

*A Gentle Beginning
After Loss*

FREE REFLECTION GUIDE

WELCOME!

Thank you for being here.

Loss changes more than circumstances.

Sometimes it changes our identity, our plans, our priorities, and even our sense of direction.

This guide is not intended to provide answers.

It is intended to create space.

A space where new answers may begin to emerge.

Take your time.

Write honestly.

There are no right or wrong responses.

Only your truth in this moment.

REFLECTION 1

What Have I Truly Lost?

Often, when we think about loss, we focus on the obvious.

A person.

A relationship.

A job.

Money.

Health.

But sometimes we are grieving something less visible.

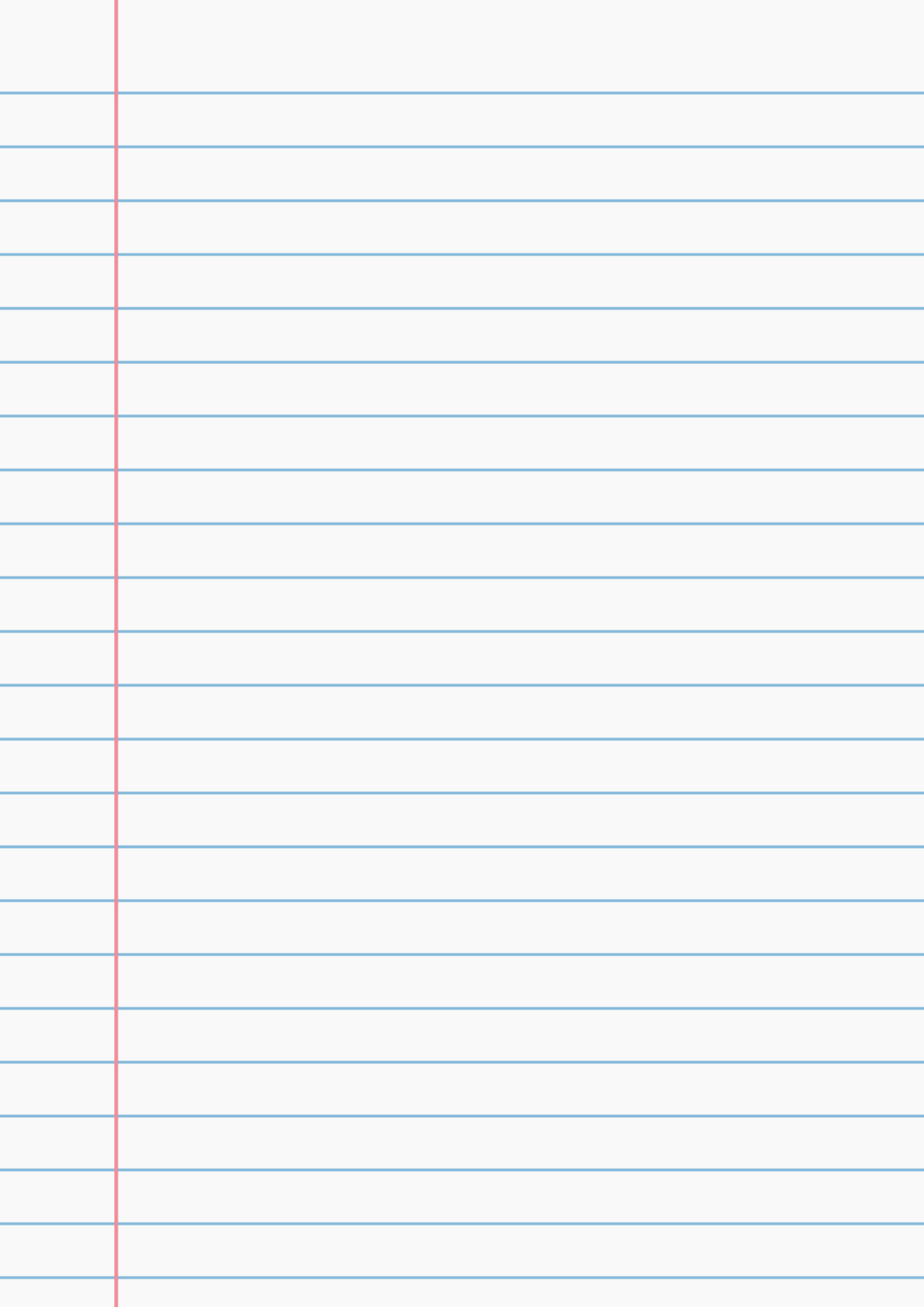
A future we expected.

