

FEBRUARY 2023

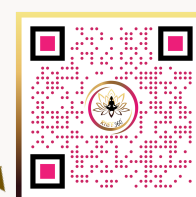
Grief Self-Care Calendar

www.Rhee360.com

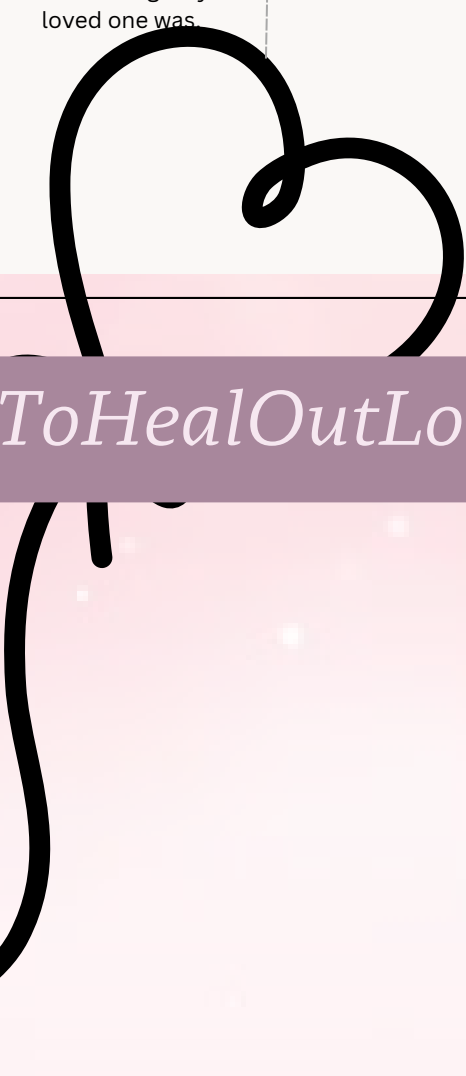


SUN	MON	TUE	WED	THU	FRI	SAT
			1 Create rituals for self-care this month. Then repeat: 3X I AM ENOUGH JUST AS I AM RIGHT NOW AND ALWAYS	2 Create a gratitude jar. Each day this month, write one down and put in jar.	3 Go for a 30 minute walk. Be one with nature.	4 Start your day with a 5 or 10 minute yoga routine..
5 Find 5 inspirational quotes and write them down on POST-ITs and leave around your home.	6 Be extra giving to yourself.	7 Write down 10 of your favorite memories you shared with your loved one.	8 If you haven't already, take time to research a grief therapist and make an appointment.	9 Book a spa day for this month.	10 Order take out from your loved one's favorite restaurant	11 Tonight, enjoy a candle lit bubble bath.
12 Go on a walk and notice things with all 5 of your senses	13 Listen to a motivational podcast while driving in your car.	14 Make a list of all the things you LOVE about yourself.	15 Spend time doing an activity that you love.	16 Laugh a little harder today. Watch a comedy and allow your stomach to buckle over laughing	17 Spend at least 30 minutes reading a book about healing after loss..	18 Put your phone on "Do Not Disturb" give yourself "me time".
19 Take yourself out to a restaurant you frequented with your loved one.	20 Schedule quality time with someone you love	21 Before going to bed, write down 3 things you are grateful for.	22 Light a candle, stare into the flame and think of the "light" your loved one was	23 Repeat a positive affirmation in the morning	24 Watch a video or movie you enjoyed with your loved one.	25 You choose your self-care activity today!
26 Take a break from "life" and recharge you.	27 Share a memory online of your loved one.	28 Read all your entries in your gratitude jar.				

SCAN TO VISIT MY WEBSITE FOR MORE RESOURCES



@ReadyToHealOutLoud



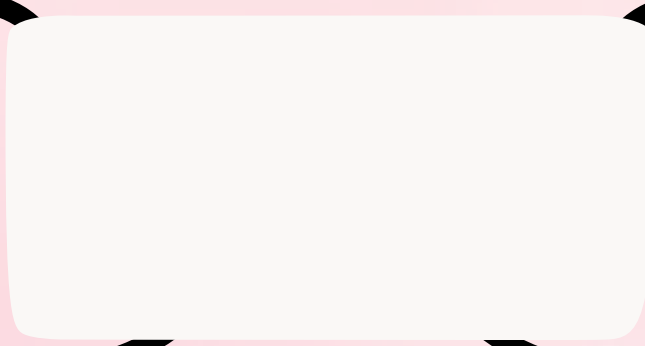
FEBRUARY GRIEF SELF-CARE JOURNAL PROMPTS

What makes you feel most fulfilled in life and why is that important to you?

What are three actionable steps you can take today to bring greater peace and joy into your day and life?

One way I can express my feeling/s of grief in a creative way this month is...

Whenever I start to feel overwhelmed by pain, regret, guilt, or despair,
I will repeat this mantra:



@ReadyToHealOutLoud



JANUARY GRIEF SELF-CARE GOALS

- _____
- _____
- _____
- _____
- _____

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Ready to Heal

If you would like to receive a **FREE PRINTABLE VERSION** of my monthly Grief Self-Care Calendar and Journal prompts, you may visit www.Rhee360.com or click the link in my bio and sign up today.

Healthy Healing
oXXo, Rhee~

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