

BACK TO YOU

365 Days of Grief-Informed Reflection

A gentle journal for remembering, feeling, reconnecting,
and finding your way forward.

Welcome to Back to You

Grief changes us. Sometimes it changes what we need, what we value, how we see ourselves, and how we move through the world.

This journal isn't about leaving your grief behind. It isn't about forgetting, moving on, or finding a finish line.

It's an invitation to slowly turn toward you—the person who is grieving, the person who is remembering, the person who is hurting, the person who is healing in their own way, and the person who is still here.

Some days you may have pages of thoughts. Other days, you may have only a word or two. Some prompts may feel meaningful, while others may not feel right for you. You get to choose what you answer and what you leave unanswered.

There is no right way to use this journal and no timeline for your grief.

Take what you need. Skip what you don't. Come back whenever you're ready.

This is your journey.
This is your story.
And this is your invitation to come back to you.

A Gentle Way to Use This Journal

One prompt is offered for each day of the year. You can follow the days in order, choose a prompt that speaks to you, or return to an earlier prompt whenever you need it.

Write as much or as little as feels right. A sentence, a page, a list, a memory, a drawing, or even the words “I don't know today” all count.

Some prompts may bring comfort. Others may bring difficult feelings. You are never required to finish a prompt or go deeper than feels right for you.

Grief is not a straight line, and this journal is not a test. There is nothing to complete perfectly.

A small reminder

This journal is intended for personal reflection and supportive grief work. It is not a substitute for professional mental-health care. If a prompt feels too heavy, pause, step away, and reach out to someone you trust or to an appropriate professional or crisis resource.

Making Space for Your Grief

DAY 1

What does grief feel like for you today?

Today I need... _____

DAY 2

What do you wish someone understood about your grief?

Today I need... _____

DAY 3

What has been the hardest part of grieving for you?

Today I need... _____

DAY 4

What has surprised you about your grief?

Today I need... _____

DAY 5

If your grief could speak today, what might it say?

Today I need... _____

DAY 6

What do you need permission to feel today?

Today I need... _____

DAY 7

What does being gentle with yourself look like right now?

Today I need... _____

DAY 8

What emotions have you been carrying that you haven't had space to express?

Today I need... _____

DAY 9

What does your heart need today?

Today I need... _____

DAY 10

What do you wish you could say to someone who doesn't understand your grief?

Today I need... _____

DAY 11

What part of grief feels the most misunderstood?

Today I need... _____

DAY 12

What have you learned about yourself through grief?

Today I need... _____

DAY 13

What does a difficult grief day look like for you?

Today I need... _____

DAY 14

What helps you get through a difficult day?

Today I need... _____

DAY 15

What would you tell yourself on the days when grief feels especially heavy?

Today I need... _____

DAY 16

What does “taking care of myself” mean to you right now?

Today I need... _____

DAY 17

What feelings are you allowing yourself to acknowledge today?

Today I need... _____

DAY 18

What feelings have you been pushing away?

Today I need... _____

DAY 19

What would it feel like to give those feelings a little more room?

Today I need... _____

DAY 20

What is something you wish you didn't have to be strong for?

Today I need... _____

DAY 21

Where do you feel safest expressing your grief?

Today I need... _____

DAY 22

Who allows you to be completely honest about how you're doing?

Today I need... _____

DAY 23

What does support look like to you?

Today I need... _____

DAY 24

What kind of support do you need more of?

Today I need... _____

DAY 25

What kind of support do you need less of?

Today I need... _____

DAY 26

What is one thing you wish someone would say to you today?

Today I need... _____

DAY 27

What is one thing you wish people would stop saying about grief?

Today I need... _____

DAY 28

What does your grief need from you today?

Today I need... _____

DAY 29

What are you learning to accept?

Today I need... _____

DAY 30

What are you not ready to accept—and why is it okay to be where you are?

Today I need... _____

DAY 31

What would it mean to stop judging yourself for how you grieve?

Today I need... _____

Remembering

DAY 32

What is one memory that immediately brings a smile to your face?

