

Composting the Gifts of Your Grief

One Year Milestone

We are officially one year into a global pandemic. If I asked you to list 25 things you are grateful for from the past year, would the pandemic, the loss of your loved one, or other challenges be on your list?

Questions to Contemplate

- What richness has emerged from your recent experience of loss and grief? Both the death of a loved one and the pandemic.
- What lessons did you learn? What do you want to carry with you when life begins returning to "normal"?
- How have your priorities changed in the last year? Do you want to keep them this way?
- How have you grown, expanded your heart, or otherwise "bloomed" in ways you didn't expect?
- What activities or ways of being do you not want to return to when life gets back to "normal"?
- What qualities do you embody in a fuller way than you did a year ago?

Everything is for our growth

Being grateful for the hard things, like the loss of a loved one, circumstances out of our control like a global pandemic, and other hard things is a powerful practice. It allows us to see that even the "bad" things happen for our own growth and can yield positive results.

Compost these Experiences

Just like we compost our garbage/scrap to enrich soil and grow beautiful and bountiful things, we can compost our grief or challenging circumstances to grow ourselves and enrich our lives.

