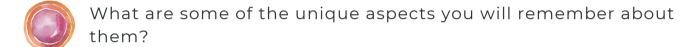
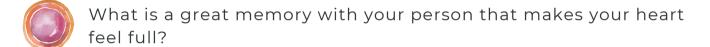
Grief never ends because we will never stop missing and loving our person who has died. While our grief grows and changes with us, a concern that is often felt is that we will forget certain

memories or special things that are so unique to our person. Creating a memory keeper can be an ongoing project for ourselves and our families.

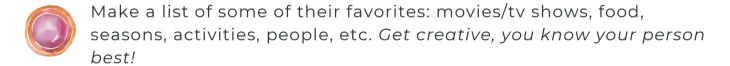
The following prompts are here to inspire you to write special memories that you would like to always keep close to your heart.



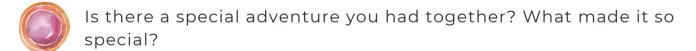


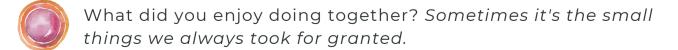














Please take time to answer these - there is no special order and you don't have to answer ones that don't feel right for you. These are meant to guide you in trying to think of where you can start this process.

Keep these memories electronically or by hand - it's up to you and how it feels right to record these special memories. Maybe one day you write a small

bit and other days you may want to write pages! Listen to what feels right for you that day. This can be a wonderful ongoing practice of honoring both life and grief.



