

Ways To Remember Your Missing Loved One

1. Go to the cemetery with holiday balloons, flowers or notes.
2. Light a “celebration of life” or memorial candle. You may want to consider their favorite color or scent when choosing a candle. Light it weekly, daily, on special occasions or whenever you want to.
3. Give someone an unexpected special gift in memory of your loved one.
4. Plant a memorial tree or flower bed.
5. Get a memorial garden stone or paint and decorate the rocks with your loved one's name, favorite things, or quotes and put them in your yard or garden.
6. Make a memorial bench.
7. Volunteer to help a charity in their memory.
8. Create a memory box or other special place where you and others can write down memories you treasure. Ask people to send you their special memories of them. You could ask people to post memories on social media and you can print them out.
9. Play their favorite game.
10. Pick a few special items that belonged to your loved one and give them to friends or family who will appreciate them.
11. Where memorial jewelry - ring, necklace, bracelet.
12. Make a memorial decoration in honor of your loved one.
13. Play your loved one's favorite music or create a songlist of their favorite songs
14. Pull out old photo albums or family movies to watch and look at on special days.
15. Make a dish they used to make or make a meal with all their favorite dishes. Food can be a great way to spark memories and stories of your loved one.
16. Leave an empty seat at the table and set a place setting on special days. Decorate it with a single flower, poem, card or memento.
17. On strips of paper, write memories that family members have of the person and loop them together to create a chain. who died or special gifts that person left with you. Loop the strips to create a chain. Children love this.
18. Share an important lesson you learned from them.
19. Buy a gift you would have given to your loved one and donate it to a local charity.
20. Make a large family photo collage, including pictures with the deceased loved one. Write a poem about the person.
21. Take a favorite piece of clothing and turn it into a teddy bear, a pillow or take multiple pieces and make a blanket.
22. Have an annual day of celebration.
23. Celebrate their birthday. Throw them a birthday party.
24. Finish something on their bucket list. Complete something they wanted to complete.
25. Create a memory box with videos, pictures and anything else. This is especially good for children since it is easier for them to forget.

26. Go to a favorite place of theirs - a coffee shop, restaurant, park, event or ??
27. Watch their favorite movie.
28. Throw a party in their memory - this can be a quiet dinner party with their favorite home-cooked meal, or a raucous party complete with DJ and open bar.
29. Start an event or foundation in their honor based on their interests or how they died. Host a fundraiser in their name.
30. Start a scholarship in their name.
31. Build something in their name.
32. Start a "Thoughts of You" Journal using a blank journal. Every time you think of this person, write down your thoughts, memory, or feelings in the journal.
33. Design a shirt with your loved one's favorite saying.
34. Give away your loved one's favorite books, after writing special messages inside the front cover.
35. Foster a dog and speak to them about your loved one often.
36. Set a personal goal and make them proud.
37. Live a life of worthiness that honors them. Think about what they valued in life and see how these lessons can inspire you today. Whether it's your education, ethics, or other life choices, remember what they would have wanted for you and let yourself be guided by the life they modeled.