

How I Can Reshape My Future

When someone you love passes away, it can often be difficult to imagine what your future looks like without them. This exercise will help you reimagine your future in the absence of your loved one.

Something we planned together before their death was

Things that make me happy and bring me joy include:

- 1.
- 2.
- 3.
- 4.
- 5.

My loved one would have loved to see me:

Something I want to do to bring me joy is

I plan to do this by

If my loved one heard this plan for my future, they would

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