



The Journey Workbook

This belongs to: _____

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The Widow's Journey *From* **Grief** *to* *Growth* 

"The Journey" Follow Up Form # _____

Posted to "Now" Log _____ Due Date: _____

Purpose (why it is important to me): _____

Method (how it will get done): _____

Help (which professional will assist me): _____ (who will provide moral support): _____

Outcome (what needs to be done): _____

Metrics (how to measure success): _____

How I will celebrate completion: _____

Date

Notes from Conversations/Meetings:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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