

Healing Journal Pages

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A Gentle Resource from The Good Grief Healing Center

These printable journal pages are designed to help you slow down, tune in, and track your healing over time. Whether used daily, weekly, or whenever needed, each page gives your grief a place to land with compassion and clarity.

Daily Reflection Page:

Includes:

- Mood check-in: Circle or color your emotional state
- Breath awareness: A moment to notice your breath
- Prompt of the day: What does my grief need right now?
- Space to write freely, without judgment

Weekly 5Rs Summary Page:

A guided space to reflect on the 5Rs healing method:

- Relax: When did I feel safe or still this week?
- Release: What am I letting go of, even a little?
- Restore: What nourished my body, mind, or spirit?
- Rejoice: A moment of gratitude or joy I experienced
- Repeat: What rhythm or practice do I want to carry forward?

Monthly Intention Page:

Set a tone for the month with:

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- Word of the month
- Quote or affirmation
- One healing goal or boundary
- Space to list grief anniversaries or key dates

Tips for Use:

- Print several copies and keep them in a folder or binder
- Use with the Serenity Cards or First Breath Support Circle
- There is no wrong way to journal even one word matters

Reflection Prompt:

What do I need today stillness, movement, expression, or rest?

You dont have to write your way out of grief.

You just have to show up for your heart.

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