

# MILESTONES & FIRSTS

JOURNAL PROMPTS

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*The quiet bravery of doing life anew.*

## A Gentle Note Before You Begin

Milestones and “firsts” after loss can feel tender, overwhelming, or unexpectedly emotional. These prompts help you navigate the dates, memories, and moments that carry weight — with compassion, grounding, and truth.

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*Grieve. Go. Grow*

### **Part 1 — Firsts After Loss**

1. What “first” am I experiencing or anticipating, and what emotions rise when I think about it?
2. What part of this first feels the hardest?
3. What part feels the most surprising?
4. How can I honor my loved one or my past during this milestone?
5. What personal ritual or grounding practice could help me through this first?

### **Part 2 — Dreaded Dates and Emotional Weight**

1. What upcoming date feels heavy, and why does it hold so much meaning?
2. How have I moved through this date in past years? What helped? What didn't?
3. What would make this year feel gentler?
4. What words of comfort would I give myself the morning this date arrives?
5. What boundaries or supports can help me through this milestone?

### **Part 3 — Holidays, Anniversaries & Birthdays**

1. What memories surface around this holiday or anniversary?
2. Which traditions feel comforting to keep — and which feel painful or outdated?
3. How does my body react as this milestone approaches?
4. How can I let this date be what it is, without pressure to make it perfect?
5. What does showing myself compassion look like during this milestone?

### **Part 4 — Reimagining Traditions & Meaning**

- What new tradition (small or big) could bring comfort during this date?
- If I could design a ritual that honors both my past and my future, what would it be?
- What old traditions no longer align with who I am now?
- What tradition or action could become an emotional anchor for me moving forward?
- What tiny moment of meaning or connection am I hoping to experience?

### **Part 5 — Strengths Emerging Through Milestones**

1. What strengths have surfaced as I've navigated past milestones?
2. What does resilience look like for me when these dates arrive?
3. When was a time I handled a milestone better than I expected?
4. What has a difficult date taught me about myself?
5. What support, grounding tool, or truth helps me get through emotional days?

### **Part 6 — Growth, Hope & What Comes Next**

1. What would I love future milestones to feel like?
2. How am I growing, even if subtly, as I move through these dates?
3. What is one gentle hope I have for the next milestone I'll face?
4. What intention can I set for the next meaningful date?
5. What does honoring my past and my present look like in this chapter?

