

Grief is considered one of life's toughest journeys.

Through the tough spots, you may even find moments of hope and joy. These can be some small blessings in a hard journey. These blessings are something you may hold on to with all your might, but some days may be harder to find.

Create a list of small blessings, for the days when your heart feels heavier and needs the quick reminder of the beautiful blessings in your life.

Please remember: Blessings do not erase the difficult things we are experiencing. Instead, they sit side by side to show us there is hope in the hard times.