



# LOSS OF SPOUSE JOURNAL PROMPTS

- ☒ Day 11: Write down your loved one's favorite song and listen to it, or, a song that reminds you of them.  
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- ☐ Day 12: Write down your loved one's favorite movie and watch it.  
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- ☐ Day 13: Write down 3 things you admire about your loved one.  
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- ☐ Day 14: Write down someone you could really use a hug from. Text and let them know.  
.....
- ☐ Day 15: Draw a picture of your loved one on the inside cover with their name under it. (A stick figure works!)
- ☐ Day 16: Print off a photo of your loved one and tape or glue it over your drawing on the cover page.  
.....
- ☐ Day 17: Write down 3 things you miss about your loved one.  
.....
- ☐ Day 18: Send a text to 1 person who has supported you during this time in your life and tell them "Thank you for being there for me." Write down how they responded in your journal.
- ☐ Day 19: Go on a 10 minute walk outside. Look at the sky, feel the sun, smell the nature around you and listen to your heart. Write down your thoughts here.  
.....
- ☐ Day 20: (Guilty Pleasure) Your next dinner make your favorite dessert and your loved one's favorite dessert. That's it! Write down what you are going to make for dinner.  
.....
- ☐ Day 21: Write down things you wish you could express to those around you. Once finished, what could give you the strength to express these feelings and thoughts?  
.....
- ☐ Day 22: Throw a dinner in honor of your loved one. Invite as many people as you are comfortable with.
- ☐ Day 23: Draw a comfort animal you'd like to imagine in your life that will spend every waking and sleeping minute with you.  
.....
- ☐ Day 24: What do you need right now? What do you need tomorrow? Next week?  
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- ☐ Day 25: Give someone a hug today. Write down how you felt.  
.....
- ☐ Day 26: Create a lists of excuses you can use for hard days.  
.....
- ☐ Day 27: Make a list of all the qualities of your loved one that you admire.  
.....
- ☐ Day 28: Gratitude can still exist in the little things. How big of a list can you make? Running water, electricity, your family, etc.  
.....
- ☐ Day 29: Write down 1 thing you can do in your home to always feel your loved one's presence and love.  
.....
- ☐ Day 30: Using all five senses, write down a memory of your loved one.  
.....
- ☐ Day 31: Call a close friend of your loved one and ask for their funniest story with them. Write down this story.  
.....
- ☐ Day 32: Look at yourself in the mirror and give yourself 3 compliments. Write these compliments down.  
.....
- ☐ Day 33: Make a list of your top 5 movies. Now your loved ones, or, a list of top 5 movies you wish you could have shared with your loved one.  
.....
- ☐ Day 34: Write a short story. Less than 200 words with your loved one as the hero of the story.  
.....
- ☐ Day 35: Close your eyes and draw a swoosh or curved line. Now turn that line into a picture.  
.....
- ☐ Day 36: Text 3 friends and ask them what they admire about you. Now text them what you admire about them.  
.....
- ☐ Day 37: Create the perfect ice-cream sundae in honor of your loved one. Now eat your feelings away.  
.....
- ☐ Day 38: Write down what you wish to feel in your heart tomorrow.  
.....



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- ☐ Day 39: Make a list of your top 5 books and your loved one's top 5 books.  
.....
- ☐ Day 40: Make a list of all the qualities of your loved one that you miss.  
.....
- ☐ Day 41: Choose a song and dance/sing in honor of your loved one.  
.....
- ☐ Day 42: Make a list of all the qualities of your loved one that you still see in your life.  
.....
- ☐ Day 43: Write down your loved one's favorite game to play. Invite some friends over and play this game with them.  
.....
- ☐ Day 44: Write a new positive message on your mirror.  
.....
- ☐ Day 45: Make a list of your top 5 songs, and your loved one's top 5 songs, or a list of songs you would have wanted to share with your loved one.  
.....
- ☐ Day 46: Call a close friend of your loved one and ask for an inspirational story of them. Write down this story.  
.....
- ☐ Day 47: Write down the one thing you miss the most about your loved one.  
.....
- ☐ Day 48: Describe your loved one. How have they impacted your life?  
.....
- ☐ Day 49: Share the feelings of your heart with a friend or family member. Now write down their response so you will remember it.  
.....
- ☐ Day 50: Write down your perfect lazy day. Now choose a day to live it.  
.....
- ☐ Day 51: Write down your perfect productive day. Now choose a day to live it.  
.....
- ☐ Day 52: Call a close friend of your loved one and ask for their favorite story of them. Write down this story.  
.....