A dream.

A version of ourselves.

A sense of certainty.

What have you truly lost?



REFLECTION 2

What Am I Still Carrying?

Loss takes something away.

But it also leaves things behind.

Strength.

Wisdom.

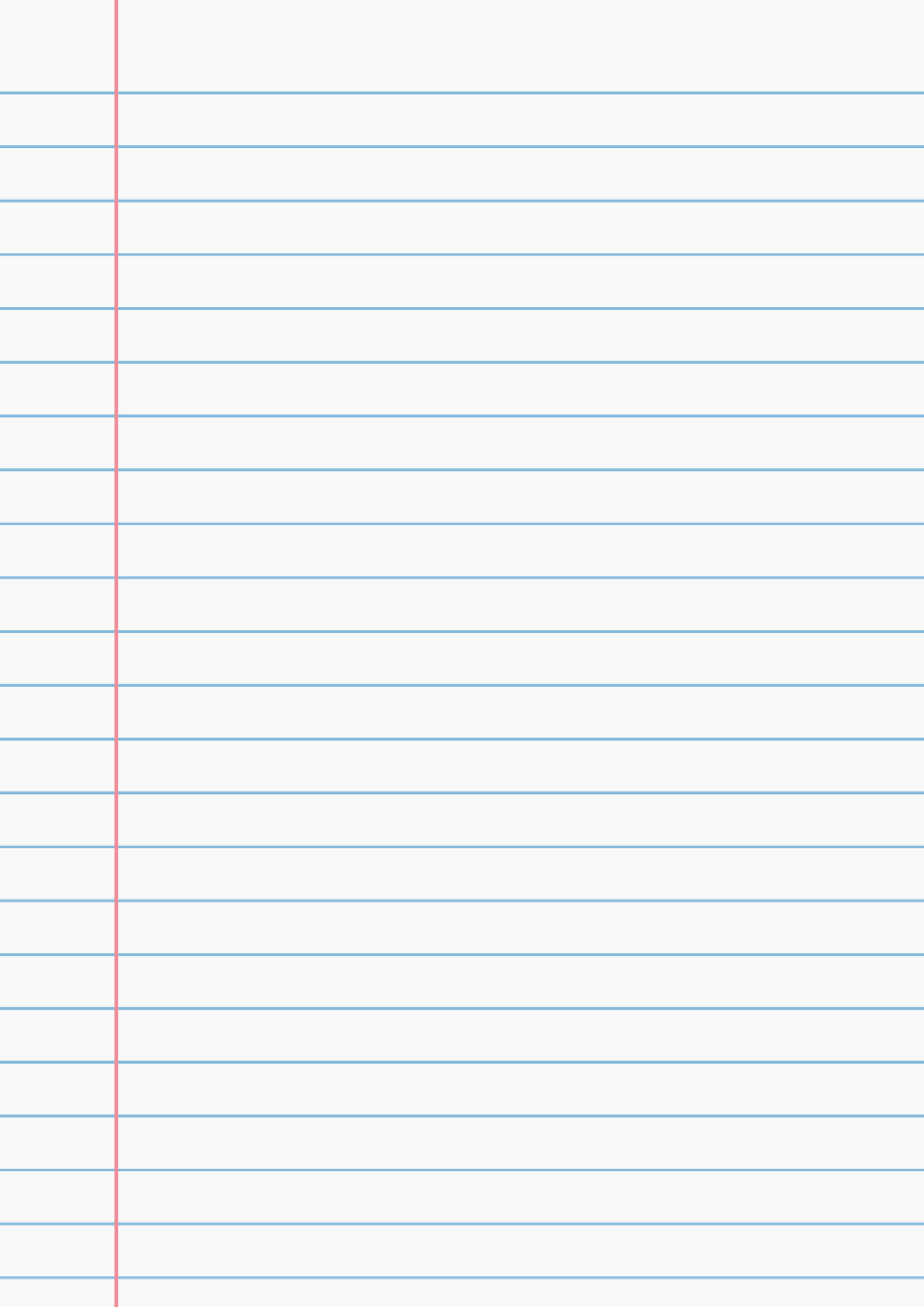
Memories.

