



Petal & Paper

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Grief and loss journal



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T H E R E I S N O R I G H T W A Y T O
G R I E V E

grief journal

A memory I want to hold onto · _____

Something I wish I had said · _____

The thing I miss most today · _____

Something that helped this week ·

How I am taking care of myself · _____

Who I can talk to · _____

One small thing that gave me hope ·

G R I E F I S L O V E W I T H N O W H E R E T O G O

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