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# LOSS OF SPOUSE JOURNAL PROMPTS

- ☐ Day 53: If your heart could speak what would it be saying right now? Write these thoughts down.  
.....
- ☐ Day 54: Write down your happiest memory of your loved one that you wish to cherish.  
.....
- ☐ Day 55: Write a hand-written letter to someone and send it to them through the mail. Who did you send it to?  
.....
- ☐ Day 56: Write a letter to yourself a year from now. Where would you like your heart to be at?  
.....
- ☐ Day 57: Celebrate a friend on a normal regular day. Let them know they mean enough to you that you don't need a reason to celebrate their life.  
.....
- ☐ Day 58: Look at your eyes in the mirror. What do you see that excites you?  
.....
- ☐ Day 59: Write out a win or a positive moment for the day.  
.....
- ☐ Day 60: Choose a Saturday and live it in honor of your loved one. Have it focused around things they loved to do. Write down how close you feel to them in your life.  
.....
- ☐ Day 61: What turns a bad day into a terrible day vs a good day.  
.....
- ☐ Day 62: Write down big decisions you need to make this week.  
.....
- ☐ Day 63: Write down a mistake you've made recently.  
.....
- ☐ Day 64: Write down how you found peace today.  
.....
- ☐ Day 65: Roar! (Yes like a lion). Write down how that made you feel.  
.....
- ☐ Day 66: Stretch as big as you can. Write down how that made you feel.  
.....





# LOSS OF SPOUSE JOURNAL PROMPTS

- ☐ Day 67: Pound your chest like a gorilla. Maybe throw in some grunts. Write down how that made you feel. ....
- ☐ Day 68: Use the Feeling Chart. Write or draw how you feel. ....
- ☐ Day 69: Write down your loved one's favorite joke. ....
- ☐ Day 70: Breathe Deeply. Feel Deeply. (Breathe in 3-5 seconds, breathe out 3-5 seconds) .....
- ☐ Day 71: Grief list. List out all the feelings of grief you have right now. ....
- ☐ Day 72: Write down the ways people try to help you out and their help makes things worse. ....
- ☐ Day 73: Have a belly laugh for no reason. Just start with "Hahaha, Hohoho" and get louder. Write down how this made you feel. ....
- ☐ Day 74: Write down an experience you had that reminded you of your loved one today. ....
- ☐ Day 75: Write down where you need help in your life right now. Who can help you with the things you wrote down? .....
- ☐ Day 76: Write down one thing you can do for yourself in the next week that would help you take care of yourself? .....
- ☐ Day 77: Call a close friend of your loved one and ask for their most memorable story of them. Write down this story. ....
- ☐ Day 78: Plan a celebration for your loved ones Birthday with the support of your friends and family. Start making a plan today. It's important to celebrate their life. Write about this party once you have it. ....
- ☐ Day 79: Write down a way a friend helped you recently. ....
- ☐ Day 80: Draw yourself surrounded by your friends and family. Remind yourself of the love that is there. ....

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- ☐ Day 81: Write down a way you helped a friend recently.  
Day 82: 3 things that bring hope. Focus on what you can control, be present in moments of joy, and live in the best case scenario in your mind. Write down what a life like this would look like for you.
- ☐ Day 83: Write down what your gut is telling you to do right now. Now go and do it.  
Day 84: Write down your loved one's birthday and what time of day they were born. Where they were born. Your earliest memory of them.
- ☐ Day 85: Write down 3 things you admire about yourself.  
Day 86: Write down all of your memories of your loved one's interaction with music. What type of music did they listen to? Favorite bands? etc.
- ☐ Day 87: Call a close friend of your loved one and ask for an embarrassing story of them. Write down this story.
- ☐ Day 88: What compliment would your loved one give you if they were here?
- ☐ Day 89: Rage list. List out all of the feelings of frustration you have right now.  
Day 90: Labels are powerful. Write a list of positive labels that you believe are true or wish to be true. I am happy, I am excited, I am...
- ☐ Day 91: Write down a list of compliments. Now find a way to give each of these compliments to others.
- ☐ Day 92: Look at yourself in the mirror. What would your loved one want you to change about what you see?
- ☐ Day 93: Eat your loved one's favorite meal. Write down how this made you feel.
- ☐ Day 94: Eat your loved one's favorite treat. Write down how this made you feel.