Today I need... _____

DAY 33

What ordinary moment with your loved one do you treasure?

Today I need... _____

DAY 34

What made your loved one laugh?

Today I need... _____

DAY 35

What made you laugh together?

Today I need... _____

DAY 36

What was something only the two of you understood?

Today I need... _____

DAY 37

What is a favorite place you associate with your loved one?

Today I need... _____

DAY 38

What smell reminds you of them?

Today I need... _____

DAY 39

What song reminds you of them?

Today I need... _____

DAY 40

What food reminds you of them?

Today I need... _____

DAY 41

What phrase or saying reminds you of them?

Today I need... _____

DAY 42

What mannerism of theirs do you remember?

Today I need... _____

DAY 43

What is something they taught you?

Today I need... _____

DAY 44

What is something you learned simply by loving them?

Today I need... _____

DAY 45

What quality did you admire most in them?

Today I need... _____

DAY 46

What quality of theirs lives on in you?

Today I need... _____

DAY 47

What is one story about them you never want to forget?

Today I need... _____

DAY 48

What photograph of them is especially meaningful to you?

Today I need... _____

DAY 49

What was one of their greatest strengths?

Today I need... _____

DAY 50

What was something wonderfully imperfect about them that you loved?

Today I need... _____

DAY 51

What nickname or term of endearment did you use for them?

Today I need... _____

DAY 52

What is a small detail about them that others might not remember but you do?

Today I need... _____

DAY 53

What moment with them would you relive if you could?

Today I need... _____

DAY 54

What was one of your happiest memories together?

Today I need... _____

DAY 55

What was a difficult experience you got through together?

Today I need... _____

DAY 56

What did your relationship teach you about love?

Today I need... _____

DAY 57

What would you want future generations to know about your loved one?

Today I need... _____

DAY 58

What part of their story deserves to be remembered?

Today I need... _____

DAY 59

What memory are you grateful to have today?

Today I need... _____

The Relationship

DAY 60

How would you describe your relationship with your loved one?

Today I need... _____

DAY 61

What made your relationship unique?

Today I need... _____

DAY 62

What did you appreciate most about being connected to them?

Today I need... _____

DAY 63

What did they know about you that few others did?

Today I need... _____

DAY 64

What did you know about them that few others did?

Today I need... _____

DAY 65

What did you enjoy doing together?

Today I need... _____

DAY 66

What did you disagree about?

Today I need... _____

DAY 67

What was something you wished you had more time to do together?

Today I need... _____

DAY 68

What did you wish you had said?

Today I need... _____

DAY 69

What did you say that you're grateful you said?

Today I need... _____

DAY 70

Is there something unresolved in your relationship that you would like to write about?

Today I need... _____

DAY 71

What would you want your loved one to know about you today?

Today I need... _____

DAY 72

What do you miss most about your relationship?

Today I need... _____

DAY 73

What part of the relationship do you carry with you?

Today I need... _____

DAY 74

How has losing this relationship changed your understanding of connection?

Today I need... _____

DAY 75

What did your loved one bring into your life?

Today I need... _____

DAY 76

What did you bring into theirs?

Today I need... _____

DAY 77

What did loving them teach you about yourself?

Today I need... _____

DAY 78

What did they see in you that you sometimes struggle to see in yourself?

Today I need... _____

DAY 79

What part of yourself felt most alive when you were with them?

Today I need... _____

DAY 80

What would you like to remember about who you were during that relationship?

Today I need... _____

DAY 81

What did you learn about unconditional love?

Today I need... _____

DAY 82

What did you learn about forgiveness?

Today I need... _____

DAY 83

What did you learn about vulnerability?

Today I need... _____

DAY 84

What did you learn about being present?

Today I need... _____

DAY 85

What did you learn about saying “I love you”?

Today I need... _____

DAY 86

What would you do differently if you had another opportunity?

Today I need... _____

DAY 87

What would you do exactly the same?

Today I need... _____

DAY 88

What part of your relationship brings you comfort?

Today I need... _____

DAY 89

What part of your relationship still brings pain?

