


5 Gentle Practices to Honour Your Grief and Begin Living Fully Again



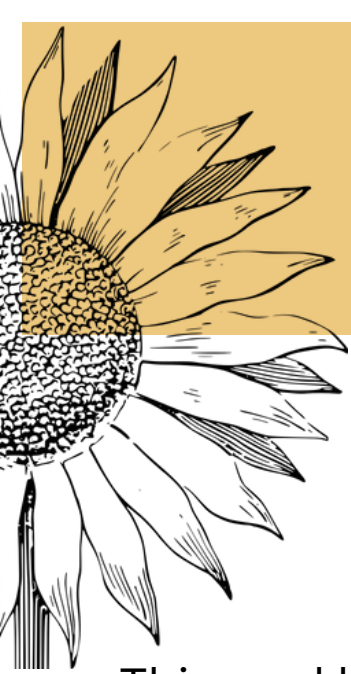
*A gentle companion for
exploring grief, reclaiming joy,
and stepping into freedom.*



by Nikki Fricker

Grief Coach
Transformational Life Coach





Welcome

Welcome, beautiful soul,

This workbook is your gentle companion as you move from simply noticing your grief, to embracing it. With kindness, creativity, and courage you can begin living fully again, on your own terms.

I know from my own experience - navigating 10 years of bereavement, alongside motherhood - how grief can feel like love and heartbreak have been tangled together, leaving you lost, stuck, and unable to recognise yourself.

This mini-workbook is designed to give you mini-moments to honour your grief - whether you are navigating fresh loss or long-held sorrow - and give you opportunity to find the glimmers in everyday life, that may point you towards your new future.

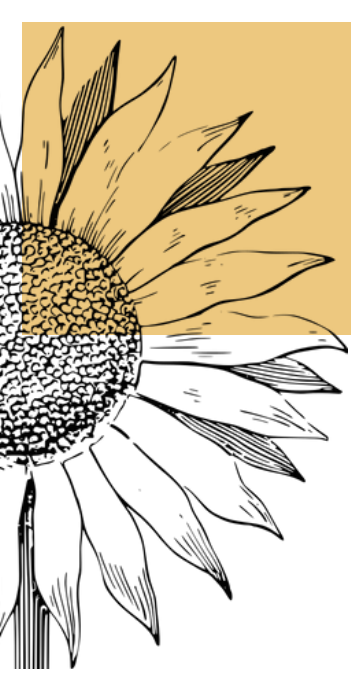
You're invited to move at your own pace, take what feels right, and honour whatever comes up.

This is your space to explore, express, and empower yourself.

Let's begin this journey together.

Much love,
Nikki

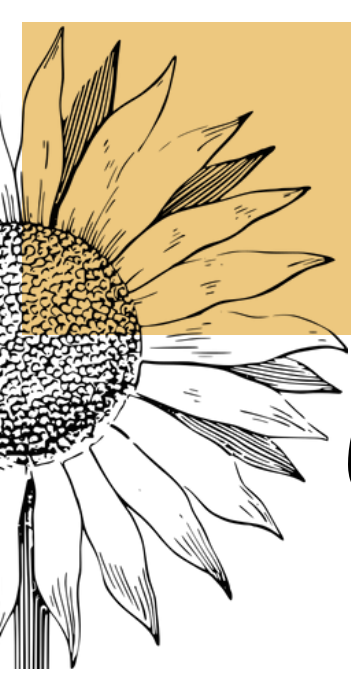




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Practice 1: From Awareness to Embodied Healing

Why this matters...

Grief isn't just something we feel in our heads — it lives in our bodies. When grief gets stuck, it can create tension, numbness, or heaviness. Even small, gentle movement can unlock stuck energy and help us feel more present in our bodies.

Try this...

- Find a quiet spot where you can move freely. Put on a song that feels soothing or uplifting, or something that sparks a memory.
- Start with 3 deep breaths: inhale slowly for 4 counts, hold for 4, exhale for 6. Repeat 3 times.
- Begin to gently sway, stretch, or move however feels natural — like a dancer tuning into their body's wisdom.
- If emotions arise, let them come without judgment. You're safe here.

Optional Deep Dive...

