

30 Day Guided Grief Journal



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30 Day Guided Grief Journal

Introduction

Grief is a deeply personal journey—one that doesn't follow a straight path or a set timeline. Some days are heavy, others quiet. Some moments bring peace, while others stir longing. Wherever you are in your experience of loss, this journal is here to walk with you.

Over the next 30 days, you'll find simple prompts and affirmations designed to help you reflect, remember, and gently process your emotions. There are no right or wrong answers here. You are invited to write freely, skip days, revisit pages, or simply sit in silence with each thought.

Let this be a space of kindness, not pressure. A place to honor both your grief and the love that continues beyond absence.

You are not alone.

You are allowed to feel.

And you are allowed to heal—one quiet breath at a time.



Day 1

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Prompt:

What is one thing you miss most about your loved one today?

Affirmation:

It's okay to miss them; their memory stays with me.



Prompt:

Describe a favorite memory you shared with your loved one.

How does that memory make you feel?

Affirmation:

Their love lives on through my cherished memories.



Prompt:

Think of a quality you loved about your loved one (for example, kindness, humor, strength). Why was that quality so special?

Affirmation:

I carry their best qualities with me every day.



Day 4

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Prompt:

Write a letter to your loved one, sharing whatever is on your mind today.
Thank them, ask a question, or simply say hello.

Affirmation:

I speak from the heart; our connection remains.



Prompt:

How are you feeling right now in this moment?

Describe your emotions.

Affirmation:

My feelings are real and valid. I don't have to hide them.



Prompt:

If your loved one could offer you a comforting advice right now, what do you think it might be?

Affirmation:

Their wisdom still whispers to me in quiet ways.



Prompt:

What is one kind thing you can do for yourself today?

(a warm bath, a short walk, a nap, etc.)

Affirmation:

I give myself permission to rest and take care of what I need.



Prompt:

List three things you are grateful for today, no matter how big or small.

Affirmation:

Even now, I find moments of gratitude and light.



Prompt:

In what moments or places do you feel your loved one's presence most strongly?

Affirmation:

Their presence surrounds me, guiding me gently.



Prompt:

If you had one more minute with your loved one, what would you want to say or ask?

Affirmation:

I express my deepest feelings openly and with love.



Prompt:

Recall a favorite song, poem, or quote that reminds you of your loved one.
Why is it meaningful to you?

Affirmation:

Their memory brings comfort and hope to my heart.



Prompt:

What has been the hardest part of today (or this week) dealing with your grief?

Affirmation:

Hard days are part of this. I don't have to pretend.



Prompt:

What is one small act you can do today to honor your loved one memory?
(lighting a candle, cooking a favorite meal, etc.)

Affirmation:

Honoring them brings me peace and connection.



Prompt:

Who or what has been helping you cope lately?
(a friend, pet, hobby, etc.)

Affirmation:

Support is around me, even when I don't always see it.



Prompt:

If your grief had a color or weather today, what would it be?
How might that change tomorrow?

Affirmation:

Emotions change — none of them will stay forever.



Prompt:

What do you feel grateful for about the time you had together with your loved one?

Affirmation:

The love we shared is still part of my life.



Prompt:

Describe a comfort food, place, or activity that helps soothe you on a hard day.

Affirmation:

I allow myself comfort and care in simple, nurturing ways.



Prompt:

Think about how your relationship with your loved one has shaped who you are. In what ways has their presence influenced your values, choices, or perspective?

Affirmation:

Their love helped shape who I am becoming.



Prompt:

Describe a ritual or comforting habit you've developed during your grieving process. How does it help you?

Affirmation:

Each small act of care I give myself is a step toward healing.



Prompt:

Write about a dream or hope you have for your future, even a small one.

Affirmation:

Hope doesn't have to be loud. I trust it will return.



Prompt:

What do you love most about yourself, especially as you navigate this grief?

Affirmation:

I see strength in the way I keep going.



Prompt:

Imagine you could visit a peaceful place with your loved one.
Where would it be, and what would you do together?

Affirmation:

In my heart, we can still share quiet moments together.



Prompt:

Write about a time during grief when you surprised yourself - with resilience, a decision, or even laughter. What did you learn from that moment?

Affirmation:

Even in sorrow, I hold the strength to keep going.



Prompt:

What is a quality or habit your loved one had that you admire or wish to carry forward in your own life?

Affirmation:

I carry their light in the choices I make.



Prompt:

Recall a moment when you felt deeply loved by your loved one. Describe it.

Affirmation:

That love lives on within me and around me.



Prompt:

Write about something you have achieved or learned since your loss (however small).

Affirmation:

I am growing and changing at my own pace.



Prompt:

What is something you now understand more deeply because of your grief?

Affirmation:

Grief has taught me things I never understood before.



Prompt:

Recall a funny or joyful moment you shared with your loved one.

Affirmation:

I smile to remember the joy they brought into my life.



Prompt:

If you could say something to your grief itself, what would it be?

Affirmation:

My grief is a natural part of love; I don't need to resist it.



Prompt:

What is one small thing that gives you a bit of hope or peace today?

Affirmation:

Even a small spark of hope can guide me forward.



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At Your Own Pace

Remember, this journal is here to support you, not to add pressure.

You can move through it slowly, revisit pages, or skip around. There's no right way to use it.

What matters is that you're showing up for yourself in small, honest ways.

You're creating space for healing — one quiet step at a time.





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