

## WRITING EXERCISE

# Describe How You've Changed and Grown

I am blessed with:

I have learned:

I now understand:

I now see:

This is a good exercise to repeat sometime in the future after you've experienced a degree of healing. You'll be able to see more clearly your progress on the grieving path. Keeping a journal is another powerful way of putting words to what your heart feels and your soul knows. Start this enlightening practice today.