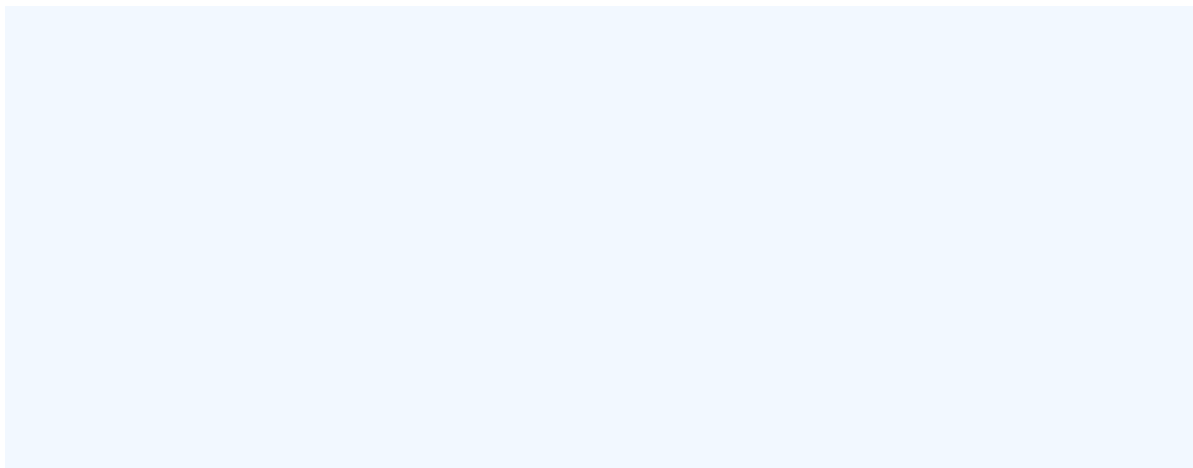


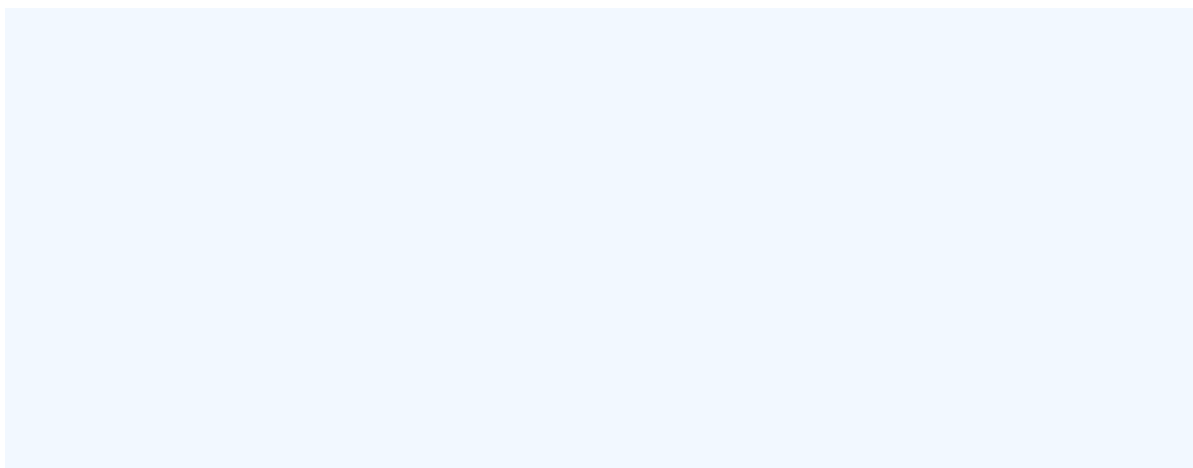
THE POWER OF OUR THOUGHTS

Have you ever heard someone say, "I can be my worst critic!" Or maybe you've felt that from yourself. Whether or not we always believe it, our thoughts and self-talk can have a profound effect on our mental and physical wellbeing - especially through tough times like grief. The great news is that because we have the power to be our own worst critic, we also have the power to be one of our best cheerleaders too! It's all about re-learning some unhealthy habits slowly and compassionately. So let's start by writing some gentle, kind, and compassionate reminders for some of the hard times we may face in the future. No one knows exactly what you need to hear in those times better than you do. Keep these notes somewhere safe and bring it out when you need a bit of self-encouragement.

WHAT I NEED TO HEAR WHEN I JUST DON'T FEEL LIKE I CAN KEEP GOING.




WHAT I NEED TO HEAR WHEN I FEEL LIKE NO ONE UNDERSTANDS.



WHAT I NEED TO HEAR WHEN GRIEF FEELS TOO HEAVY.



WHAT I NEED TO HEAR TO GIVE MYSELF PERMISSION FOR SOMETHING.



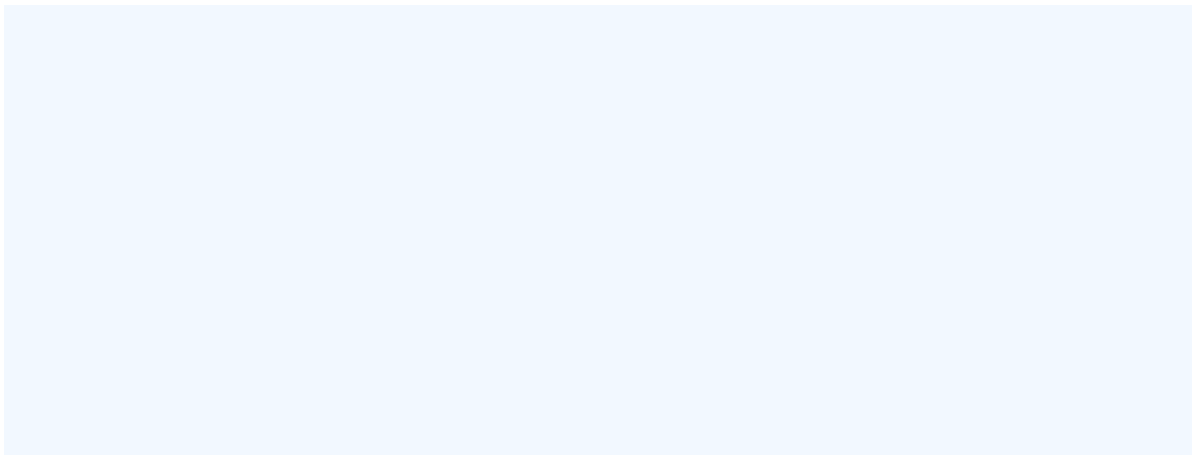
WHAT I NEED TO HEAR TO REMIND MYSELF HOW LOVED I AM.



WHAT I NEED TO HEAR TO LET ME TAKE TIME IN MY GRIEF.



WHAT I NEED TO HEAR TO FILL MY HEART WITH LOVE, GRATITUDE, + COMFORT.



WHAT I NEED TO HEAR WHEN I AM FEELING ANXIOUS.

