



## 12 SIGNS OF FEELING HOPE AND HEALING FROM GRIEF

1. **Acceptance:** We acknowledge our loss and are grateful for the willingness to face it.
2. **Awareness:** We have developed a greater understanding of our emotions and how to express them.
3. **Reconnection:** We connect with ourselves and others in ways that feel genuine and meaningful.
4. **Self-Care:** We prioritize our own well-being, knowing we must first care for ourselves before we can care for others.
5. **Surrender:** We trust the process of healing, knowing it unfolds whenever honesty and willingness are present.
6. **Boundaries:** We establish and maintain healthy boundaries, giving ourselves the time and space needed to heal and grow.
7. **Forgiveness:** We forgive ourselves and others, knowing that resentment is an unnecessary burden on our healing.
8. **Support:** We actively seek support and offer it to others.
9. **Spirit:** Through our healing, we enliven the best of our spirit and the world around us.
10. **Presence:** We focus on living in this moment and celebrate the abundance that fills each day, recognizing that our loss, though it may still be with us, belongs more to our past than our future.
11. **Hope:** With new-found perspective, we look forward toward tomorrow, knowing that healing is possible even within our grief.
12. **Service:** We give back what we have freely received so that others may also live their best journey as they go — and grow — through grief.