
Widows Like Us

4 GREAT TOOLS TO HELP YOU GET STARTED

#1

Gratitude

I know first hand that it isn't always easy to find something to be grateful for.

Some days, it can feel downright impossible.

Like, the day I found out my 3 year old son had cancer (and all the hard days after-- both in and out of the hospital)

Like, the day I learned my husband was on life support 6,000 miles away.

I know that asking you to write a gratitude list right now, when you're still grieving the loss of your spouse, is a **REALLY Big Ask.**

I wouldn't ask you if I didn't believe, with my *whole heart*, that it is the first step on a journey that leads to a better, happier, *lighter* life.

Grief, by itself is heavy.

Grief, with the right companions, can start to feel more like *love-tinged with sadness*-- than like the heavy shackles it may feel like today. With gratitude as grief's companion, you learn to walk in your new life *with* grief, instead of struggling against it. That new life does not have to be heavy. And it truly can be one that is joy and beauty filled.

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Gratitude. your turn.

GRAB A NOTEBOOK.

CHOOSE ONE WITH LOTS OF EMPTY PAGES.

YOU'RE GOING TO WANT THEM.

THIS IS A PRACTICE YOU WILL WANT TO KEEP.

You're going to write a list, every day, of 25 things you are grateful for. You're not going to overthink it. And you're not going to quit. You can do this. I promise you.

Here are a few ideas to get you started:

- List 5 people you are grateful for (past and present.)
- List good 5 lessons you've learned from those people
- List 5 things you see from where you are sitting. (I'm guessing you feel at least a little gratitude for the chair you're sitting in, the paper you're writing on, the pen you're writing with, and your physical and mental abilities that allow you to write.)
- List 5 experiences you've had in your life that you feel thankful for.
- List 5 good things you believe about yourself or life or the world.