Guidance Through Every Season

An End of Life Planning and Family Support Workbook



A compassionate place to reflect plan and begin meaningful conversations

Heather Rodacker

Guidance in Every Season
Grande Prairie Alberta Canada

Welcome to Your Workbook

This workbook offers a calm place to think about what matters to you, record your wishes and prepare for conversations with the people who may walk beside you. You do not need to complete it all at once. Begin where you feel ready, pause whenever you need to and return when the time feels right.

The pages combine practical planning with personal reflection. They are designed to help you gather important information, express comfort preferences, consider family and pet needs, preserve stories and make space for grief. Your answers can be changed as your circumstances, relationships or wishes change.

How to Use This Workbook

- ☐ Write directly in the workbook or use it to guide a conversation.
- ☐ Invite a trusted person to complete selected pages with you.
- ☐ Share only the pages you choose with family, caregivers or professionals.
- ☐ Review your answers after a major life, health or family change.
- ☐ Keep the workbook somewhere safe and tell a trusted person where it is.

Important Note

This workbook provides general education and planning support. It does not provide medical, legal, financial, counselling or emergency advice, and it does not replace the guidance of qualified professionals. Advance care planning and legal requirements vary by province and may change. Speak with appropriate Alberta healthcare and legal professionals when decisions require formal documentation.

For an emergency, call 911. For health advice in Alberta, call 811. For suicide crisis support in Canada, call or text 988.

Workbook Journey

Section	Focus
1	Beginning the Conversation
2	My Important People and Care Team
3	Advance Care Planning
4	Comfort Through the Five Senses
5	My Bedside and Vigil Wishes
6	Legacy and Life Reflection
7	Family Buddy Plan
8	Pet Care and Pet Legacy
9	Spiritual Religious and Cultural Wishes
10	Practical Home Support
11	Grief and Bereavement Reflections
11A	12 Gentle Steps Through Grief
12	Checklists Resources and Notes

This complete edition contains all twelve sections in one clear printable workbook. Move through the sections in order or begin wherever support is most useful today.

Beginning the Conversation

Talking about serious illness, dying, death and grief can feel uncomfortable. Avoiding the conversation, however, can leave loved ones unsure about what matters most. This section helps you begin gently. You are not being asked to predict every detail. You are simply creating a clearer starting point.

What I Hope This Planning Will Provide

- ☐ More peace of mind for me
- ☐ Clearer guidance for my family
- ☐ Fewer difficult decisions during a crisis
- ☐ A chance to express what comfort means to me
- ☐ Space to honour my beliefs, relationships and values
- ☐ A practical record of information people may need

What made me open this workbook today?

What would make these conversations feel safer or easier for me?

What Matters Most to Me

Your values can guide decisions even when a specific situation has not been discussed. Choose the words that feel most important, then add anything that is missing.

- ☐ Comfort
- ☐ Dignity
- ☐ Independence
- ☐ Being at home
- ☐ Time with family or friends
- ☐ Privacy
- ☐ Honest information
- ☐ Spiritual or cultural practices
- ☐ Music nature or familiar surroundings
- ☐ Relief from pain or distress
- ☐ Being heard and included
- ☐ Protecting loved ones from uncertainty

The three values I most want others to remember are

When I say quality of life I mean

Something people should never assume about me is



GUIDANCE THROUGH EVERY SEASON

A Lined Journal for Reflection

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Five Senses Through Grief

Gentle Morning and Evening Routines

A personal workbook for finding steadiness comfort and connection

Heather Rodacker

Guidance in Every Season

Welcome

Grief can change the rhythm of an entire day. Mornings may begin with the shock of remembering. Evenings may become quiet, lonely or difficult to settle into. A gentle routine cannot remove grief, but it can offer a few familiar steps when thinking and decision making feel hard.

This workbook will help you notice what brings comfort through sight, sound, smell, taste and touch. You will then use those discoveries to create a morning routine, an evening routine and a much shorter plan for very difficult days.

There is no perfect way to complete these pages. Write a little or a lot. Return to a page later. Cross something out. Change your mind. Your needs may shift from one day to the next, and your routine can shift with them.

What would you like this workbook to help you with

How to Use This Workbook

- Move at your own pace and take breaks whenever you need them.
- Choose sensory ideas that feel comforting rather than completing every suggestion.
- Keep routines short enough to use on an ordinary day.
- Create an even smaller plan for days when energy and concentration are limited.
- Ask a trusted person or grief support professional to work through the pages with you if that feels easier.
- Review your routines after one week and change anything that is not helping.