Skills.

Love.

Experience.

What remains with you today?



REFLECTION 3

Which Assumptions About My Life Have I
Never Questioned?

Sometimes suffering becomes deeper
because we continue trying to live
according to old assumptions.

Perhaps:

I should be somewhere else by now.

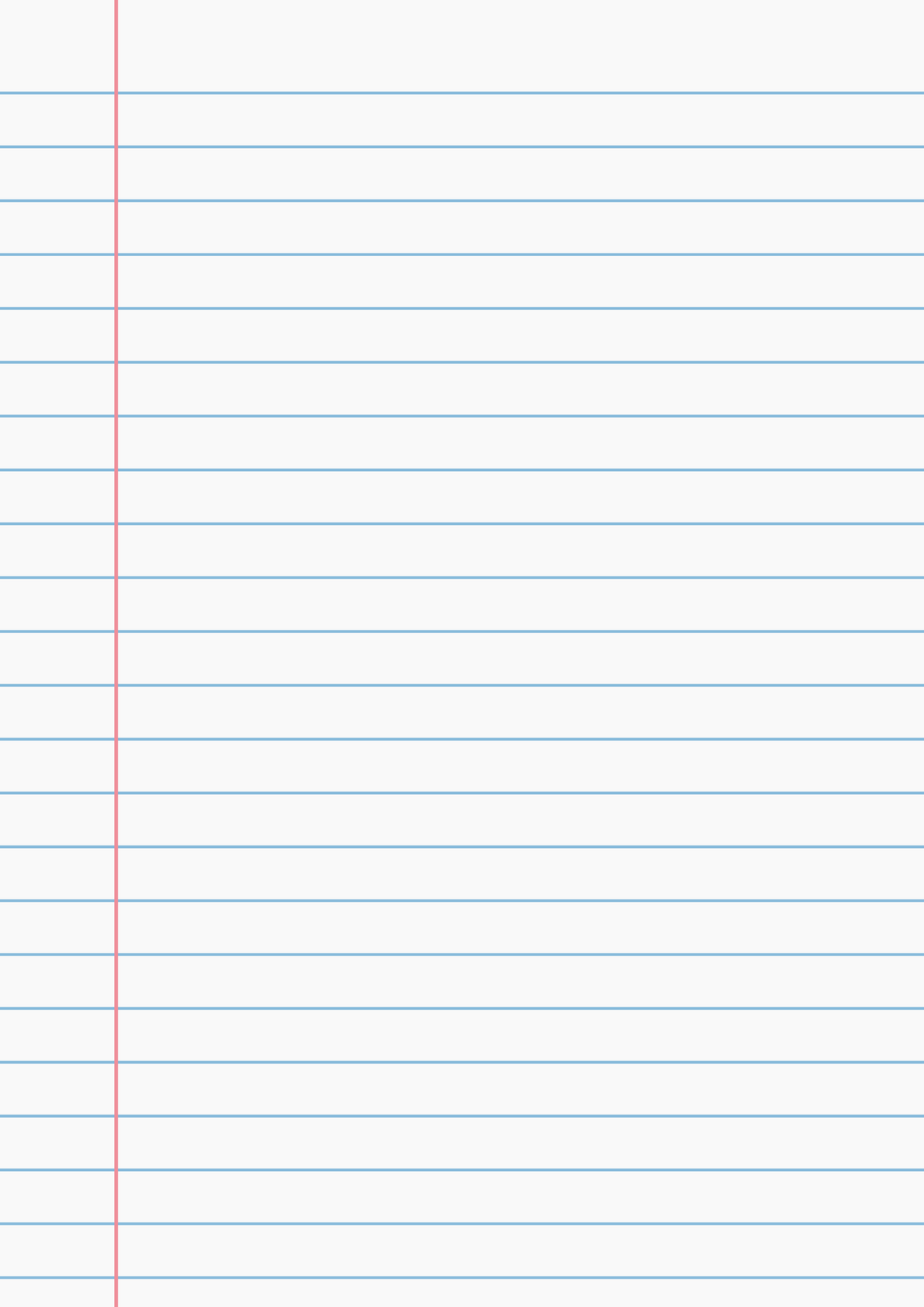
My life was supposed to look different.

I cannot start over.

I am too old.

I missed my chance.

Which beliefs may deserve a second look?



