## Working Through Loss

## WORKSHEET + GUIDE

**Positive Affirmation:** This experience will not define me, rather I will define this experience and move forward centred and connected.

## Acknowledge the Loss -

through thoughtful reflection, ask yourself these questions: what did it mean, how did I feel, and what is the conflict/stuggle?

## **Making Meaningful**

Connections - Even the worst experiences can hold value, ponder what meaningful connections you can make about this experience that can serve you in the future.

Creating a Centre - You have acknowledged the loss/experience and have placed meaning to it, now visualize what you need centre yourself.

Moving Forward - create the plan to move forward in a manner that fosters resilience and builds your capacity to grow and change.

The Renegade RN