Today I need... _____

DAY 90

How can you honor the relationship without needing to hold onto every painful part of it?

Today I need... _____

Who Are You Now?

DAY 91

Who were you before your loss?

Today I need... _____

DAY 92

Who are you today?

Today I need... _____

DAY 93

What parts of yourself have changed?

Today I need... _____

DAY 94

What parts of yourself have remained?

Today I need... _____

DAY 95

What part of yourself are you trying to find again?

Today I need... _____

DAY 96

What part of yourself are you discovering for the first time?

Today I need... _____

DAY 97

What did grief take from you?

Today I need... _____

DAY 98

What did grief reveal about you?

Today I need... _____

DAY 99

What do you miss about the person you were before your loss?

Today I need... _____

DAY 100

What do you appreciate about the person you are becoming?

Today I need... _____

DAY 101

What expectations about yourself have changed?

Today I need... _____

DAY 102

What expectations are you ready to release?

Today I need... _____

DAY 103

What does “being yourself” mean to you now?

Today I need... _____

DAY 104

What makes you feel most like yourself?

Today I need... _____

DAY 105

When was the last time you felt genuinely content?

Today I need... _____

DAY 106

What activities make you lose track of time?

Today I need... _____

DAY 107

What interests have you put aside?

Today I need... _____

DAY 108

Is there something you've always wanted to try?

Today I need... _____

DAY 109

What part of your personality has grief made harder to access?

Today I need... _____

DAY 110

What part of your personality has become stronger?

Today I need... _____

DAY 111

What are three things you like about yourself?

Today I need... _____

DAY 112

What is something you're proud of yourself for surviving?

Today I need... _____

DAY 113

What is something you are proud of yourself for doing since your loss?

Today I need... _____

DAY 114

What do you want to be known for?

Today I need... _____

DAY 115

What matters more to you now than it once did?

Today I need... _____

DAY 116

What matters less?

Today I need... _____

DAY 117

What are you no longer willing to pretend is okay?

Today I need... _____

DAY 118

What truth about yourself are you learning to accept?

Today I need... _____

DAY 119

What would it mean to come “back to you”?

Today I need... _____

DAY 120

What would you like your relationship with yourself to look like a year from now?

Today I need... _____

Self-Compassion

DAY 121

How do you talk to yourself on difficult days?

Today I need... _____

DAY 122

Would you speak to a friend the way you sometimes speak to yourself?

Today I need... _____

DAY 123

What would you say to a friend experiencing your grief?

Today I need... _____

DAY 124

Now say those same words to yourself.

Today I need... _____

DAY 125

What do you need to forgive yourself for?

Today I need... _____

DAY 126

What are you holding yourself responsible for that may deserve a gentler look?

Today I need... _____

DAY 127

What does self-forgiveness mean to you?

Today I need... _____

DAY 128

What does giving yourself grace mean?

Today I need... _____

DAY 129

What are you doing better than you realize?

Today I need... _____

DAY 130

What is something you don't give yourself enough credit for?

Today I need... _____

DAY 131

What would you like to stop criticizing yourself about?

Today I need... _____

DAY 132

What expectation can you give yourself permission to let go of today?

Today I need... _____

DAY 133

What does rest mean to you?

Today I need... _____

DAY 134

Why can resting sometimes feel difficult?

Today I need... _____

DAY 135

What would you do today if you didn't feel guilty for taking care of yourself?

Today I need... _____

DAY 136

What does your body need today?

Today I need... _____

DAY 137

What does your mind need today?

Today I need... _____

DAY 138

What does your heart need today?

Today I need... _____

DAY 139

What does your spirit need today?

Today I need... _____

DAY 140

What is one kind thing you can do for yourself today?

Today I need... _____

DAY 141

What makes you feel cared for?

Today I need... _____

DAY 142

How do you know when you're reaching your limits?

Today I need... _____

DAY 143

What are your signs that you need a break?

Today I need... _____

DAY 144

What boundaries would make your life gentler?

Today I need... _____

DAY 145

Where do you need to say “no” more often?