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- ☐ Day 95: Write down an embarrassing moment from your life.  
.....
- ☐ Day 96: Get a balloon and write a message to your loved one. Now release the balloon.  
.....
- ☐ Day 97: Breathe Deeply. Feel Deeply. (Breathe in 3-5 seconds, breathe out 3-5 seconds)  
.....
- ☐ Day 98: Using the Feelings Chart draw/label your current feelings.  
.....
- ☐ Day 99: Text your friends and family and ask them reasons you should be thankful. Tell them it's hard to see any good in the world and you want their help. Write each of these items down.  
.....
- ☐ Day 100: Find something your loved one owns and repurpose it. Give it to someone in need. Write down the feelings you gained from this experience.  
.....
- ☐ Day 101: Call a friend and tell them you just need to hear about someone else's life for a bit. Then listen. Write down your thoughts about what you heard.  
.....
- ☐ Day 102: What I do when I can't sleep at night and I'm thinking of my loved one.  
.....
- ☐ Day 103: Make up a joke. Write it down. Text it to a friend.  
.....
- ☐ Day 104: How have you changed since losing your loved one? Do you like this change that you see in yourself?  
.....
- ☐ Day 105: What I want to be remembered for.  
.....
- ☐ Day 106: What my loved one will be remembered for.  
.....
- ☐ Day 107: How I will remember my loved one.  
.....
- ☐ Day 108: Write down ways you have felt alone. Tell a close friend about these feelings.  
.....

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- ☐ Day 109: Enthusiasm/Joy/Crazy/Stupid Choose a word and describe how it was a part of your day.  
.....
- ☐ Day 110: If your loved one could have chosen a last meal what would it have been? Have this last meal in their honor.  
.....
- ☐ Day 111: What is a kind act you remember your loved one performing? Go out and do this kind act to someone else.  
.....
- ☐ Day 112: Write down a few dreams your loved one shared with you.  
.....
- ☐ Day 113: Write down your loved one's favorite snack. Go out and enjoy it.  
.....
- ☐ Day 114: Write down a story you remember your loved one sharing.  
.....
- ☐ Day 115: Write down ways your loved one dared to be great.  
.....
- ☐ Day 116: Write down ways your loved one was a hero to you.  
.....
- ☐ Day 117: Draw your loved ones favorite animal.  
.....
- ☐ Day 118: Draw yourself as the sun how much sunshine are you giving out?  
.....
- ☐ Day 119: Blunder List. When you are grieving someone else you make a lot of blunders. List out all of the ones you have made. Isn't it beautiful how much you miss your loved one?  
.....
- ☐ Day 120: Text a friend a kind message or a compliment.  
.....
- ☐ Day 121: Choose a word out of these 3 words and expand upon why this word touched your heart.  
.....
- ☐ Day 122: Plant a tree, bush, or flower in memory of your loved one today. Write down the feelings of your heart afterwards.  
.....



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- ☐ Day 123: Describe how you want to make a difference in the world today.  
.....
- ☐ Day 124: A new idea or understanding I wish I could share with my loved one is...  
.....
- ☐ Day 125: Make a list of your loved one's favorite hobbies. What is one you can keep going?  
.....
- ☐ Day 126: Do 1 hard thing today. Write down your feelings once you accomplished this.  
.....
- ☐ Day 127: Write down your prediction of tomorrow. Are you happy with it? If not make it a totally different day than your prediction.  
.....
- ☐ Day 128: Using the Feelings Chart draw/label your current feelings.  
.....
- ☐ Day 129: Your loved one is still impacting your life. What action will you do today in honor of them?  
.....
- ☐ Day 130: Write down 1 surprise you have received recently. Why did it surprise you?  
.....
- ☐ Day 131: Write down something that is becoming normal for you, that you never thought would be normal.  
.....
- ☐ Day 132: Write a poem, no matter how bad, with your loved one's name in it. (The effort is what matters)  
.....
- ☐ Day 133: Write down your craziest memory of your loved one.  
.....
- ☐ Day 134: Write down 1 way you will use your loved one's life to influence you to be a better person.  
.....
- ☐ Day 135: Your strengths and weaknesses make you unique. Write down all of your strengths. Now write down your weaknesses as if they had become new strength. Imagine working on these weaknesses.  
.....
- ☐ Day 136: Text several people letting them know how much they meant to your loved one. What were their responses?  
.....

