

Keeping Them With You

Notice the ways they are still part of your days, and add one if you want to.

WHEN TO USE THIS

Use this whenever you want to spend some time near them.

Ways they are still here. Things you kept, things you do, things you say.

1. _____
2. _____
3. _____
4. _____

What of theirs do you carry? A habit, a saying, a way of doing something.

Room for a photo, their handwriting, or anything you want kept here.

Is there something new you would like to start that keeps them close?

Cooking what they cooked. Their birthday marked your own way.

Staying connected to them is not holding on too tightly. It is yours to shape.