

SPIRITUAL JOURNALING

THE BELONGINGS

At some point many of us are faced with the task of sorting through our loved one's belongings. Whether we tend to this task immediately or put it off for years, every item large and small holds memories and we're faced with deciding what to keep, what to stow away, and what to donate or discard. When does the time come to address such an emotionally-laden task and how do we begin?

I SORTED THROUGH MY LOVED ONE'S BELONGINGS ON: _____

THESE PEOPLE HELPED ME: _____

MY LOVED ONE'S FAVORITE CLOTHING ITEM WAS: _____

MY LOVED ONE'S FAVORITE OUTFIT INCLUDED: _____

MY MOST CHERISHED ITEMS INCLUDED: _____

THE ITEMS I KEPT AS KEEPSAKES INCLUDED: _____

THE ITEMS I DONATED INCLUDED: _____

THE ITEMS I DISCARDED INCLUDED: _____

THE HARDEST PART ABOUT THIS TASK WAS: _____

MY ADVICE TO FUTURE FAMILY MEMBERS WHO WILL FACE THIS SAME TASK IS: _____
