

Have a to-do list a mile long with little to no motivation to actually do it? Yeah, us too! Remember in the midst of grief, that we also must keep living. So here's your chance to remind yourself of things you actually look forward to doing or want to be able to do.

Want to take a nap? Put it on the list. Get that great meal you've been craving? Put it on the list. Go out kayaking? ... We bet you've got the idea of it now.

You might have notic	ted there are no check boxes. That's completely intentional! Things you are looking forward to don't have to just be one-time things. These are just on your list for whenever you might want to use them!)

