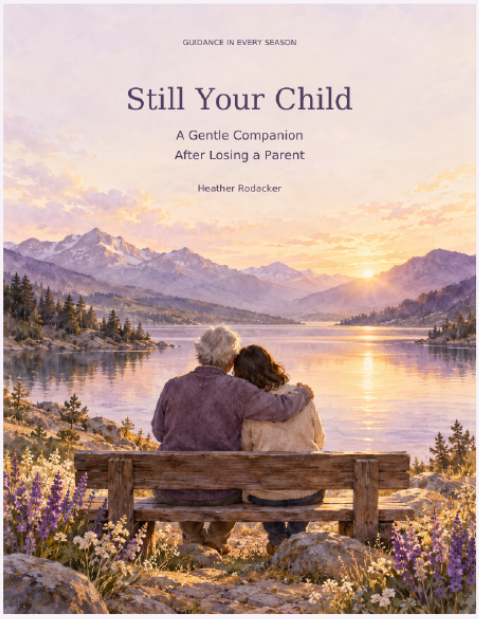
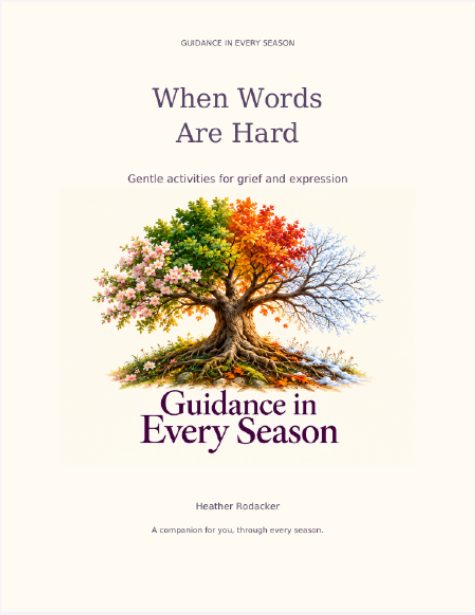
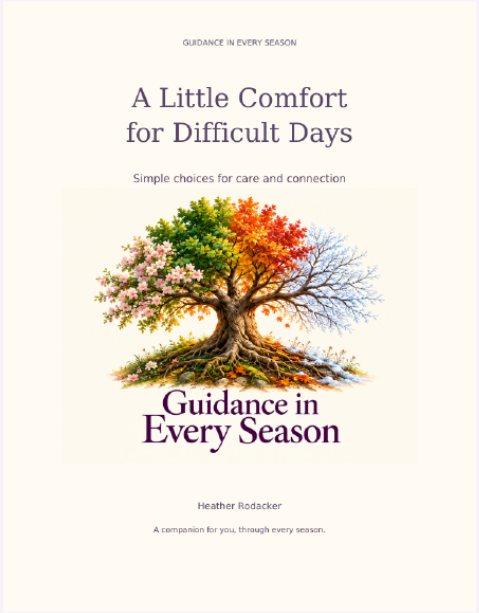
GUIDANCE IN EVERY SEASON

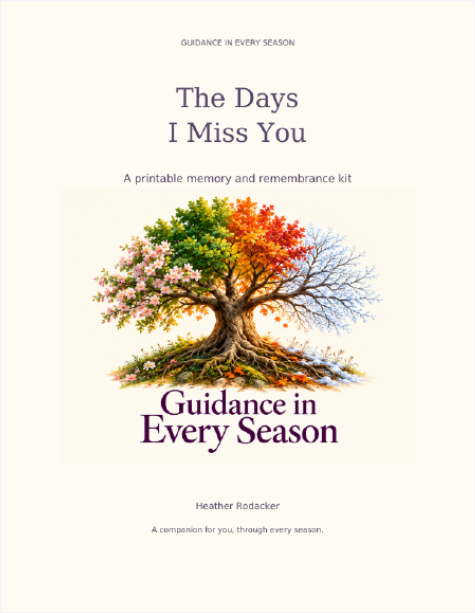
Gentle Comfort Collection

Four printable workbooks for grief and remembrance









CA$29 for the complete bundle

One 74-page digital PDF • Print the pages you choose

Personal use • No physical book or shipping

Today, just as I am

You can describe this moment without explaining or defending it. A few words are enough.

Today I am noticing...

What feels hardest, and what feels manageable?

One thing I would like someone to understand today is...

You can feel more than one thing at a time.

SAMPLE PREVIEW

SAMPLE ONLY • Five selected pages from the 74-page collection

A colour for today

Choose colours that fit this moment. Make patches, lines, shapes, or a single mark. You can also leave space uncoloured.

