

Grieve & Glow - Week 1 Journal Prompts

These weekly journal prompts are just for you. They're here to get your juices flowing and to deepen your reflections on the topics of this program. You're welcome to share what is coming up for you in our weekly calls or the facebook group for witnessing and support.

You can either print these prompts or copy these questions into a separate document or into a journal.

Consider either something that you have lost in the past that has created grief, or something that is current if you have something to draw from.

- ☐ Describe the events of your loss and what happened.
- ☐ Describe how you feel about this loss.
- ☐ What has been the most difficult for you at this time?
- ☐ What supports you the most during this time?
- ☐ What is your intention for the next 8 weeks in Grieve & Glow?
- ☐ How do you want to lean into community and sisterhood during this program?
- ☐ Where do you feel ready to push your edges in this program?
- ☐ Where do you feel nervous to push your edges in this program?

Week 1 Practice: Creating a Special Ritual

For this process, you are invited to design a unique grieving ritual to support yourself in your grieving process. Consider using some of the following ideas or make up your own process entirely. This process could take as little as 10 mins either every day, or a few times a week.

Choose an Intention. Examples of Ritual Intentions:

I want to stay connected to XXX
I want to release my connection to XXX
I want to forgive entirely and heal from XXX
I want a sacred space to feel everything about XXX
I want a place to give myself full permission to process XXX
I want to connect to my eternal love for XXX
I want to process XXX so that I can move on with my life

Choose a Location. Examples of Ritual Locations:

At an altar
With a picture
At a place in nature (a tree or special area)
At an old meeting place
At a grave or cemetery

Choose any special items. Examples of Special Items:

A candle or incense
Special ritual music
A photograph
Special Objects
Special clothing

Choose a practice. Examples of Ritual Practices:

10 min of silent meditation or reflection
10 min of singing or dancing
10 min of being in nature
10 min of journaling thoughts, feelings, and experiences
10 min of shaking to release and process
10 min of mourning to release and process (suggested: open arms, wailing, and shaking body)
10 min of breathing to feel complete and integrate (gentle breathwork to nourish or feel or both)

You're invited to share what you chose and how the practice is going in the Facebook group.
