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Our grief is normal, the impact is real,
the solutions are achievable and
the possibilities are endless!

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It's vital that we explore our emotions,
understand where they come from and make
decisions about what we want to do with them.

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Feelings were meant to drive us towards
action of some kind. They were not
meant to be sat in or clung on to.

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After going through a major loss
there is really only one way to respond;
we must accept that things will not be the same.

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Refusing to "forgive" keeps us in
a constant state of stress and interferes
in the opportunity for us to be our best selves.

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Staying **OPEN** and feeling excited
to experience life and all of the
adventures it can deliver to us
both positive and negative!

Being **GRATEFUL** for all that we
have, all that we have
experienced and the opportunity
to live our lives moving forward.

A sense of **PURPOSE** that
drives us forward and provides
fuel toward the energy needed to
pursue our ever-evolving hopes,
goals & dreams.

Recognize	

Explore	

Feel	

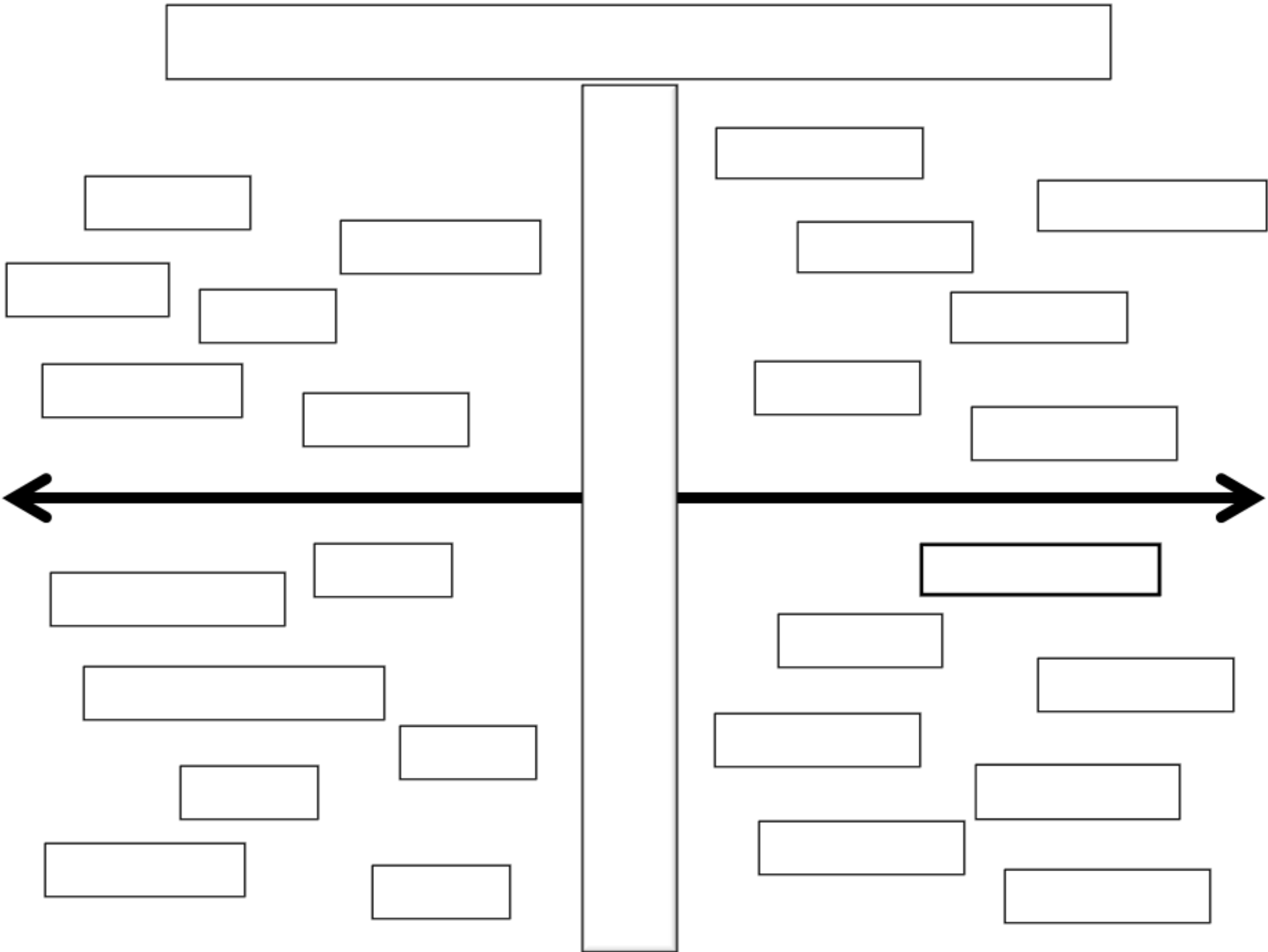
Accept	

Forgive	



Total

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Establish My Path....

Today
Total

My Goal
in 1 Year

Acceptance

1 I Believe that Life is Fair	2 I Have No Regrets	3 I Have Let Go	4 I Embrace What Is (No Suffering)	
○	○	○	○	

1
2
3
4

Forgiveness

5 I Have Forgiven Myself	6 I am Grateful for All That I Had	7 I Consistently Feel Joyful	8 I Fully Participate In Life	
○	○	○	○	

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7
8

Gratitude

9 I Have Energy	10 I Can Provide Support to Others	11 I Have a Sense of Purpose	12 I Have Safety & Security	
○	○	○	○	

9
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12

Confidence

13 I Am Optimistic	14 I Believe in Myself	15 I Am Open to Experiencing a Full Life	16 I Feel In Control	
○	○	○	○	

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Contentment

17 I Feel Valued	18 I Feel Heard	19 I Feel Connected	20 My Life is Rewarding	
○	○	○	○	

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