

# Episode Notes

## THE IMPACT OF WHO YOU LOST & HOW YOU LOST THEM

### KEY POINTS:

- Everyone's grief journey is unique
- We are all impacted physically, mentally, and emotionally after a devastating loss
- We must lower our expectations of ourselves and others
- The only way through grief is to grieve

### STEPPING STONE:

Print out the downloaded outline attached and take the time to answer the questions I've listed within this episode. Record your answers and then consider what you think are the most influencing factors in your grief journey so far.

### HEART CHECK

Date:

What have you been thinking and feeling today?

