

What Moving Forward Means To Me Worksheet

Overview

After loss, the idea of “moving forward” can feel confusing, painful, or even wrong. This worksheet invites you to redefine what moving forward means *on your own terms*—without implying forgetting, replacing, or leaving anything behind.

Moving forward doesn’t mean moving on. It means learning how to carry grief alongside your life, values, and relationships in a way that feels honest and sustainable.

Moving Forward

1. When I hear the phrase “moving forward” what comes up for me? (thoughts, feelings, resistance, relief, etc.)
2. What moving forward does NOT mean to me
 - ☐ Forgetting them
 - ☐ Being “over it”
 - ☐ Pretending I am fine
 - ☐ Never being sad again
 - ☐ Replacing the relationship
 - ☐ Rushing my feelings
 - ☐ Other
3. What I *wish* people understood about my grief.
4. If moving forward felt gentle and true, it might look like: (Examples: functioning with support, allowing joy without guilt, honoring grief while living)
5. Parts of me that are still grieving (name what still feels tender)
6. Parts of me that are slowly rebuilding (energy, hope, routines, connection, purpose)
7. How I want to carry my relationship with them moving forward (memories, values, rituals, lessons, love)
8. Right now moving forward means...(complete the sentence)

9. A reminder I want to return to when guilt or doubt shows up.

Closing reflection: I am allowed to grieve and live at the same time. Both can exist together.