WIDOWHOOD

Where memory softens into healing.

A Gentle Note Before You Begin

Widowhood reshapes everything — identity, routine, meaning, and the way you move through the world. These prompts offer a tender space to explore grief, memory, growth, and rediscovery as you navigate life without the person who once shared your days.

Journaling Prompts
WIDOWHOOD

1. What emotions surface when I imagine living or traveling without the person I expected to share life with?
2. How can I honor my loved one in a way that feels comforting rather than heavy?
3. What part of my daily life feels most changed after their passing?
4. What parts of myself do I hope to rediscover or reconnect with in this chapter?
5. What fears arise when I think about moving forward, and which ones are rooted in grief?
6. What strengths have carried me through loss, and how can I lean on them now?
7. Which memories bring warmth, and how can I carry their essence with me today?
8. What memories are painful right now, and what compassion can I offer myself in response?
9. When do I feel closest to my loved one, and what does that teach me about connection?
10. What expectations about who I "should" be now am I ready to release?
11. What rituals or routines bring me comfort, grounding, or a sense of safety?
12. How has widowhood changed the way I see myself?
13. What is something my loved one admired in me — and how can I honor that today?
14. What small moments of peace or clarity have surprised me recently?
15. Who in my life helps me feel supported, seen, or understood?
16. What does loneliness feel like for me, and what do I need most when it shows up?
17. What part of my identity feels like it's slowly rebuilding — even if quietly?
18. What do I want to remember about the love we shared, and how does that shape me?
19. What grief am I still carrying that feels too heavy to hold alone?
20. What gentle hope — no matter how small — is beginning to take root in my life?