

Living Forward: Who Are You Now?

Caregivers often find many changes in their lives after a parent dies. Writing down your thoughts can help you identify and acknowledge how (or if) you have changed, or how (or if) you *want* to change. Recognizing your feelings may help you manage your grief and plan your future.

1. Who am I now? How am I different from when my parent was alive?

2. What changes, if any, would I like to make in my life?

3. What is my first step toward making these changes and when will I be ready to begin?

4. What changes, if any, would I like to make in my home or job?

5. What is my first step toward making these changes and when will I be ready to begin?

6. Other things I would like to experience now are:

Use your written thoughts as a guide to stay focused while you heal. If you change your mind, simply write down your new goal. *When you're ready*, taking one step at a time may help you reclaim your sense of self and begin *Living Forward*.