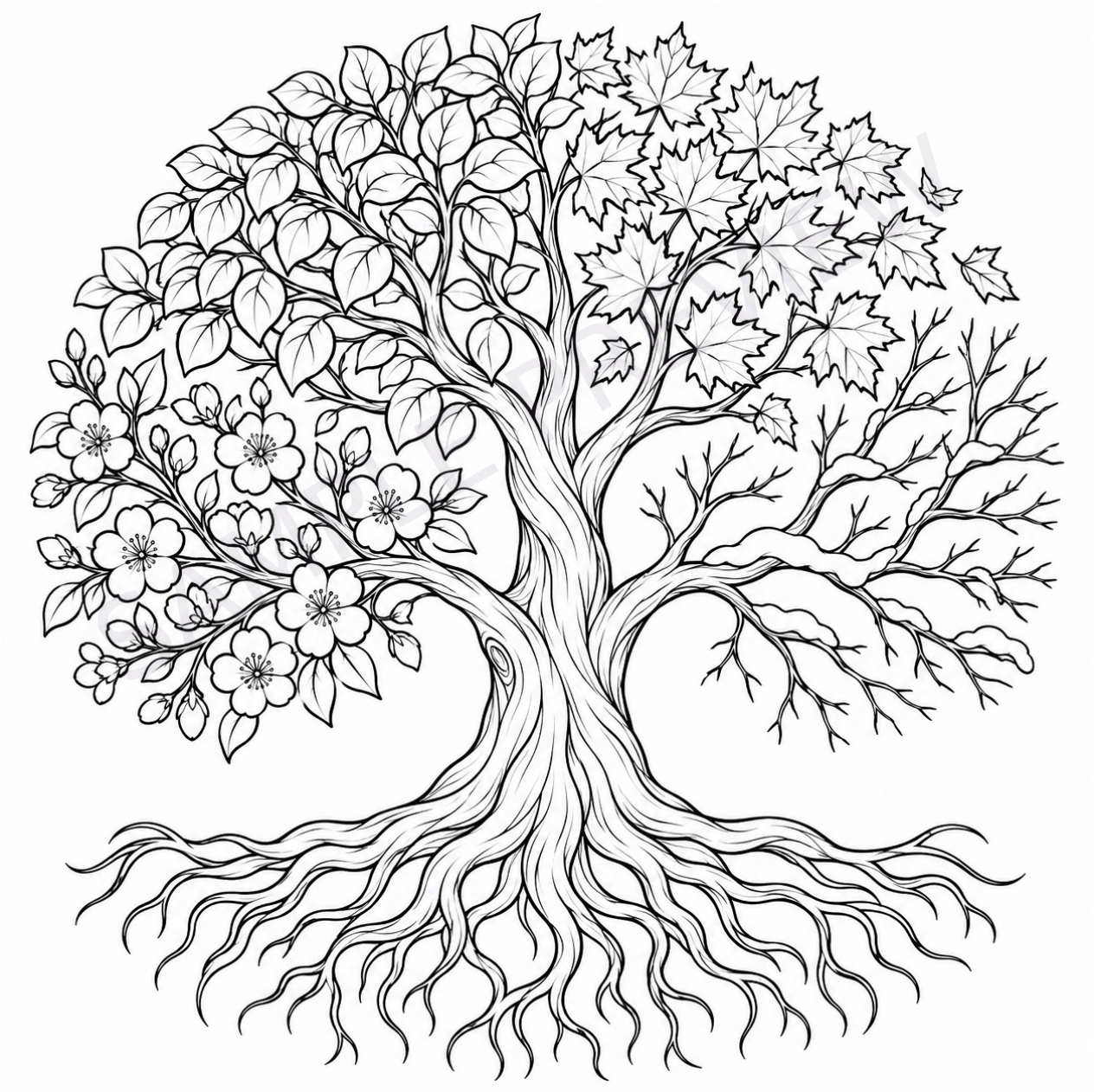
If I want to name what these colours mean:

You do not need to explain your choice.

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One gentle line

Trace or colour the tree at your own pace. Choose any colours you like.
You can stop after one line and return whenever you wish.



There is room for a pause between one line and the next.

SAMPLE ONLY • Five selected pages from the 74-page collection

Comfort through sight

Choose something easy to look at: a familiar photograph, a view, a colour, or a less cluttered corner. Skip this if visual input feels tiring.

Something I find pleasant or familiar to look at is...

A visual distraction I could reduce is...

One small change I might make to my space is...

Less stimulation may be the choice you need.

SAMPLE PREVIEW

SAMPLE ONLY • Five selected pages from the 74-page collection

A story I want to keep

Choose a story you want to save in your own words. You do not need to remember every detail.

Where and when did this happen?

What do I remember most clearly?

Why do I want to keep this story?

It is okay to say that a detail is uncertain.

SAMPLE PREVIEW

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