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- ☐ Day 137: Draw a picture of your house if you stayed stuck in your grief. Now draw a picture of your house if you found joy in life again.
- ☐ Day 138: Get dressed in your nicest clothes and go out to a restaurant. Write down how you felt while you were eating out.
- ☐ Day 139: Write down an experience you will have tomorrow to remind yourself of your loved one.
- ☐ Day 140: Draw yourself with your left hand. Now your right hand. How do they compare?
- ☐ Day 141: Write down 1 thing you have always wanted to do in life. Now do it in the honor of your loved one.
- ☐ Day 142: Draw a picture that someone else would describe as peaceful.
- ☐ Day 143: Draw a picture where someone else would describe it as joyful.
- ☐ Day 144: Grief exists because of your love. Write down all the grief that exists from all of your love.
- ☐ Day 145: Give a nice big belly laugh. (Force one out). When was the last time you laughed?
- ☐ Day 146: You have earned support and help. Write down who you can reach out to for support and help. Now ask them.
- ☐ Day 147: Look at a picture of your loved one. How do you feel inside? Write this down.
- ☐ Day 148: Write down 1 negative belief you are holding on to. Now write down 5 positive beliefs that disprove this.
- ☐ Day 149: Write down an inappropriate joke your loved one would have chuckled at.
- ☐ Day 150: Make yourself a memory box of your loved one. add in items that revitalize the memories of those who have passed on.

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- ☐ Day 151: Write down 5 things you miss about your loved one. Now write down 5 things you can do to allow them to influence your life in those areas.
- ☐ Day 152: Write down all of the compliments you have received in your life. Go as far back as you can remember. How long of a list can you make?
- ☐ Day 153: What is the hardest part of your journey so far? Now, write down who/what can help you with that and reach out for their help.
- ☐ Day 154: Write down any moments of peace or joy you have felt since your loved one passed. Give yourself permission to be okay with these moments.
- ☐ Day 155: Create a jar of inspiration, misses, and love. Anytime you have a thought of your loved one, write down the thought and put it into the jar. Once you fill the jar up read through the ways that your loved one is still in your life.
- ☐ Day 156: List all the ways you can honor your loved one.
- ☐ Day 157: Set a goal for the future. Now go out and accomplish it.
- ☐ Day 158: Using the Feelings Chart draw/label your current feelings.
- ☐ Day 159: Write down the first letter in your loved one's name. Now turn that letter into a picture.
- ☐ Day 160: Create a wish list of ways to honor your loved one.
- ☐ Day 161: Create a list of gratitude for things that are still in your life. (Electricity, Running Water, Etc.)
- ☐ Day 162: If money weren't an issue how would you live your life right now?
- ☐ Day 163: What I use as motivation to keep moving forward.
- ☐ Day 164: Write down a great idea your loved one would have enjoyed hearing about.

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- ☐ Day 165: Create a list of excuses you can use for hard days. When you don't feel like leaving the house.
- ☐ Day 166: Send out 1 thank you text to someone. How did they respond?
- ☐ Day 167: Write down 1 way you gave up today, and 1 way you pressed on.
- ☐ Day 168: Write down how you tried to honor your loved one today.
- ☐ Day 169: Write a letter to your spouse expressing your feelings of loss and grief.
- ☐ Day 170: Write a poem or song about your spouse.
- ☐ Day 171: Make a memory box filled with items that remind you of your spouse.
- ☐ Day 172: Create a scrapbook of your memories together.
- ☐ Day 173: Make a playlist of songs that hold special meaning for you and your spouse.
- ☐ Day 174: Plant a garden in your spouse's memory.
- ☐ Day 175: Cook your spouse's favorite meal.
- ☐ Day 176: Take a trip to a place that holds special meaning for you and your spouse.
- ☐ Day 177: Create a photo album of your time together.
- ☐ Day 178: Create a vision board of your hopes and dreams for the future.

