



HARPER'S HEART PRESS · FREE SAMPLER

First 7 *gentle pages*

Real pages from my grief workbooks *The First 30 Days* and *I Am Grieving, Now What? Mothers Edition*. Print one. Skip one. Come back whenever you're ready. There is no wrong way to use them.

A note for right now

 You don't have to do this right.

You only have to get through today, and some days, just this hour.

These pages are small on purpose. Use one, skip the rest, come back whenever you're ready.

I've been where you are.

You are not alone.

With love, Niki

1 A note for right now

Today I only need to...

☐ Drink some water.

☐ Eat something, anything.

☐ Take my medicine.

☐ Rest, even if I can't sleep.

☐ Let one person know how I am.

Something else small: _____

That's enough for today.

2 Today I only need to...

Things I don't have to decide yet

☐ their room

☐ their things

☐ going back to work

☐ what to say to people

☐ how I feel about God

My own: _____

There is no deadline on love or grief.

3 Things I don't have to decide yet

The hard hours

 The time of day that hits hardest... _____

 Where I feel it in my body... _____

 One small thing that helps, even a little... _____

4 The hard hours

My grief check-in

START HERE

	1	2	3	4	5
Sadness	☐	☐	☐	☐	☐
Longing	☐	☐	☐	☐	☐
Anger	☐	☐	☐	☐	☐
Guilt	☐	☐	☐	☐	☐
Hardness	☐	☐	☐	☐	☐
Anxiety	☐	☐	☐	☐	☐
Exhaustion	☐	☐	☐	☐	☐
Hope	☐	☐	☐	☐	☐

 Which feeling is strongest today? _____

 Where do I notice it in my body? _____

 What do I need today? _____

5 My grief check-in

MY CHILD

Their favorite things

I remember the details

 Food _____

 Song _____

 Color _____

 Show or movie _____

 Place _____

 Treasure _____

 Saying _____

 A smell that reminds me of them _____

 The way they said I love you _____

Gentle Reminder
The little things can carry so much love. It's okay if these change over time.

6 Their favorite things

MY CHILD

My memory jar

Love keeps making room

 Sayings _____

 Traditions _____

 Places _____

 The little things only a mom remembers _____

 Songs _____

 What I'm grateful for _____

Gentle Reminder
Keep adding to your jar. Your love keeps going.

7 My memory jar

How to use these pages

Pick the page that feels right today. Write a word or a whole page. Some days you'll only read it. That's enough.

Healing is possible, at your own pace.

Niki Humpherys is a certified grief educator and coach, not a licensed therapist. These pages are for reflection and support. If you are in crisis, call or text 988 (U.S., 24/7). © 2026 Harper's Heart Press. Free for personal use. Please don't resell or share these files.

A note for right now



You don't have to do this right.

You only have to get through today, and
some days, just this hour.

These pages are small on purpose. Use
one, skip the rest, come back whenever
you're ready.

I've been where you are.

You are not alone.

With love, Niki

Today I only need to...

- ☐ Drink some water.
- ☐ Eat something, anything.
- ☐ Take my medicine.
- ☐ Rest, even if I can't sleep.
- ☐ Let one person know how I am.

_____  _____

Something else small:

.....

.....

That's enough for today.

Things I don't have to decide yet



their room



their things



going back to work



what to say to people



how I feel about God

My own:

.....

.....

.....

.....

.....

There is no deadline on love or grief.

The hard hours



The time of day that hits hardest...



Where I feel it in my body...



One small thing that helps, even a little...

START HERE

My grief check-in



	1	2	3	4	5
Sadness	☐	☐	☐	☐	☐
Longing	☐	☐	☐	☐	☐
Anger	☐	☐	☐	☐	☐
Guilt	☐	☐	☐	☐	☐
Numbness	☐	☐	☐	☐	☐
Anxiety	☐	☐	☐	☐	☐
Exhaustion	☐	☐	☐	☐	☐
Hope	☐	☐	☐	☐	☐



Which feeling is strongest today?

.....

.....

.....



Where do I notice it in my body?

.....

.....

.....