Today I need... _____

DAY 146

Where do you need to say “yes” more often?

Today I need... _____

DAY 147

What would you like to stop apologizing for?

Today I need... _____

DAY 148

What would you like to give yourself permission to enjoy?

Today I need... _____

DAY 149

What does kindness toward yourself look like today?

Today I need... _____

DAY 150

What would your most compassionate self say to you?

Today I need... _____

DAY 151

Write yourself a short letter beginning with: “I am proud of you because...”

Today I need... _____

The Hard Days

DAY 152

What tends to make your grief feel heavier?

Today I need... _____

DAY 153

What tends to make your grief feel a little lighter?

Today I need... _____

DAY 154

What is one grief trigger you've encountered?

Today I need... _____

DAY 155

What usually happens inside you when you're triggered?

Today I need... _____

DAY 156

What helps you feel grounded?

Today I need... _____

DAY 157

What helps you feel safe?

Today I need... _____

DAY 158

What do you need when memories unexpectedly surface?

Today I need... _____

DAY 159

What anniversary or date carries special meaning for you?

Today I need... _____

DAY 160

What would make an important date more manageable?

Today I need... _____

DAY 161

What holiday has changed since your loss?

Today I need... _____

DAY 162

What tradition do you miss?

Today I need... _____

DAY 163

What tradition might you want to create?

Today I need... _____

DAY 164

What social situations have become difficult?

Today I need... _____

DAY 165

What do you wish people understood about your need to leave or say no?

Today I need... _____

DAY 166

What does a “bad day” mean to you?

Today I need... _____

DAY 167

What helps you get through one hour at a time?

Today I need... _____

DAY 168

What reminds you that difficult feelings eventually shift?

Today I need... _____

DAY 169

What has helped you through a day you thought you couldn't get through?

Today I need... _____

DAY 170

What strength did you discover during one of your hardest moments?

Today I need... _____

DAY 171

What do you need to hear when you're having a difficult grief day?

Today I need... _____

DAY 172

Write yourself a message to read on your next hard day.

Today I need... _____

DAY 173

What can you do when you don't have the energy to do much?

Today I need... _____

DAY 174

What are three very small things that can make a difficult day more manageable?

Today I need... _____

DAY 175

Who can you reach out to when you don't want to be alone?

Today I need... _____

DAY 176

What does asking for help feel like for you?

Today I need... _____

DAY 177

What makes asking for help easier?

Today I need... _____

DAY 178

What do you need to stop forcing yourself through?

Today I need... _____

DAY 179

What would it look like to meet yourself where you are?

Today I need... _____

DAY 180

What have your hardest days taught you?

Today I need... _____

DAY 181

What would you like to remember the next time grief feels overwhelming?

Today I need... _____

Your Needs

DAY 182

What do you need more of in your life?

Today I need... _____

DAY 183

What do you need less of?

Today I need... _____

DAY 184

What makes you feel emotionally supported?

Today I need... _____

DAY 185

What makes you feel emotionally drained?

Today I need... _____

DAY 186

What does your ideal peaceful day look like?

Today I need... _____

DAY 187

What does your ideal connected day look like?

Today I need... _____

DAY 188

What does your ideal alone time look like?

Today I need... _____

DAY 189

When do you feel most rested?

Today I need... _____

DAY 190

What prevents you from getting the rest you need?

Today I need... _____

DAY 191

What does your heart seem to be asking for lately?

Today I need... _____

DAY 192

What have you been needing but not asking for?

Today I need... _____

DAY 193

Why might it be difficult to ask for that need?

Today I need... _____

DAY 194

What would you like others to understand about your needs?

Today I need... _____

DAY 195

What boundary could protect your energy?

Today I need... _____

DAY 196

What boundary could protect your peace?

Today I need... _____

DAY 197

What relationship in your life feels nourishing?

Today I need... _____

DAY 198

What relationship feels complicated?

Today I need... _____

DAY 199

What relationship needs more honesty?

Today I need... _____

DAY 200

What relationship needs more distance?

Today I need... _____

DAY 201

What does healthy support look like for you?