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- ☐ Day 179: Create a ritual to honor your spouse on special occasions.  
.....
- ☐ Day 180: Volunteer for a cause that your spouse was passionate about.  
.....
- ☐ Day 181: Write down your favorite memories of your spouse and keep them in a journal.  
.....
- ☐ Day 182: Take a walk in nature and reflect on your memories of your spouse.  
.....
- ☐ Day 183: Make a memory quilt using items that were special to your spouse.  
.....
- ☐ Day 184: Make a donation to a charity in your spouse's memory.  
.....
- ☐ Day 185: Keep a gratitude journal and write down things you are thankful for that you shared with your spouse.  
.....
- ☐ Day 186: Take a class or workshop in something that your spouse enjoyed.  
.....
- ☐ Day 187: Create a memory jar filled with notes and trinkets from your time together.  
.....
- ☐ Day 188: Share your memories of your spouse with loved ones and friends.  
.....
- ☐ Day 189: Write a letter to your spouse's family and friends, thanking them for their support during your time of loss.  
.....
- ☐ Day 190: Describe the way your spouse's touch made you feel.  
.....
- ☐ Day 191: Write about a time when your spouse encouraged you to pursue your dreams.  
.....
- ☐ Day 192: Describe the way your spouse's love made you feel fulfilled.  
.....

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- ☐ Day 193: Listen to recordings of your spouse's voice or watch videos of them.  
.....
- ☐ Day 194: Share your feelings about your loss with a trusted friend or therapist.  
.....
- ☐ Day 195: Visit a place that you and your spouse enjoyed together.  
.....
- ☐ Day 196: Write a letter to your future self about your spouse and your grief.  
.....
- ☐ Day 197: Write about a special song or piece of music that reminds you of your spouse.  
.....
- ☐ Day 198: Describe how your spouse helped you to see the world in a new way.  
.....
- ☐ Day 199: Take a healing walk and leave mementos for your spouse.  
.....
- ☐ Day 200: Write about a time when your spouse sacrificed for you.  
.....
- ☐ Day 201: Write a story about your relationship with your spouse.  
.....
- ☐ Day 202: Write a letter to your spouse telling them how much you love them.  
.....
- ☐ Day 203: Describe the way your spouse made you feel loved and valued.  
.....
- ☐ Day 204: Write a letter to yourself and your spouse.  
.....
- ☐ Day 205: Take time to reflect on the special moments you shared with your spouse.  
.....
- ☐ Day 206: Write a letter to your spouse thanking them for the time you had together.  
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- ☐ Day 207: Write about a special place you visited together.  
.....
- ☐ Day 208: Describe how your spouse was a source of inspiration to you.  
.....
- ☐ Day 209: Write about a time when your spouse surprised you.  
.....
- ☐ Day 210: Make a memory pillow with a special picture of your spouse.  
.....
- ☐ Day 211: Describe how your spouse's laughter made you feel.  
.....
- ☐ Day 212: Using the Feelings Chart draw/label your current feelings.  
.....
- ☐ Day 213: Write about a special moment you shared with your spouse that you will always treasure.  
.....
- ☐ Day 214: Spend time in silence and reflect on your memories of your spouse.  
.....
- ☐ Day 215: Describe how your spouse's love impacted your life.  
.....
- ☐ Day 216: Write about a time when your spouse comforted you during a difficult time.  
.....
- ☐ Day 217: Visit a place where you and your spouse honeymooned. If not possible, then write about your honeymoon.  
.....
- ☐ Day 218: Write a eulogy for your spouse.  
.....
- ☐ Day 219: Describe the way your spouse supported your goals and dreams.  
.....
- ☐ Day 220: Take a class or workshop to learn a new sport that your spouse enjoyed.  
.....



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- ☐ Day 221: Create a memory book with special notes and messages from your spouse.  
.....
- ☐ Day 222: Write about a special holiday or celebration you shared with your spouse.  
.....
- ☐ Day 223: Spend time in nature and reflect on your memories of your spouse.  
.....
- ☐ Day 224: Create a memory calendar with special dates that remind you of your spouse.  
.....
- ☐ Day 225: Describe how your spouse challenged you to grow and become a better person.  
.....
- ☐ Day 226: Take a class or workshop to learn a new cuisine that your spouse enjoyed.  
.....
- ☐ Day 227: Write about a specific memory of you and your spouse that holds special meaning for you.  
.....
  
