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Week 4: Moving Forward

22. One small step I took this week that felt like "living again"…

[Write entry here]

23. A fear I have about the future without them…

[Write entry here]

24. A hope I'm starting to feel, even faintly…

[Write entry here]

25. Someone who's shown up for me in this season…

[Write entry here]

26. A boundary I need to set to protect my healing…

[Write entry here]

27. One thing I'm proud of myself for since the loss…

[Write entry here]

28. A new tradition I want to start in their memory…

[Write entry here]

29. If I could tell my future self one thing, it would be…

[Write entry here]

30. Today, I give myself permission to…

[Write entry here]

You Are Healing

You stepped forward with hope, set boundaries, and honored new beginnings. This journey isn't over, but you are stronger. Be proud.

✨ You finished the 30-day journal.
Print your words. Share one on our Reflection Wall. Keep healing.