Today I need... _____

DAY 202

What does unhealthy support look like?

Today I need... _____

DAY 203

What do you need from yourself when others cannot be there?

Today I need... _____

DAY 204

What helps you feel heard?

Today I need... _____

DAY 205

What helps you feel understood?

Today I need... _____

DAY 206

What helps you feel valued?

Today I need... _____

DAY 207

What makes you feel invisible?

Today I need... _____

DAY 208

What is one need you are ready to take more seriously?

Today I need... _____

DAY 209

What would change if you stopped minimizing your own needs?

Today I need... _____

DAY 210

What does choosing yourself mean to you?

Today I need... _____

DAY 211

Where could you give yourself more room?

Today I need... _____

DAY 212

What do you need today that you can give yourself?

Today I need... _____

Finding Moments of Light

DAY 213

What made you smile today?

Today I need... _____

DAY 214

What is something beautiful you noticed recently?

Today I need... _____

DAY 215

What sound brings you comfort?

Today I need... _____

DAY 216

What place makes you feel peaceful?

Today I need... _____

DAY 217

What activity brings you a sense of calm?

Today I need... _____

DAY 218

What makes you laugh?

Today I need... _____

DAY 219

When was the last time you laughed without feeling guilty?

Today I need... _____

DAY 220

How do you feel about experiencing happiness after loss?

Today I need... _____

DAY 221

What would your loved one want you to experience?

Today I need... _____

DAY 222

What is something you still enjoy?

Today I need... _____

DAY 223

What is something you would like to enjoy again?

Today I need... _____

DAY 224

What is something you've forgotten you enjoy?

Today I need... _____

DAY 225

What brings you comfort on an ordinary day?

Today I need... _____

DAY 226

What small pleasure could you make room for today?

Today I need... _____

DAY 227

What does joy mean to you now?

Today I need... _____

DAY 228

Has your definition of happiness changed?

Today I need... _____

DAY 229

What makes you feel alive?

Today I need... _____

DAY 230

What makes you feel connected to the world?

Today I need... _____

DAY 231

What is something you are grateful for today?

Today I need... _____

DAY 232

What is something you are grateful you experienced with your loved one?

Today I need... _____

DAY 233

What is something beautiful grief has taught you to notice?

Today I need... _____

DAY 234

What moment from today would you like to remember?

Today I need... _____

DAY 235

What makes an ordinary day meaningful?

Today I need... _____

DAY 236

What is one thing you can look forward to?

Today I need... _____

DAY 237

What would you like to celebrate?

Today I need... _____

DAY 238

What makes you feel hopeful?

Today I need... _____

DAY 239

What does hope mean to you?

Today I need... _____

DAY 240

Can grief and joy exist together for you? What does that look like?

Today I need... _____

DAY 241

What would you like to give yourself permission to enjoy?

Today I need... _____

DAY 242

Where could you invite a little more light into your life?

Today I need... _____

DAY 243

What is one beautiful thing you want to remember about today?

Today I need... _____

Your Story

DAY 244

If you could describe your life story in one sentence, what would you say?

Today I need... _____

DAY 245

What chapter of your life are you currently living?

Today I need... _____

DAY 246

What chapter are you ready to close?

Today I need... _____

DAY 247

What chapter are you not ready to close?

Today I need... _____

DAY 248

What chapter deserves to be remembered?

Today I need... _____

DAY 249

How has grief changed your story?

Today I need... _____

DAY 250

What part of your story do you rarely talk about?

Today I need... _____

DAY 251

What part of your story are you proud of?

Today I need... _____

DAY 252

What part of your story have you survived?

Today I need... _____

DAY 253

What part of your story deserves more compassion?

Today I need... _____

DAY 254

What would you tell the person you were before your loss?

Today I need... _____

DAY 255

What would you tell yourself on the day your world changed?

Today I need... _____

DAY 256

What would you want your future self to remember about this season?

Today I need... _____

DAY 257

What have you learned that you could never have learned any other way?

Today I need... _____

DAY 258

What has changed about your priorities?