- ☐ Day 228: Describe the first time you met your spouse.  
.....
- ☐ Day 229: Write about a special moment you shared with your spouse.  
.....
- ☐ Day 230: Describe your feelings when you found out that your spouse had passed away.  
.....
- ☐ Day 231: Write about how your life has changed since losing your spouse.  
.....
- ☐ Day 232: Write about the way you and your spouse's relationship made you a better person.  
.....
- ☐ Day 233: Describe the way your spouse made you laugh.  
.....
- ☐ Day 234: Write about a moment when you felt closest to your spouse.  
.....

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# LOSS OF SPOUSE JOURNAL PROMPTS

- ☐ Day 235: Describe the way you and your spouse supported each other through tough times.  
.....
- ☐ Day 236: Write about a goal or dream you shared with your spouse.  
.....
- ☐ Day 237: Write about a dream you had about your spouse.  
.....
- ☐ Day 238: Describe a time when you and your spouse overcame a difficult obstacle together.  
.....
- ☐ Day 239: Write about a time when your spouse helped you through a difficult time.  
.....
- ☐ Day 240: Describe the way your spouse's love changed you.  
.....
- ☐ Day 241: Write about a special gift or surprise your spouse gave you.  
.....
- ☐ Day 242: Describe the way your spouse's presence made you feel.  
.....
- ☐ Day 243: Write about a time when you and your spouse were happiest together.  
.....
- ☐ Day 244: Describe the way your spouse made you feel special and loved.  
.....
- ☐ Day 245: Write about a time when you and your spouse helped someone in need together.  
.....
- ☐ Day 246: Describe how your relationship with your spouse impacted your other relationships.  
.....
- ☐ Day 247: Write about a special place that reminded you of your spouse.  
.....
- ☐ Day 248: Write about a time when your spouse made you proud.  
.....

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- ☐ Day 249: Describe the way your spouse's support helped you grow.  
.....
- ☐ Day 250: Write about a favorite vacation or trip you took with your spouse.  
.....
- ☐ Day 251: Describe the way your spouse made you feel understood.  
.....
- ☐ Day 252: Write about a special family tradition you shared with your spouse.  
.....
- ☐ Day 253: Write about a time when your spouse was there for you during a crisis.  
.....
- ☐ Day 254: Describe the way your spouse's kindness and generosity touched your life.  
.....
- ☐ Day 255: Write about a special tradition you shared with your spouse on special occasions.  
.....
- ☐ Day 256: Describe the way your spouse's love helped you to overcome fear and insecurity.  
.....
- ☐ Day 257: Write about a time when you and your spouse supported each other during a difficult period in your lives.  
.....
- ☐ Day 258: Describe the way your spouse's love helped you to become more confident in yourself.  
.....
- ☐ Day 259: Write about a special vacation or trip you took with your spouse that held a lot of special memories.  
.....
- ☐ Day 260: Describe how your spouse helped you to see the beauty in the world.  
.....
- ☐ Day 261: Write about a time when your spouse helped you to appreciate the small things in life.  
.....
- ☐ Day 262: Describe how your spouse's love and support helped you to achieve your goals.  
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- ☐ Day 263: Write about a time when your spouse made you feel like the most important person in their life.  
.....
- ☐ Day 264: Describe the way your spouse's love and support helped you to become a better partner and friend.  
.....
- ☐ Day 265: Write about a special skill or interest you and your spouse shared.  
.....
- ☐ Day 266: Describe the way your spouse helped you to see the value in yourself  
.....
- ☐ Day 267: Write about a time when your spouse helped you to find the courage to take a risk.  
.....
- ☐ Day 268: Describe how your spouse's love helped you to see the world in a new light.  
.....
- ☐ Day 269: Write about a special place you and your spouse visited together that held a lot of happy memories.  
.....
- ☐ Day 270: Describe how your spouse helped you to become more resilient in the face of adversity.  
.....
- ☐ Day 271: Write about a time when your spouse helped you to overcome a personal obstacle.  
.....
- ☐ Day 272: Describe how your spouse helped you to find inner peace and happiness.  
.....
- ☐ Day 273: Write about a special accomplishment you shared with your spouse.  
.....
- ☐ Day 274: Describe the way your spouse helped you to see the world in a more positive light.  
.....
- ☐ Day 275: Write about a special hobby or interest you and your spouse shared.  
.....
- ☐ Day 276: Describe how your spouse helped you to become more patient and understanding.  
.....