A Gentle Reminder

A routine is support, not a test. Missing a day does not mean you failed. Beginning again can be as simple as taking one breath, drinking one glass of water or opening one curtain.

What will help you feel safe while using this workbook

The Five Senses and Comfort

The senses can offer simple anchors to the present moment. An anchor does not erase grief. It gives your mind and body one safe thing to notice when everything feels too large.

Sight Light, colour, photographs, nature and familiar surroundings

Sound Music, quiet, voices, nature sounds and gentle guidance

Smell Fresh air, tea, coffee, flowers, soap and familiar belongings

Taste Water, warm drinks, simple foods and familiar flavours

Touch Warmth, soft fabric, gentle movement, pets and safe pressure

Which sense helps you feel settled most easily

The Days I Miss You

A Story and Activity Book
After a Grandparent Dies

Created by Heather Rodacker
Guidance in Every Season



The Days I Miss You

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This book provides general educational and emotional-support information. It is not a substitute for individualized medical, mental-health, legal, or crisis care. Adults should use their judgment and seek qualified support when a child needs more help.

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Printed in Canada



The News

Dad sat beside Lilly and Mason at the kitchen table. Ace, their schnauzer, lay quietly beneath them. His voice was soft, but his words were clear. “Grandma Rose died this morning.” Lilly began to cry. Mason stared at the pattern in the table. For both of them, the words felt impossible.



What Died Means

Dad explained that Grandma’s body had stopped working. She could no longer breathe, eat, speak, or feel pain. She would not come back to life. Lilly wished the answer were different. Mason asked Dad to explain it again.



The Four Quiet Questions

Questions crowded into Lilly and Mason’s minds. Did we cause it? Could we have stopped it? Can we catch it? Who will take care of us? Dad answered every one. “You did not cause Grandma’s death. You could not have cured her. Her death is not something you can catch. And I will keep taking care of you.”

LILLY AND MASON THROUGH EVERY SEASON

Lilly and Mason Miss Grandma

A Gentle Story and Activity Book for Ages 3 to 5



Heather Rodacker

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For the Grown-Up

Young children understand death in small pieces. Use the clear words died and death. Pause often, repeat answers, and let play be part of grief. Nothing in this book replaces medical or mental-health care.

Pause. Breathe. Let this page be enough for today.

Grandma Rose

Grandma Rose grew lilies, told funny stories, and gave the warmest hugs. Lilly liked to draw beside her. Mason liked to bring her smooth stones. Their little dog curled near her feet.

Pause. Breathe. Let this page be enough for today.



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A Note Before We Begin

This story uses the clear words died and death. Read it with a caring adult. Pause whenever you need. You may answer every prompt, skip one, or return later.

Pause. Breathe. Let this page be enough for today.

Grandma Rose’s Kitchen

Grandma Rose’s kitchen had flowered mugs, cinnamon toast, and a purple scarf on the chair. Lilly drew at the table. Mason told Grandma every detail about his newest smooth stone.

Pause. Breathe. Let this page be enough for today.

2027 LARGE ORGANIZER



Monthly calendars • weekly plans • room to breathe

Heather Rodacker

guidanceineveryseason.com

January 2027



There is no deadline for grief. Begin this year at your own pace.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day [G]	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

G: Alberta general holiday O: Alberta optional holiday Other labels: observances

Reminders

January | plans & notes

Priorities and to-do list

Appointments and reminders

Something to look forward to

Weekly planning

My usual weekly commitments

Things that help me stay organized

A gentle reminder to myself

Week of December 28, 2026

One day at a time.

Monday, December 28, 2026

Tuesday, December 29, 2026

Wednesday, December 30, 2026

Thursday, December 31, 2026


A Little Place for Love at Christmas

A LITTLE PLACE FOR LOVE

Snow fell softly around the cabin by the lake. Inside, the fire crackled, the tree shimmered, and Boots curled up in her little bed. Lilly and Mason sat together under their favourite Christmas blanket. Usually, Christmas made the whole cabin feel full. This year, Lilly and Mason both noticed a little space that felt empty.



Lilly looked at the lights and thought of someone they missed. Mason turned a page in their Christmas picture book, then stopped at a memory of his own. Maybe you know that feeling too. You can miss a person. You can miss a pet. Sometimes you miss the sound of them, the way they greeted you, or the ordinary things you did together.

