A FREE PERSONAL REFLECTION

The Art of Still Living Check-In

For bereaved mothers finding their way through life after loss.

You can miss your child deeply and still make room for what you need today.

Twelve reflection statements. A moment to notice. One small step that feels realistic for you.

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Use this fillable PDF or print it and write by hand. There is no score, no deadline, and no requirement to finish.

BEFORE YOU BEGIN

A note from Paula

There came a point in my grief when I realized I knew how to keep going. I could get up, manage responsibilities, and show up when people needed me. I also needed space to notice what was happening inside me.

My daughter Chanell died in 2008. Missing her and caring for my own life can exist together. That understanding shapes The Art of Still Living.

This check-in is an invitation to notice your needs, relationships, routines, identity, and hopes. It does not tell you where you should be in your grief.

For each statement, choose Often, Sometimes, or Rarely. You can skip any question. There is no score and no right answer. Pause whenever you need to.

If you type into this PDF, save a copy to keep your answers. PDF viewers differ; if the fields do not work on your device, use the online check-in or print these pages. Your answers are not automatically sent to Paula.

Keep completed copies somewhere private, especially on a shared device. You do not need to include names or identifying details.

This resource offers grief education and personal reflection. It is not a screening tool, diagnosis, or substitute for individualized medical or mental health care.

YOUR CHECK-IN

What feels true right now?

Choose one response for each statement, or leave it blank.

1. I get through my responsibilities, but I often feel emotionally absent while doing them.

○ Often ○ Sometimes ○ Rarely

2. People around me think I am doing well because I keep showing up.

○ Often ○ Sometimes ○ Rarely

3. I have moments when I wonder who I am now.

○ Often ○ Sometimes ○ Rarely

4. I avoid making plans because I do not know how I will feel when the day comes.

○ Often ○ Sometimes ○ Rarely

5. When I enjoy myself, guilt sometimes follows.

○ Often ○ Sometimes ○ Rarely

6. I feel uncomfortable wanting things for my future.

○ Often ○ Sometimes ○ Rarely

YOUR CHECK-IN

Keep noticing, without judging.

Choose one response for each statement, or leave it blank.

7. Parts of my life have been on hold for much longer than I expected.

○ Often ○ Sometimes ○ Rarely

8. I miss parts of the woman I was before my child died.

○ Often ○ Sometimes ○ Rarely

9. I sometimes feel like living more fully would mean leaving my child behind.

○ Often ○ Sometimes ○ Rarely

10. I spend more energy getting through the day than actually experiencing it.

○ Often ○ Sometimes ○ Rarely

11. I want more connection, meaning, or enjoyment in my life, but I do not know where to begin.

○ Often ○ Sometimes ○ Rarely

12. A part of me is ready for something to change, even though I will always miss my child.

○ Often ○ Sometimes ○ Rarely

PAUSE HERE

What did you notice?

There is no right or wrong result. Look back at your responses. Which statements stood out to you, and what might they tell you about what needs care?

You might notice exhaustion, guilt, uncertainty, or a wish for more connection. You may notice something else entirely. Your answers are a starting point for reflection, not a judgment.

Noticing a need does not mean you are leaving your child behind. You do not have to act on everything you notice today.

One thing I noticed about myself today:

Optional. Write as much or as little as you want.

ONE SMALL STEP

On your terms.

Where would you like a little more care or attention?

- [ ] Time with family
- [ ] Work
- [ ] Hobbies
- [ ] Parenting
- [ ] Celebrations
- [ ] Future plans
- [ ] Friendships
- [ ] Rest
- [ ] My relationship
- [ ] My home
- [ ] Caring for myself
- [ ] Something else

One small thing I could try this week:

Resting, asking for help, or choosing not to make a plan today can also be a valid next step.

SUPPORT FOR THE DAYS AHEAD

The Art of Still Living

The Art of Still Living grief education experience is coming soon. It is a space to explore identity, relationships, boundaries, confidence, and what you want from the days ahead.

There is room for your grief, for the love you carry, and for the things you still care about. You do not have to be finished grieving to receive support.

Join the free waitlist to hear when enrollment opens. Joining does not commit you to a purchase. The waitlist is separate from this check-in; your reflection answers are not included.

Explore The Art of Still Living waitlist

Prefer to reflect online?

Visit paulapgriffith.com/life-after-loss-check-in

Need help or an alternative format?

Email contact@paulapgriffith.com

Accessibility: paulapgriffith.com/accessibility