Today I need... _____

DAY 259

What has changed about your relationships?

Today I need... _____

DAY 260

What has changed about your understanding of time?

Today I need... _____

DAY 261

What has changed about your understanding of love?

Today I need... _____

DAY 262

What has changed about your understanding of yourself?

Today I need... _____

DAY 263

What part of your story are you still trying to understand?

Today I need... _____

DAY 264

What question do you wish you had an answer to?

Today I need... _____

DAY 265

What question are you learning to live without answering?

Today I need... _____

DAY 266

What truth has become important to you?

Today I need... _____

DAY 267

What would you like to leave behind?

Today I need... _____

DAY 268

What would you like to carry forward?

Today I need... _____

DAY 269

What part of your story deserves to be honored?

Today I need... _____

DAY 270

What does your story say about your capacity to love?

Today I need... _____

DAY 271

What does your story say about your strength?

Today I need... _____

DAY 272

What do you want the next chapter to hold?

Today I need... _____

DAY 273

If the next chapter were titled, what would you call it?

Today I need... _____

Reconnecting With Yourself

DAY 274

What did you love doing before grief became such a large part of your life?

Today I need... _____

DAY 275

What would you like to rediscover?

Today I need... _____

DAY 276

What have you always wanted to learn?

Today I need... _____

DAY 277

What have you always wanted to create?

Today I need... _____

DAY 278

What have you always wanted to see?

Today I need... _____

DAY 279

Where would you like to go?

Today I need... _____

DAY 280

Who would you like to spend more time with?

Today I need... _____

DAY 281

What makes you feel curious?

Today I need... _____

DAY 282

What makes you feel creative?

Today I need... _____

DAY 283

What makes you feel adventurous?

Today I need... _____

DAY 284

What makes you feel peaceful?

Today I need... _____

DAY 285

What makes you feel confident?

Today I need... _____

DAY 286

What makes you feel connected to yourself?

Today I need... _____

DAY 287

What makes you forget who you are supposed to be and simply allows you to be?

Today I need... _____

DAY 288

What part of your personality would you like to express more?

Today I need... _____

DAY 289

What have you been putting off?

Today I need... _____

DAY 290

Why have you been putting it off?

Today I need... _____

DAY 291

What is one small step toward something you want?

Today I need... _____

DAY 292

What would you do if you weren't worried about what others thought?

Today I need... _____

DAY 293

What would you try if you knew you couldn't fail?

Today I need... _____

DAY 294

What would you change if you knew you were allowed to change?

Today I need... _____

DAY 295

What does personal freedom mean to you?

Today I need... _____

DAY 296

What makes you feel independent?

Today I need... _____

DAY 297

What makes you feel capable?

Today I need... _____

DAY 298

What makes you feel proud?

Today I need... _____

DAY 299

What makes you feel grounded?

Today I need... _____

DAY 300

What part of yourself are you ready to welcome back?

Today I need... _____

DAY 301

What part of yourself are you ready to meet for the first time?

Today I need... _____

DAY 302

What does it mean to build a life that includes grief without being defined only by grief?

Today I need... _____

DAY 303

What would “more of me” look like?

Today I need... _____

DAY 304

What is one thing you can do this week that is simply for you?

Today I need... _____

Love That Continues

DAY 305

How does your love for your loved one continue today?

Today I need... _____

DAY 306

What part of them do you carry with you?

Today I need... _____

DAY 307

What lesson from them do you continue to live by?

Today I need... _____

DAY 308

What tradition could you continue in their honor?

Today I need... _____

DAY 309

What new tradition could you create?

Today I need... _____

DAY 310

What would you like to do in their memory?

Today I need... _____

DAY 311

What place would you like to visit in their honor?

Today I need... _____

DAY 312

What song would you dedicate to them?

Today I need... _____

DAY 313

What would you tell them about your life today?

Today I need... _____

DAY 314

What would you tell them about how much you miss them?

Today I need... _____

DAY 315

What would you tell them about how much you still love them?

Today I need... _____

DAY 316

What would you want them to know about the person you are becoming?

