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Gentle Steps to  
Start Living  
Again After  
Loss

SWIPE FOR MORE TIPS



Hi, I'm Beth. I met my husband when I was 11 years old. We were best friends, soulmates, and then , for 10 years his caregiver as he battled ALS.

When he passed, I felt like my identity, purpose, and even my faith were shaken. I didn't know who I was without him—or how to live again.

Through tears, prayer, and time, God began showing me that healing didn't mean forgetting....it meant becoming!

I created this guide and the Sacred Healing Circle because I know what it's like to feel lost, unseen, and exhausted from pretending you're okay.

You don't have to do this alone. I'm walking this road with you. And together, we can begin to breathe, believe, and build a life with meaning again .

Love  
Beth

**WELCOME**

## 1

Before the world rushes in, place your hand over your heart, take a deep breath, and whisper:

*"I'm still here. God is still with me"*

*This simple moment helps you begin your day rooted in peace, not panic*

A MORNING ANCHOR TO  
CALM YOUR SPIRIT

## 2

When grief hits out of nowhere, stop and pray:

*“Jesus, hold me. I can’t do this without You”*

This tiny pause invites God’s strength into the heaviness of you moment.

THE ONE-MINUTE PRAYER FOR  
OVERWHELMING MOMENTS

## 3

Choose one simple act that feels comforting: making coffee/tea, taking a short walk, or putting on worship music.

These aren't chores-they're sacred acts of remembering you still matter.

**A SELF-CARE RITUAL THAT  
DOESN'T FEEL LIKE WORK**

## 4

Write this at the top of your page:

*“Lord, what are You showing me in  
this season?”*

Let your thoughts flow without  
judgement. your journal becomes a  
space for release, honesty, and  
healing

**A JOURNALING PROMPT TO TALK  
TO GOD ABOUT YOUR PAIN**

## 5

Assign one easy task to each weekday—laundry, bills, connecting with a friend. Keep weekends for rest. Structure can soothe the soul, especially when your world feels unsteady

**A WEEKLY RHYTHM TEMPLATE TO  
REBUILD LIFE GENTLY**

## 6

If this guide gave you comfort, you'll feel right at home in the [Sacred Healing Circle](#) -a private, faith-filled space where healing, hope, and life long friendship is made. Click here to learn more and join us

**A SACRED PLACE TO FEEL YOUR  
PURPOSE**