

MY PERSONAL PLAN FOR MY UPCOMING SPECIAL DAY

Many times it's beneficial to sit down and write out a plan for upcoming holidays or anniversaries of the heart. The following plan will help you to organize your thoughts as you plan for the upcoming day.

1. When I think about this day, my thoughts and feelings are:

2. How will I take care of myself?

3. Who do I want to be with as a support person(s) or do I prefer to be alone?

4. How will I remember my loved one?

5. This is my plan for the day.