REFLECTION 4

What No Longer Belongs to the Life I Want to Build?

Not everything needs to come with us into the next chapter.

Habits.

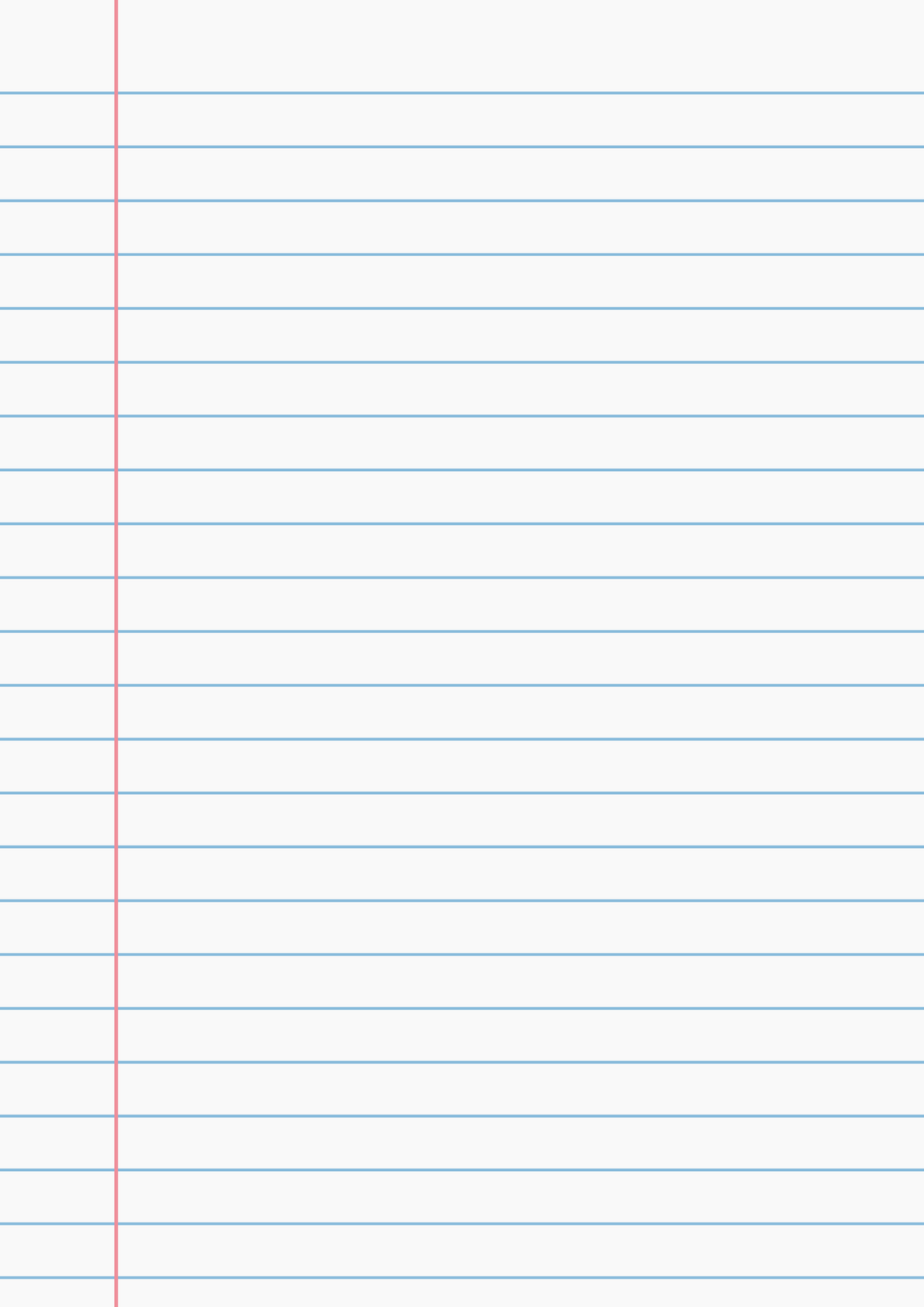
Commitments.

Expectations.

Fears.

Roles.

What may be ready to be released?



REFLECTION 5

What Small Step Would Move Me Forward?

Not a perfect plan.

Not a complete solution.

Just one meaningful step.

One phone call.

