

## SPIRITUAL JOURNALING

**BIRTHDAYS & ANGELVERSARIES**

Our loved one's birthday and death anniversary are predictably painful. No matter how long it's been, fresh waves of sorrow fill our hearts as if it happened yesterday. Some choose to spend the day in solitude, lost in memory about the moment his or her loved one left this world. Others choose to mark the dates with a remembrance activity such as a balloon release. How do we celebrate the life that lives on in our heart? How do we mark the date of our loved one's departure?

MY LOVED ONE'S BIRTHDAY IS: \_\_\_\_\_

MY LOVED ONE'S FAVORITE WAY TO CELEBRATE HIS/HER BIRTHDAY WAS: \_\_\_\_\_

---

---

---

MY LOVED ONE'S MOST MEMORABLE BIRTHDAY(S) WAS: \_\_\_\_\_

---

---

---

THE FIRST YEAR AFTER MY LOVED ONE DIED, I CHOSE TO HONOR HIS/HER BIRTHDAY THIS WAY: \_\_\_\_\_

---

---

NOW I MARK MY LOVED ONE'S BIRTHDAY THIS WAY: \_\_\_\_\_

---

---

THE PEOPLE WHO JOIN ME IN MY REMEMBRANCE ARE: \_\_\_\_\_

---

---

---

THE HARDEST PART ABOUT MY LOVED ONE'S BIRTHDAY IS: \_\_\_\_\_

---

---

---

MY LOVED ONE DIED ON: \_\_\_\_\_

THE FIRST YEAR AFTER MY LOVED ONE DIED, I CHOSE TO HONOR THE ANGELVERSARY THIS WAY: \_\_\_\_\_

---

---

---

NOW I MARK MY LOVED ONE'S ANGELVERSARY THIS WAY: \_\_\_\_\_

---

---

---

THE PEOPLE WHO JOIN ME IN MY REMEMBRANCE ARE: \_\_\_\_\_

---

---

---