Today I need... _____

DAY 317

What part of their legacy would you like to carry forward?

Today I need... _____

DAY 318

What did they teach you about being there for others?

Today I need... _____

DAY 319

What did they teach you about kindness?

Today I need... _____

DAY 320

What did they teach you about courage?

Today I need... _____

DAY 321

What did they teach you about living?

Today I need... _____

DAY 322

What is something about them that you hope you never forget?

Today I need... _____

DAY 323

What is something about them you want others to remember?

Today I need... _____

DAY 324

What story about them deserves to be told again?

Today I need... _____

DAY 325

What photograph would you choose to represent your relationship?

Today I need... _____

DAY 326

What object reminds you of them?

Today I need... _____

DAY 327

What place will always feel connected to them?

Today I need... _____

DAY 328

What holiday or celebration reminds you of them?

Today I need... _____

DAY 329

What is one way you can honor your love without putting pressure on yourself?

Today I need... _____

DAY 330

What does remembering them mean to you?

Today I need... _____

DAY 331

What does carrying their memory mean to you?

Today I need... _____

DAY 332

How has your relationship with their memory changed over time?

Today I need... _____

DAY 333

What would you like your relationship with their memory to look like in the future?

Today I need... _____

DAY 334

Write a letter to your loved one beginning with: “I want you to know…”

Today I need... _____

Looking Forward

DAY 335

What are you looking forward to?

Today I need... _____

DAY 336

What is one thing you want to experience?

Today I need... _____

DAY 337

What is one thing you want to learn?

Today I need... _____

DAY 338

What is one place you want to visit?

Today I need... _____

DAY 339

What is one relationship you want to nurture?

Today I need... _____

DAY 340

What is one habit you want to create?

Today I need... _____

DAY 341

What is one habit you want to release?

Today I need... _____

DAY 342

What would make your life feel more meaningful?

Today I need... _____

DAY 343

What would make your life feel more peaceful?

Today I need... _____

DAY 344

What would make your life feel more connected?

Today I need... _____

DAY 345

What does a meaningful life look like to you now?

Today I need... _____

DAY 346

What does a good day look like to you now?

Today I need... _____

DAY 347

What do you want to make more time for?

Today I need... _____

DAY 348

What do you want to make less time for?

Today I need... _____

DAY 349

What are you willing to say yes to?

Today I need... _____

DAY 350

What are you willing to say no to?

Today I need... _____

DAY 351

What are you ready to leave behind?

Today I need... _____

DAY 352

What are you ready to carry forward?

Today I need... _____

DAY 353

What are you becoming more comfortable with?

Today I need... _____

DAY 354

What are you still learning to navigate?

Today I need... _____

DAY 355

What are you beginning to believe about your future?

Today I need... _____

DAY 356

What would you like your future self to thank you for?

Today I need... _____

DAY 357

What would you like to give yourself permission to hope for?

Today I need... _____

DAY 358

What does hope look like when you are still grieving?

Today I need... _____

DAY 359

What does moving forward mean to you?

Today I need... _____

DAY 360

What does moving forward not mean to you?

Today I need... _____

DAY 361

What have you discovered about yourself during this journey?

Today I need... _____

DAY 362

What have you learned about love?

Today I need... _____

DAY 363

What have you learned about grief?

Today I need... _____

DAY 364

What have you learned about life?

Today I need... _____

DAY 365

When you hear the words “Back to You,” what do they mean to you now?

Today I need... _____

A Final Reflection

Take a moment to acknowledge yourself for this journey.

You have made space for memories, difficult feelings, questions, needs, hope, and pieces of yourself. You may not be the same person you were when you began—and you don't have to be.

Grief can change the shape of a life, but your life can continue to hold love, meaning, connection, laughter, rest, and new beginnings.

Before you close this journal, pause and notice what you have learned about yourself.

What do you want to carry with you from these 365 days?

You are allowed to remember. You are allowed to grieve. You are allowed to laugh. You are allowed to grow. You are allowed to become more of yourself while still carrying the love that shaped you.

GRIEF CONNECTIONS