

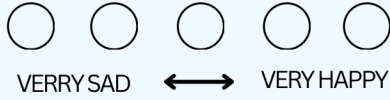
Name: \_\_\_\_\_

Date: \_\_\_\_\_

*After losing someone, friends and family experience a whirlwind of emotions while adjusting to life without them. It's important to find ways to keep their memory close while moving forward. Mourning involves learning to adapt to this change in a healthy manner.*

# Mourning & Grief

## Emotion Tracker



Shade the circles left or right representing your current emotion.

## Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

1. Write: how you are embracing and understanding the significance of your loss.

2. Name and feel your emotions without burying them.

3. Identify tasks your loved one handled. How has their loss impacted your identity? How will you adapt?

4. What I accomplished today:





# How to use this Journal

Here's a guide on how you can use this Simple Daily Journal

- **Date:** Start each entry with the date, allowing you to track your entries and organize them chronologically.
- **Using the “Emotion Tracker,”** shade the circles left or right based on how you are feeling currently.
- **Reflect on Your Loss (1):** Use this section to write about how you are embracing and understanding the significance of your loss. Consider how this impacts your view on life and personal growth.
- **Feel Your Emotions (2):** Name and express your feelings openly. Avoid suppressing them. You can use descriptive words or a scale (e.g., 1-10) to indicate the intensity of your emotions.
- **Task Management (3):** Identify tasks your loved one previously managed. Reflect on how taking over these responsibilities is reshaping your identity and daily life. Write about how you are adapting to life without your loved one. Focus on the steps you are taking to integrate these changes into your life.
- **Accomplishments (4):** Record what you have achieved today. Acknowledging even small victories can foster a sense of progress and resilience.
- **Space for Creativity:** Dedicate a portion of the page to creativity—whether it's doodles, sketches, or written streams of consciousness. This can be a therapeutic way to express emotions that are hard to articulate in words.