



30-Day Grief Journal

Free Sample (Days 1-5)

Your Name

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Overview

30-Day Grief Journal – Free Sample (Days 1-5)

Day 1

Today, just write their name.

That is enough.

If you want to write more: What was their favorite spot to sleep?



Day 3

What sound did they make that you miss most?
(a bark, a purr, a sigh, the jingle of their tags)

Describe that sound:



Day 4

What was their silliest habit?

Day 5

Today, light a candle for them. Or set out a glass of water. Or simply sit in their favorite spot for two minutes.

Afterward, write how it felt:

Love this sample? The full 30-Day Grief Journal includes 30 days of prompts for \$15.

Get the full journal at untetheredpaws.com/shop

You are not alone tonight.

Untethered Paws

Natalie Schuster

