

Journaling Prompts



WHAT IS GRIEF TO YOU?

HOW ARE YOU COPING WITH GRIEF?

WHAT COULD YOU DO DIFFERENTLY?



HOW HAS GRIEF BEEN SHOWING UP IN YOUR BODY?

IN WHAT WAY HAS PRAYER BEEN SUPPORTING YOU IN GRIEF?

HOW HAS UNDERSTANDING GRIEF IMPACTED YOUR GRIEF/
CAREGIVING JOURNEY?

Again, thank you for allowing me to join you in exploring Finding Peace in Grief. If you would like to schedule a time to talk more about your caring season feel free to find a time on my calendar. www.talkwithRayna.com

*Live each day with no regrets,
Rayna*