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# LOSS OF SPOUSE JOURNAL PROMPTS

- ☐ Day 277: Write about a special milestone or achievement you shared with your spouse.  
.....
- ☐ Day 278: Describe the way your spouse's love helped you to become more empathetic and compassionate.  
.....
- ☐ Day 279: Write about a special trip or adventure you and your spouse shared.  
.....
- ☐ Day 280: Describe how your spouse helped you to become more adventurous and open-minded.  
.....
- ☐ Day 281: Write about a special holiday or celebration you shared with your spouse that holds a lot of special memories.  
.....
- ☐ Day 282: Describe how your spouse helped you to become more generous and giving.  
.....
- ☐ Day 283: Write about a special family tradition you shared with your spouse.  
.....
- ☐ Day 284: Describe the way your spouse's love helped you to become more grateful and appreciative.  
.....
- ☐ Day 285: Write about a special place you and your spouse visited together that holds a lot of special memories.  
.....
- ☐ Day 286: Describe how your spouse helped you to become more open and expressive.  
.....
- ☐ Day 287: Write about a time when your spouse helped you to grow spiritually.  
.....
- ☐ Day 288: Describe the way your spouse's love helped you to become more resilient.  
.....
- ☐ Day 289: Write about a special accomplishment you shared with your spouse that you are proud of.  
.....
- ☐ Day 290: Describe the way your spouse helped you to become more forgiving and understanding.  
.....



# LOSS OF SPOUSE JOURNAL PROMPTS

- ☐ Day 291: Write about a time when your spouse helped you to overcome a fear or insecurity.  
.....
- ☐ Day 292: Describe how your spouse's love helped you to become more self-aware and introspective.  
.....
- ☐ Day 293: Write about a special dream you had about your spouse.  
.....
- ☐ Day 294: Describe the way your spouse's love helped you to become more authentic and true to yourself.  
.....
- ☐ Day 295: Write about a special time when your spouse supported you during a difficult time.  
.....
- ☐ Day 296: Using the Feelings Chart draw/label your current feelings.  
.....
- ☐ Day 297: Describe how your spouse's love helped you to become more accepting and non-judgmental.  
.....
- ☐ Day 298: Write about a time when your spouse encouraged you to try something new or out of your comfort zone.  
.....
- ☐ Day 299: Describe the way your spouse's love helped you to become more patient and understanding.  
.....
- ☐ Day 300: Write about a special memory you shared with your spouse that you will always treasure.  
.....
- ☐ Day 301: Describe how your spouse's love helped you to become more giving and supportive.  
.....
- ☐ Day 302: Write about a time when your spouse showed you how much they loved and cared for you.  
.....
- ☐ Day 303: Describe how your spouse's love helped you to become the best version of yourself.  
.....
- ☐ Day 304: Write about your personal values and beliefs.  
.....

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# LOSS OF SPOUSE JOURNAL PROMPTS

- ☐ Day 305: Describe your personal strengths and weaknesses.  
.....
- ☐ Day 306: Write about your goals and aspirations for the future.  
.....
- ☐ Day 307: Describe your ideal work/life balance.  
.....
- ☐ Day 308: Write about what brings you happiness and fulfillment.  
.....
- ☐ Day 309: Describe your biggest fears and insecurities.  
.....
- ☐ Day 310: Write about your core relationships and the role they play in your life.  
.....
- ☐ Day 311: Describe your relationship with yourself.  
.....
- ☐ Day 312: Write about your spiritual beliefs and practices.  
.....
- ☐ Day 313: Describe your personal definition of success.  
.....
- ☐ Day 314: Write about the things you are most grateful for in your life.  
.....
- ☐ Day 315: Describe your personal passions and interests.  
.....
- ☐ Day 316: Write about a time when you took a leap of faith and the outcome.  
.....
- ☐ Day 317: Describe a time when you failed and what you learned from it.  
.....
- ☐ Day 318: Write about a time when you felt truly alive.  
.....

