

# Love Lives On: Gentle Prompts for Your Remembrance Journal

*Cherish their Memories, Celebrate their Love*

## **Honoring Your Journey**

Grief has no map, and neither does your healing. I put this list together to offer options for when you open your journal and find yourself stuck. You can look through these categories and pick just one question that brings a smile or a comforting memory to mind. You can answer them in any order you like, skip as many as you want, or simply use the journal pages to write whatever is on your heart.

## **Letters & Direct Messages**

- Write a letter to your pet expressing your feelings.
- Write a letter to your pet telling them how much they meant to you.
- Write a letter from your pet to you, imagining what they'd say.
- Write a goodbye letter to your pet, if you feel ready.
- What message would you send to your pet at the Rainbow Bridge?
- Write a letter to someone else who is grieving a pet.
- Write a letter to yourself from the perspective of someone who loves you.

## **Personality & Quirks**

- What made your pet unique?
- Describe your pet's personality.
- What were your pet's quirks?
- What nicknames did you have for your pet?

## **Daily Life & Routines**

- Describe your pet's daily routine.
- Write about your pet's favorite part of the day.
- Describe your pet's sleeping habits.

## **Favorites & Pleasures**

What was your pet's favorite toy, treat, or activity?  
Write about your pet's favorite season.  
Write about your pet's favorite or least favorite weather.

## **Play & Adventures**

What were your pet's favorite activities?  
Write about your pet's favorite game.  
What was your pet's favorite way to play?  
Describe your pet's behavior when feeling playful.  
What did your pet enjoy doing on weekends?  
Write about your pet's favorite walk or outing.  
Write about your pet's favorite outdoor adventure.  
Describe your pet's behavior during car rides.

## **Comfort & Relaxation**

What was your pet's favorite place to relax or sleep?  
What was your pet's favorite way to relax?  
What was your pet's favorite spot in your home?  
Write about your pet's favorite nap spot.  
Write about your pet's favorite hiding spot.  
Describe your pet's behavior when feeling sleepy.  
Describe your pet's behavior during bedtime.

## **Affection & Bonding**

How did your pet show love?  
What did your pet do that always made you feel loved?  
Write about your pet's favorite cuddle time.  
What was your pet's favorite way to be held?  
What was your pet's favorite way to be pampered?  
What was your pet's favorite way to be praised?

## **Social Interactions & Expressions**

What was your pet's favorite way to greet you?  
How did your pet react when you came home?  
Describe your pet's reaction to your voice.  
What was your pet's favorite way to communicate?  
Describe your pet's behavior when excited.  
Describe your pet's reaction to visitors.  
Describe your pet's relationship with your family.  
How did your pet interact with other animals?

## **Shared Memories & Milestones**

Describe the day you brought your pet home.  
Describe your favorite memory with your pet.  
Write about your pet's favorite memory with you.  
Describe a holiday or special occasion you shared with your pet.  
Describe your pet's reaction to holidays.  
Describe a moment when your pet made you laugh.  
Write about a time your pet made you laugh.  
Write about a time your pet surprised you.  
Describe your pet's reaction to music.

## **Comfort in Difficult Times**

How did your pet comfort you when you were sad or stressed?  
How did your pet comfort you during difficult times?  
What was your pet's favorite way to be comforted?

## **Meaning, Lessons & Legacy**

What lessons did your pet teach you?  
What values or qualities did your pet embody that you admire?

## **The Reality of Grief**

What does grief feel like in your body right now?

What are you struggling to accept about your pet's passing?

What do you wish others understood about your grief?

What are some things you've found difficult to do since your pet passed?

What are you afraid of forgetting about your pet?

What does saying goodbye mean to you?

## **Honoring & Tributes**

How would you describe your pet to someone who never met them?

What kind of tribute or memorial feels meaningful to you?

What traditions could you start to keep your pet's memory alive?

How can you carry your pet's spirit with you in your daily life?

What would you write on a memorial plaque or stone for your pet?

Write about how you continue to honor your pet's memory.

Write a poem about your pet.