

The Grief Project

Grief is not a set of stages to quickly get through, rather a project we learn to build throughout our lives. There are so many aspects to think about as we go and sometimes things slip through the cracks. Be kind with yourself and remember, you are learning as you go. It can also be helpful to take some time to create some "to do" lists for ourselves. These to do lists are a bit different than ones we may be used to. Their purpose is to help us think about our own grief and what feels right for our own project, as we learn to cope and grow along the way.

What do you want your grief project to look like?

TO DO LIST
THINGS THAT WERE
PUT ON HOLD:

TO DO LIST
WAYS TO CARE FOR
MYSELF:

TO DO LIST
THINGS I LOOK
FORWARD TO:

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Take time to reflect back on projects you have worked on in your life. Many of them probably took time, effort, and possibly had some set backs on the way. Know that this can be true for grief too, and find ways to give yourself permission to learn as you go.

Lastly, create a to do list for your life in an area we haven't covered. Make sure that you are doing what feels right for your own project.

TO DO LIST
WAYS TO BE GENTLE
ON MYSELF:

TO DO LIST
TIMES I NEED TO ASK
FOR MORE SUPPORT:

TO DO LIST