



Personal Journal

Grief Series Episode 2

Date:

Today I felt:

What helped me today?

What did not help me today?

What do I want to remember from today?

What message do you have for your future self?

What message would I have for someone who is going through the same thing I am?

Thoughts and Questions I have-



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Date:

Free Expression: Use this space to write, draw, doodle your thoughts, feelings and emotions.



Letter of Love

A letter to my baby

Date:

A large, solid light-pink rectangular area intended for writing the letter.