OR SPIRITUAL CONNECTIONS



WHAT WILL ALWAYS REMIND YOU OF YOUR LOVED ONE? (SCENT, RECIPE, PHOTOGRAPH, MOVIE, PLACE, ETC.)

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WHAT ARE A FEW WORDS THAT DESCRIBE YOUR LOVED ONE?

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*“Where Words Fail, Music Speaks”*

SHARE SOME OF YOUR LOVED ONE'S FAVORITE SONGS, ARTISTS, OR HYMNS




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# HEALING ACTIVITIES



### JOURNEY OF LIFE AND LOVE

Remembering that love goes on after death, share some ways your loved one will remain with you as you continue on your journey and heal.

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### BUILDING A SUPPORT BRIDGE

Healing begins with family and friends. List below your loved ones who you can lean on in your time of need, as well as places to visit, reflect, and remember.

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### A FOCUS ON THE FUTURE

Envision a day when you can peacefully and joyfully reflect on the life of your loved one. It may be too painful now, but the pain will gradually lift. What does this day look like to you?

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WELCOME TO YOUR PATH TOWARDS HEALING.



### GOLDEN YEARS

GRANDCHILDREN, TRAVEL, VOLUNTEERING

FAMILY, TRADITIONS, HOLIDAYS



### GOOD OLD DAYS

CAREER, ACHIEVEMENTS, PASSION



### LIFE'S WORK



### EARLY YEARS

SCHOOLING, CHURCH, HOBBIES



### THE BEGINNING

CHILDHOOD, SIBLINGS, FRIENDSHIPS