


Grief Journal



A 30-Day Guided Journal



Hybrid

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Rate your grief intensity and sleep quality honestly — even a 10 is safe here
 - Tick "Reached out for support" if you connected with anyone today
 - Write openly about your feelings in the main section — no editing, no rules
 - Share a specific memory of the person or thing you lost
 - Write a short letter to your loved one — it does not need to be long
 - Describe any grief wave that hit today: trigger, body sensation, duration
 - End with one self-care action and one thing you are grateful for



Scan for a detailed guide on how to use this journal

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Grief intensity:

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Sleep Quality:

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Support I Reached Out For:



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