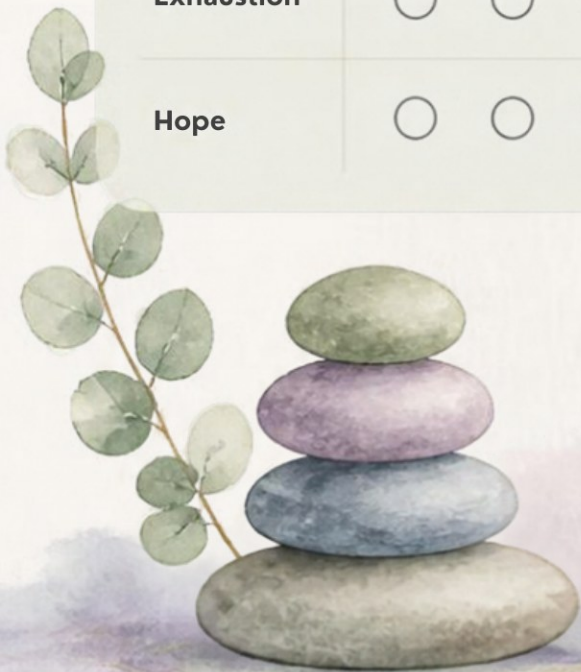


What do I need today?

.....

.....

.....



MY CHILD

Their favorite things



I remember the details.



Food

.....

.....

.....



Song

.....

.....

.....



Color

.....

.....

.....



Show or movie

.....

.....

.....



Place

.....

.....

.....



Treasure

.....

.....

.....



Saying

.....

.....

.....



A smell that
reminds me of them

.....

.....

.....



The way they
said I love you

.....

.....

.....



Gentle Reminder

The little things can carry so much love.
It's okay if these change over time.

MY CHILD

My memory jar

Love keeps making room



Sayings



Traditions



Places



The little things
only a mom
remembers



Songs



What I'm
grateful for



Gentle Reminder

Keep adding to your jar. Your love keeps going.





HARPER'S HEART PRESS · MADE IN LOVE, FOR HARPER

More gentle help, *made for you.*

I hope this helped a little today. When you're ready for more, here is what I make with love.

25%
OFF

A thank-you gift for you

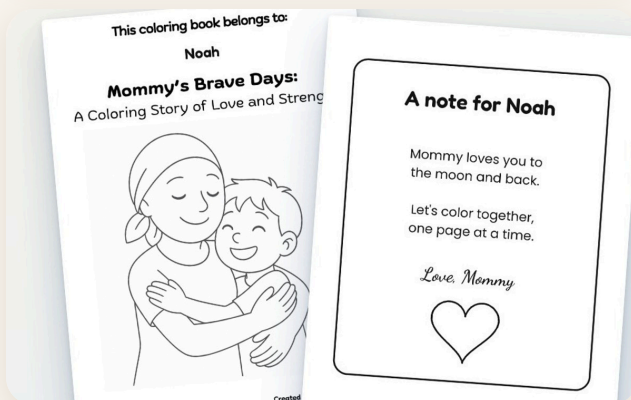
Use code **THANKYOU25** on Etsy or Payhip. Tap here to shop with it.



Gentle grief workbooks

Written the way I wish someone had spoken to me: gently, honestly and without a timeline. For moms, dads, siblings, little ones and the holidays.

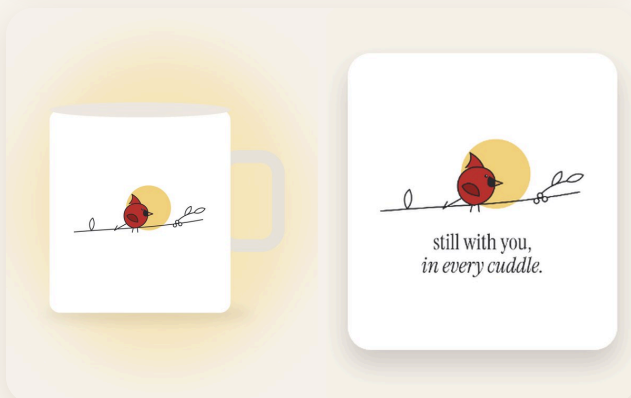
[See the workbooks →](#)



Personalized coloring books for kids

Their name on the cover and a note from you inside. A gentle story to color together, made just for your child.

[Make one for your little one →](#)



Sympathy gifts

A cardinal memorial mug and a soft sherpa blanket that says "still with you, in every cuddle." For when you don't have the words.

[Find a gift to send →](#)

Shop on Etsy

Instant downloads, personalized items and gifts ·
harpersheartpress.etsy.com

Shop on Payhip

Instant downloads · payhip.com/harpersheartpress

Healing is possible, at your own pace.

nikihumpherys.com · [@mommaniki5](https://twitter.com/mommaniki5) · [#FightLikeHarper](https://twitter.com/FightLikeHarper) · [#HarpersHeartPress](https://twitter.com/HarpersHeartPress)