

A GIFT FROM COACH LENORE

14 Days of Grief Journal Prompts

Two weeks of gentle, guided writing
for the days grief feels too big to name.

How to use this journal

Grief is not a problem to solve. It is a love that lost its home and needs a place to be witnessed. These 14 prompts are a gentle daily walk. Write for 10 minutes. Set a timer if it helps. There are no wrong answers, and no one else has to read a single word.

A few soft rules: Don't skip ahead. If a day feels too heavy, sit with the prompt and write only one sentence. Skipping is allowed; returning is more powerful than perfect.

“Grief is the receipt of love. Write it down. You lived it. It counted.”

The 14 Prompts

Day 1

What is one thing I want the world to know about the person I lost, or the life I'm grieving?

Day 2

Where do I feel grief in my body today? What does it need from me?

Day 3

What have I been holding together for other people that I can set down for one hour?

Day 4

What is a memory that made me smile this week, even for a second?

Day 5

What am I angry about that I have not been allowed to say out loud?

Day 6

What part of my old identity is grieving alongside me?

Day 7

Rest. Reread what you've written. No new writing today.

Day 8

Who has shown up for me in a small, unexpected way?

Day 9

What am I most afraid of forgetting?

Day 10

What would I say to the version of me from six months ago?

Day 11

What do I want to keep from the life before? What am I ready to release?

Day 12

If my grief could speak, what would it thank me for?

Day 13

What is one gentle thing I can do for myself tomorrow?

Day 14

What have I learned about love, from losing?

After Day 14

Read your entries back slowly. Underline the sentence that most surprised you. That sentence is a thread. Follow it. It is often where healing wants to open next.

A note from Coach Lenore

If you would like company for what comes after these 14 days, my 6-Week Grief Program and 1:1 holistic grief support were built with love for exactly this stretch of the road. You do not have to walk it alone. I would be honored to walk it with you.

Ready to take the next gentle step?

Book a free 30-minute consultation at coachlenore.com/book