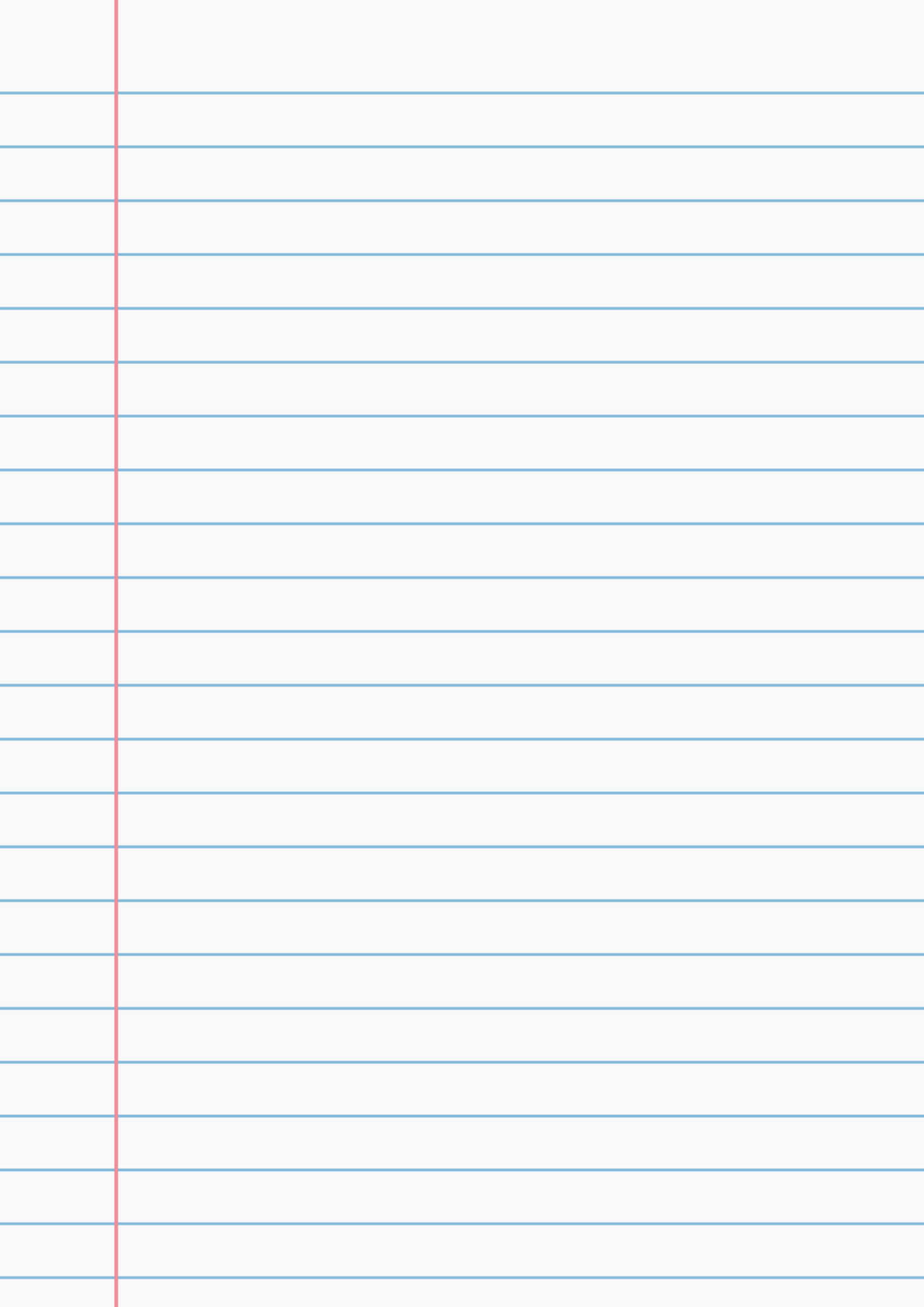
One walk.

One decision.

One conversation.

One new beginning.

What is your next step?



FINAL REFLECTION

You do not need to have everything figured out.

You do not need to know the entire path.

Sometimes the next step is enough.

Sometimes rebuilding begins with a single honest moment.

Thank you for taking this time for yourself.

May clarity grow.

May strength return.

May your story continue.

Begin again.

*Inspired by
I've Lost and I'm Lost*

*Continue your journey with:
The Book*

*The Companion Hardcover Journal
The Inspirational Poster Collection*

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