

# My Grief Journey Exercises

Complete at least one of the following exercises before our next session.



## *The Heart Challenge*

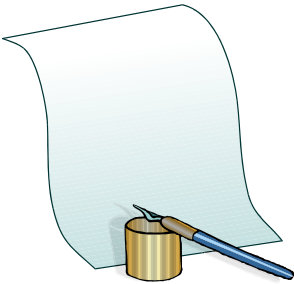
Grief is a matter of the heart. You grieve because you loved someone. To help mend a broken heart, help another broken heart. What action steps will you take in the next week to extend love to someone who is hurting?

**FLAT TIRE**



## *The Flat Tire Fix*

Fix the flat and move forward. Do nothing and stay stuck. It is your obligation to live your life for the rest of your life. What action steps will you take in the next week to fix your flat tire and start moving forward with your life?



## *The Good Bye Letter*

Write a good bye letter to your deceased love one, saying everything you want to say... the good, the bad, and the ugly. End the letter with "Good Bye" and sign it. Discard the letter when you are done. How did this act of completion feel?



## *The Thank You Note*

This exercise is not directed to the deceased. Send a thank you note or email to someone who has made a difference in your life that you never thanked, i.e., teacher, mentor, friend, spiritual leader, parent, etc. If the person is deceased, write the letter anyway, and discard it when done.



## *The Legacy Project*

What legacy did your deceased loved one leave? What did you learn from it. Think about the legacy that you will leave. Think about how you can help someone else. What action step can you take in the next week to begin building the legacy that you want to be remembered for?