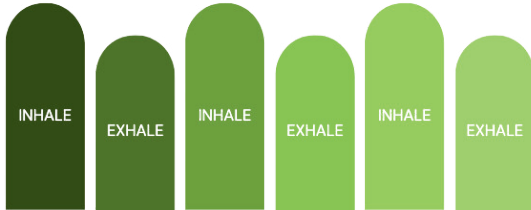


Self Check In

Before starting...



The word that comes to mind today is:

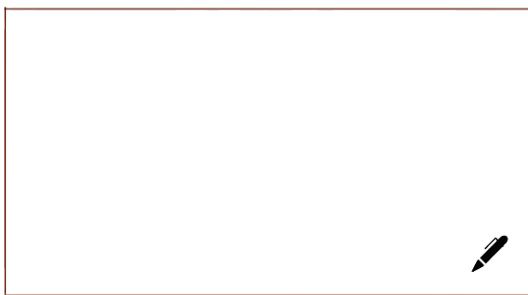
* _____

The feelings I was most aware of today were:

* _____

* _____

Today's Doodle



Today's Gratitude

S M T W T H F S

(Circle the day of the week for your entry today)

One thing that doesn't happen any more is...

* _____

Today's Highs and Lows



1 High 10

1 Low 10

* _____

* Something I'm learning:

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