



10 Gentle Prompts for a Grieving Heart

*Write, reflect, and gently
honor your love and loss*

By Marlene Lynch

A Gentle Note From Me

Dear Friend,

*Grief is love with nowhere to go.
Writing helped me hold onto the love
and slowly find my way forward after
losing my husband, Michael.*

*May these prompts help you honor
your story, remember the joy, and
gently tend to your heart.*

The 10 Gentle Prompts

1. Write about a memory with your loved one that still makes you smile.
2. Describe a place that feels connected to them and why it matters to you.
3. Write a letter telling them what you wish you could say today.
4. List five small things that still remind you of their love.
5. Remember a time they made you laugh—what happened?
6. Describe a song, smell, or moment that instantly brings them close.
7. Write about how you've grown or changed since their passing.
8. Share one tradition or ritual you keep alive in their honor.
9. If they could see you now, what would you want them to know?
10. End with gratitude: thank them for something beautiful they gave you.



*Thank you for letting these words
hold space for your heart.*

You are not alone.

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resources for healing.*

Marlene Lynch