

# Episode Notes

## LIVING FORWARD MEANS FORGETTING MY LOVED ONE

### REFLECTION:

*You can never forget someone you loved.*

### STEPPING STONE:

- Are you hesitant to move or take steps to experience healthy grieving because you fear feeling better or that living forward means you are forgetting your loved one or dishonoring them? (Remember, I am not talking to people who have suffered a recent loss or who are still in the really tough part of the grief journey.)
  
- What would your loved one genuinely want for you?
  
  
- What are some ways you could remember and honor your loved one?

### HEART CHECK

Date:

What have you been thinking and feeling today?

