

SPIRITUAL JOURNALING

# THE HOLIDAYS

The holidays come around like clockwork, yet treasured memories from years past can expectedly trigger a fresh wave of sorrow. If the grief is still fresh, holidays can be downright raw. How do we navigate the invitations, decorations, and festivities without our loved one?

MY LOVED ONE'S FAVORITE HOLIDAY(S) WAS: \_\_\_\_\_

MY LOVED ONE'S FAVORITE WAY TO CELEBRATE THIS HOLIDAY WAS: \_\_\_\_\_

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MY MOST MEMORABLE HOLIDAY WITH MY LOVED ONE WAS: \_\_\_\_\_

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

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

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

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THE HARDEST HOLIDAY FOR ME NOW IS: \_\_\_\_\_

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THE PEOPLE WHO HELP ME THE MOST THROUGH THIS HOLIDAY ARE: \_\_\_\_\_

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MY ADVICE TO OTHERS EXPERIENCING THIS IS: \_\_\_\_\_

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