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# LOSS OF SPOUSE JOURNAL PROMPTS

- ☐ Day 319: Describe how you would like to be remembered.  
.....
- ☐ Day 320: Write about something you wish you had known earlier in life.  
.....
- ☐ Day 321: Describe the person you are becoming.  
.....
- ☐ Day 322: Write about the things that make you unique.  
.....
- ☐ Day 323: Describe your relationship with money and financial security.  
.....
- ☐ Day 324: Write about your relationship with your health and well-being.  
.....
- ☐ Day 325: Describe a time when you felt truly proud of yourself.  
.....
- ☐ Day 326: Write about a time when you took a step outside of your comfort zone.  
.....
- ☐ Day 327: Describe a time when you felt the most self-confident.  
.....
- ☐ Day 327: Describe a time when you felt the most self-confident.  
.....
- ☐ Day 329: Describe your feelings about your own mortality.  
.....
- ☐ Day 330: Write about your relationship with power and control.  
.....
- ☐ Day 331: Describe your relationship with failure and success.  
.....
- ☐ Day 332: Write about your personal vision for your future.  
.....

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# LOSS OF SPOUSE JOURNAL PROMPTS

- ☐ Day 333: Describe your personal philosophy on life.  
.....
- ☐ Day 334: Write about what you would like to achieve before you die.  
.....
- ☐ Day 335: Describe your personal journey towards self-acceptance.  
.....
- ☐ Day 336: Write about the things you want to experience before you die.  
.....
- ☐ Day 337: Describe the person you want to be in the next five years.  
.....
- ☐ Day 338: Write about your personal boundaries and what you will and will not tolerate.  
.....
- ☐ Day 339: Describe the things you appreciate about yourself.  
.....
- ☐ Day 340: Write about your personal journey of growth and development.  
.....
- ☐ Day 341: Describe your relationship with time and how you spend it.  
.....
- ☐ Day 342: Write about your personal goals for self-improvement.  
.....
- ☐ Day 343: Describe the kind of legacy you would like to leave behind.  
.....
- ☐ Day 344: Write about the things that have shaped you as a person.  
.....
- ☐ Day 345: Describe your personal sense of purpose.  
.....
- ☐ Day 346: Write about the things that you are willing to fight for.  
.....

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# LOSS OF SPOUSE JOURNAL PROMPTS

- ☐ Day 347: Describe your personal code of ethics.  
.....
- ☐ Day 348: Write about your personal beliefs on relationships.  
.....
- ☐ Day 349: Describe your personal beliefs on happiness and the pursuit of it.  
.....
- ☐ Day 350: Write about the things you wish you had done differently in your life.  
.....
- ☐ Day 351: Describe your personal beliefs on leadership and influence.  
.....
- ☐ Day 352: Write about the things you wish to pass on to future generations.  
.....
- ☐ Day 353: Describe your personal beliefs on the meaning and purpose of life.  
.....
- ☐ Day 354: Write about how you want to be remembered by others.  
.....
- ☐ Day 355: Describe your personal beliefs on the concept of forgiveness.  
.....
- ☐ Day 356: Write about your personal belief system on what makes a life well lived.  
.....
- ☐ Day 357: Describe your personal beliefs on the role of personal growth in a fulfilling life.  
.....
- ☐ Day 358: Write about the things you wish to accomplish before you die.  
.....
- ☐ Day 359: Describe the person you want to be in the next ten years.  
.....
- ☐ Day 360: Write about your personal beliefs on the role of gratitude in life.  
.....

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- ☐ Day 361: Describe your personal beliefs on the role of community in one's life.  
.....
- ☐ Day 362: Write about how you want to make a difference in the world.  
.....
- ☐ Day 363: Describe your personal beliefs on the role of love in one's life.  
.....
- ☐ Day 364: Write about your personal beliefs on the role of work and career in one's life.  
.....
- ☐ Day 365: Describe your personal beliefs on the role of adventure and risk taking in one's life.  
.....
- ☐ Day 366: Write about your personal beliefs on the role of self-expression and creativity in one's life.  
.....
- ☐ Day 367: Describe your personal beliefs on the role of family in one's life.  
.....
- ☐ Day 368: Write about your personal beliefs on the role of learning and knowledge in one's life.  
.....
- ☐ Day 369: Describe your personal beliefs on the role of connection and relationships in one's life.  
.....
- ☐ Day 370: Write about your personal beliefs on the role of mental and physical health in one's life.  
.....
- ☐ Day 371: Describe your personal beliefs on the role of service and contribution in one's life.  
.....
- ☐ Day 372: Write about your personal beliefs on the role of spiritual practice in one's life.  
.....
- ☐ Day 373: Describe your personal beliefs on the role of play and leisure in one's life.  
.....
- ☐ Day 374: Write about your personal beliefs on the role of nature and the environment in one's life.  
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