



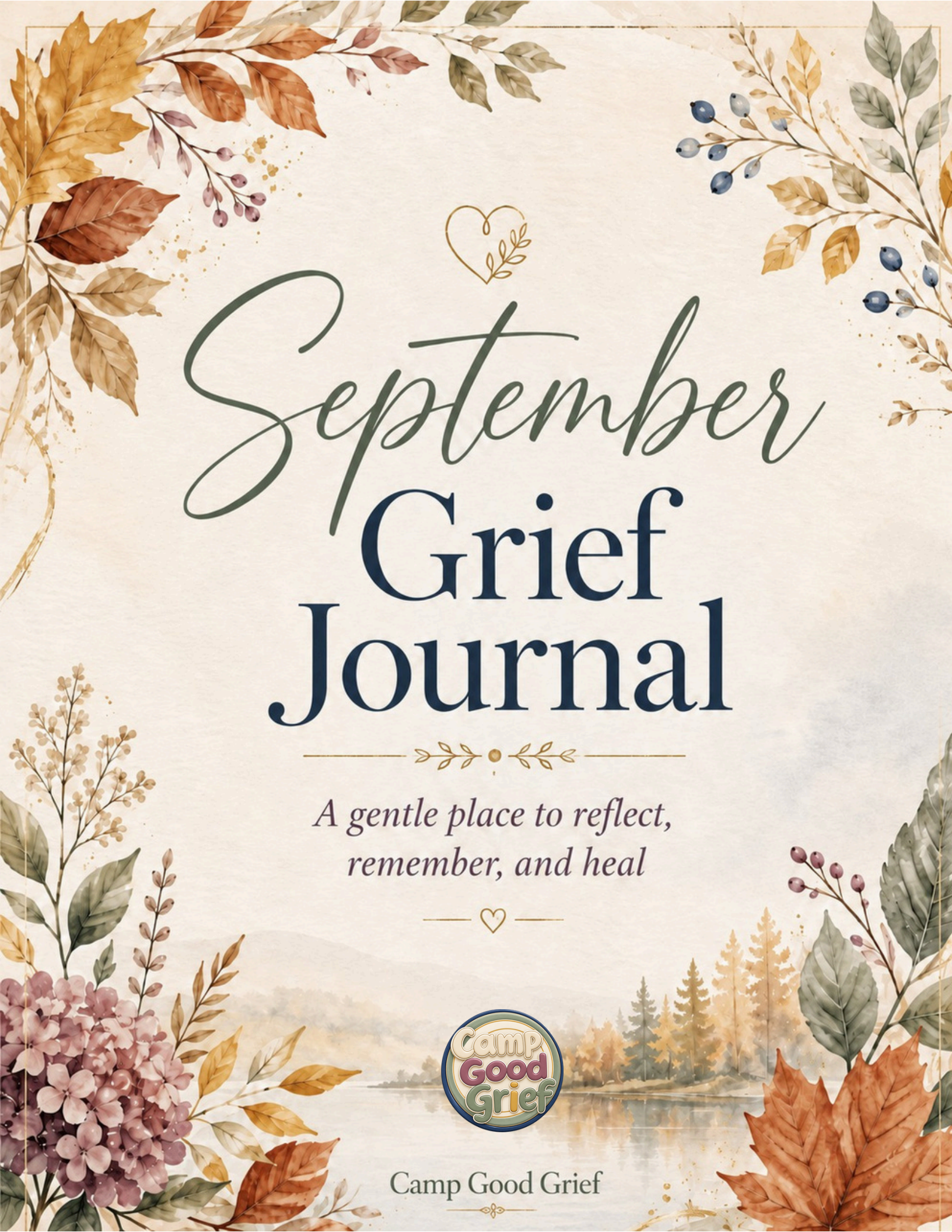
September Grief Journal



*A gentle place to reflect,
remember, and heal*



Camp Good Grief





Welcome to Your Journal



*Grief can change from moment to moment.
This journal is a gentle place to pause, notice your feelings,
remember with love, and care for yourself one day at a time.*

This journal belongs to: _____



In September, I hope this journal helps me...



Today, I want to give myself permission to...

*Take a breath.
You do not have to carry everything at once.*





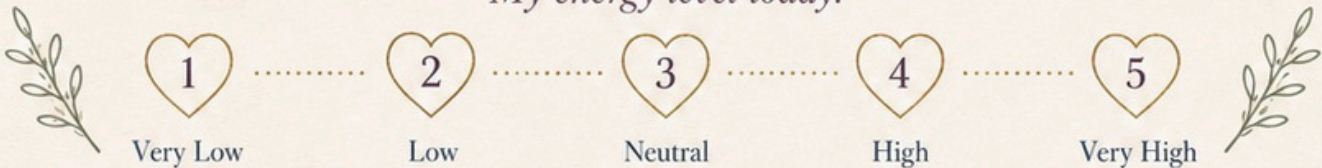
Daily Grief Check-In



Date: _____

Today I am feeling...

My energy level today:



What emotions are most present right now?

What may have triggered these feelings?

What do I need most today?

One kind thing I can do for myself today:

Every feeling is welcome here.





Today I Remember

 *A memory that came to mind today...*

 *What I miss most right now...*

 *Something I want to say...*

 *A special thing I want to hold onto this September...*

Sketch, symbol, or keepsake note




Remembering is one way love stays present.





What Helps Me Today

Comforts I might choose today:

- ☐ Rest
- ☐ Go outside
- ☐ Listen to music
- ☐ Talk to someone
- ☐ Pray or meditate
- ☐ Write
- ☐ Cry
- ☐ Drink water
- ☐ Move my body gently
- ☐ Other: _____

People I can reach out to:

Words I need to hear today:

*Something that usually
comforts me:*



*Support can be simple, gentle,
and enough for today.*





September Reflection



This month, grief has felt like...



What I carried with me this month...



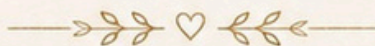
What helped me most...



Something I am proud of surviving...



A gentle hope I have for the days ahead...



*As September ends, what do I want to release,
and what do I want to keep?*



