



Grief never ends because we will never stop missing and loving our person who has died. While our grief grows and changes with us, a concern that is often felt is that we will forget certain

memories or special things that are so unique to our person. Creating a memory keeper can be an ongoing project for ourselves and our families.

The following prompts are here to inspire you to write special memories that you would like to always keep close to your heart.



Is there a piece of advice you got from your person that you will always remember?



What are some of the unique aspects you will remember about them?



What is a great memory with your person that makes your heart feel full?



Did they have a phrase they used often that you will always hear in their voice?



Make a list of some of their favorites: movies/tv shows, food, seasons, activities, people, etc. *Get creative, you know your person best!*



Did they have an infamous story they loved to tell? What was that story? How did you react when they used to tell it?



Is there a special adventure you had together? What made it so special?



What did you enjoy doing together? *Sometimes it's the small things we always took for granted.*



Please take time to answer these - there is no special order and you don't have to answer ones that don't feel right for you. These are meant to guide you in trying to think of where you can start this process.

Keep these memories electronically or by hand - it's up to you and how it feels right to record these special memories. Maybe one day you write a small

bit and other days you may want to write pages! Listen to what feels right for you that day. This can be a wonderful on-going practice of honoring both life and grief.



Did you have a nickname for them? And/or did they have nicknames for you?



Write about a memory of something difficult that happened in life that you got through together.



How did they support you in their own special way? How did you support them in your own special way?



Every one has a unique relationship with their person. What are some things that made your relationship unique?



What did they do that made you smile? Laugh? Feel loved, seen, appreciated, and special?



Are there different things you liked to do together in different seasons?



Is there a memory you can think of that make you laugh, even when you are not feeling great?



What are important things that mattered to them throughout their life? Things they were passionate about?