



SIGNS & MOMENTS JOURNAL

Little signs. *Big love.*

The moments that feel like them

This journal holds the signs and moments of

A bird that lands close. A song that comes on at just the right time. A dream that feels so real. Many grieving hearts notice moments that feel like their person. There is no right way to feel about them. Write them down here so you can come back to them on the hard days.



Signs *I've noticed*

When something makes you stop and think of them, write it down. Big or small, it all counts.

DATE	WHAT I NOTICED	WHERE I WAS	HOW IT MADE ME FEEL

Dreams *of them*

Dreams can feel like a visit. Write them down soon after you wake, before the details fade.

Date

Where I was sleeping

What happened in the dream

What they said or did

How I felt when I woke up

Date

Where I was sleeping

What happened in the dream

What they said or did

How I felt when I woke up

Our *signs*

Check the ones that feel like your person. Add your own.

Signs that feel *like them*

- | | |
|---|---|
| ☐ Birds | ☐ A smell that is theirs |
| ☐ Butterflies | ☐ Sunsets |
| ☐ Feathers | ☐ Dreams |
| ☐ A song on the radio | ☐ A message at just the right time |
| ☐ A number that keeps showing up | ☐ Something only they would do |
| ☐ Coins | ☐ _____ |
| ☐ Rainbows | ☐ _____ |

Songs *that bring them close*

Places *I feel them*

A moment I never want *to forget*

Love doesn't end. It finds new ways to show up.

Sources: Klass, Silverman & Nickman, *Continuing Bonds: New Understandings of Grief* (1996); David Kessler (grief.com); The Dougy Center (dougy.org). Shared for education, with no endorsement implied. Niki Humpherys is a certified grief educator and coach, not a licensed therapist. This journal is for reflection and support. If you are in crisis, call or text 988.



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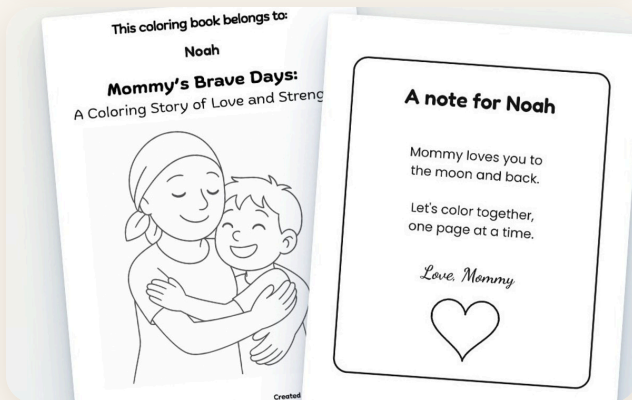
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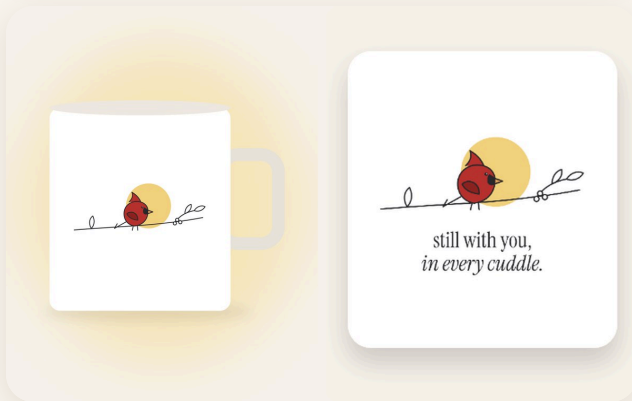
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