



GRIEF COACHING · FREE CHECK-IN

Where am I *today*?

A gentle check-in for your grieving heart. There are no right answers here. Grief changes day to day, so come back to this page whenever you need to notice where you are.

Date _____ Who I'm grieving _____

How heavy is *today*?

Circle one. 1 is a lighter day. 10 is the heaviest.

Lighter 1 2 3 4 5 6 7 8 9 10 Heaviest

My *body*

Grief lives in the body too. Circle what fits.

Sleep Low Okay Good Eating Low Okay Good Energy Low Okay Good

My heart *right now*

Circle every feeling that is here today. All of them belong.

Sad Numb Angry Guilty Anxious Lonely Tired Foggy Missing them
Grateful Hopeful Peaceful Overwhelmed All of it

What has been *hardest*

What helped, *even a little*

Who I've *talked to*

A moment I felt *them close*



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What I *need*

Now that you've noticed where you are, think about what would help. Keep it small. Small is enough.

One thing I need *right now*

One thing I can *let go of* this week

One way I'll *care for myself*

One person I can *reach out to*

Is it time for *more support?*

Check any that have been true for many weeks or months.

- ☐ I have trouble getting through daily life, like work, meals or caring for my family
- ☐ I can't sleep or eat for long stretches
- ☐ I feel numb, stuck or like life has no meaning
- ☐ I'm pulling away from everyone

If you checked any of these, please talk with your doctor or a licensed counselor. You deserve care.

Want to talk it through together?

One-on-one grief coaching with me opens February 1, 2027. We go at your pace and bring this check-in with us. Learn more at nikihumpherys.com/coaching.

988 If you are in crisis or thinking about suicide, call or text 988 (U.S., 24/7). You can also text HOME to 741741. If you are in danger right now, call 911.

Sources: Stroebe & Schut, the Dual Process Model of grief; David Kessler (grief.com); American Psychiatric Association, Prolonged Grief Disorder, DSM-5-TR; 988 Suicide & Crisis Lifeline (988lifeline.org); Crisis Text Line (crisistextline.org). Shared for education, with no endorsement implied.

Niki Humpherys is a certified grief educator and coach, certified through David Kessler's Grief Educator Certification program. She is not a licensed therapist, counselor or medical provider. This check-in is for reflection and support, not therapy, medical care or crisis services.

Healing is possible, at your own pace.

nikihumpherys.com · @mommaniki5



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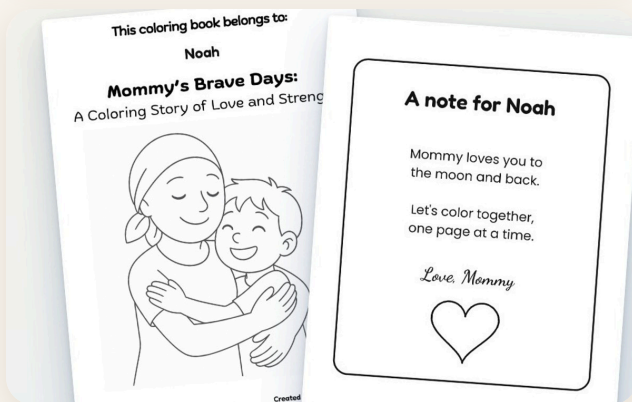
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Gentle grief workbooks

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.

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