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Part 2: The Shape of My Grief - bringing this into real life

This 2: the shape of my grief practice page is here to make the chapter feel usable in real life. If you feel overwhelmed, keep it very small. Think about one moment, one breath, one hard interaction, one coping tool, or one act of care instead of trying to figure everything out at once.

Practice and support

When does this grief theme tend to get louder for me?



What helps me stay kind to myself when it does?



What tiny act of care would help me after using this page?



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Extra writing space

Use this page to write what you wish other people understood about your grief, your pacing, your needs, or your love.



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Extra writing space

Use this page to write anything your grief wants room for today: memory, anger, gratitude, ache, love, confusion, or simply the truth of how this moment feels.



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Part 7: Grief in the Body compassionate journaling

Grief does not always move through clean explanation. This page offers another doorway into the feeling, memory, or meaning of what this section brought up.

Compassionate journaling

If I spoke to myself with compassion about 7: grief in the body, what would I say?



What has been harder than other people may realize?



What do I most need to hear in a steady, non-shaming voice?



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Part 9: Grief and the Outside World - notes and support questions

Use this section to name what felt true, what felt tender, and what kind of support would help you carry this part of grief more gently. You do not need to finish everything at once.

Use these notes for anything that deserves more room after the 9: grief and the outside world section: reminders, body cues, feelings, questions, encouragement, things you want to remember, or anything you may want to bring into therapy, journaling, or a trusted support conversation.



Notes and next steps

What line, memory, or realization from this section do I want to keep?



What question would I want to bring to therapy, grief support, or a trusted conversation?



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Letters, Rituals, and Gentle Practices

The following pages offer gentle ways to stay in relationship with memory, meaning, and care. Use what fits. Skip what does not. None of these practices are required for healing.

A letter from my heart

A letter from my heart

What do I most want to say?



What do I miss, appreciate, regret, or still carry?



If I imagine a loving response, what might it sound like?



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Closing Reflection

Grief does not ask you to become someone untouched. It asks you to learn, slowly and imperfectly, how to carry love and loss at the same time. There is no single right way to do that.

This workbook is not a replacement for therapy. It is a gentle educational companion. If you need more free worksheets, grounding pages, or support tools, return to the Se Puede Free Resource Garden for additional resources.



What I want to remember from Honoring Love, Healing Grief

What part of this workbook felt most healing, honest, or useful?



What support do I want to keep close as I continue grieving?



What would help me return to these pages gently when I need them again?



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