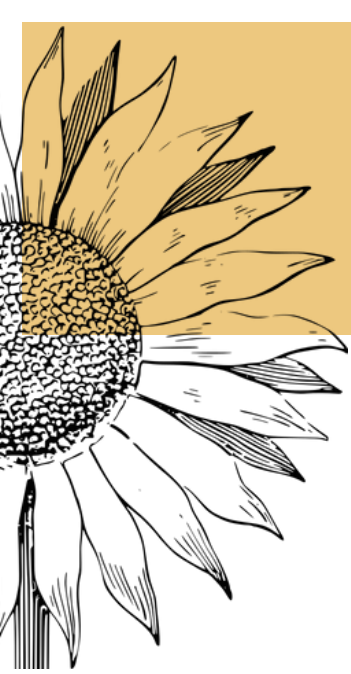
Imagine you're dancing with your grief. What does its shape, weight, or rhythm feel like? Journal any thoughts that arise from your movement.





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Practice 2: Exploring Complex Emotions

Why this matters...

Grief is rarely just sadness. Anger, guilt, relief, jealousy, loneliness — these emotions often come quietly, and we might feel like we “shouldn’t” be feeling them. Holding all emotions with kindness opens the door to healing.

We often push away the feelings we judge most harshly. But these hidden emotions hold important truths.

Try this...

- List three emotions you’ve felt recently in relation to your grief — including those that surprise or confuse you.
 - 1)
 - 2)
 - 3)
- Choose one. Write a letter to that emotion. You might say:
 - “I see you.”
 - “Thank you for showing up.”
 - “I’m listening.”

Optional Deep Dive

Draw or paint how this emotion looks, using color and shape instead of words



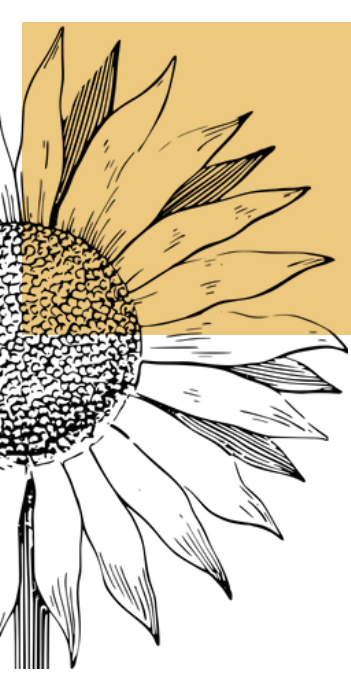
Dear.....

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Practice 3: Creating a Personal Grief Ritual

Why this matters...

Rituals create a sacred space for grief and healing, helping us hold loss with love and intention. There's no right or wrong way — your ritual is unique to you.

Rituals remind us that grief deserves a place in our lives — not hidden away, but witnessed and honoured.

Try this...

Create your own grief ritual. It could include:

- Lighting a candle or incense
- Writing a letter or poem
- Drawing or painting
- Singing or humming a melody
- Moving or dancing gently
- Sitting in silence with a photo or object

Choose a time and place to perform your ritual. It might be on an anniversary, or simply when grief feels heavy.

Optional Deep Dive

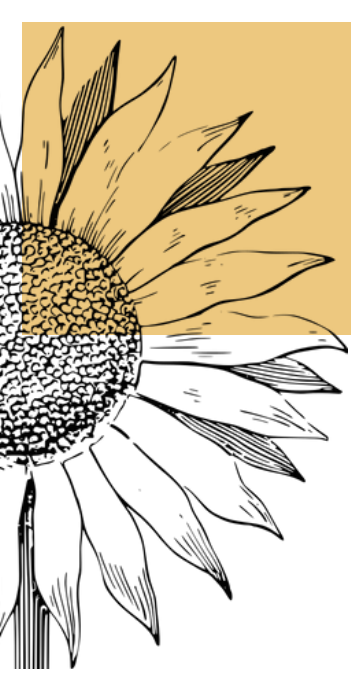
Create a small altar or sacred space at home with items meaningful to your loved one or your journey.





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Practice 4: Reclaiming Small Joys & Freedom

Why this matters...

Living with grief doesn't mean giving up on joy or freedom. These moments of lightness fuel your resilience and remind you that life still holds goodness.

Joy is not betrayal. It's evidence of the love you carry — and your right to live fully.

Try this...

- Today, notice 3 small moments that bring a spark of joy or freedom — maybe a warm cup of tea, a smile from a stranger, a breath of fresh air.
 - 1)
 - 2)
 - 3)
- Create a list of “joy anchors” — simple habits or moments you can return to anytime you need a lift.

Optional Deep Dive

Reflect on one joyful memory connected to your loved one and how it can become a source of comfort, rather than pain.





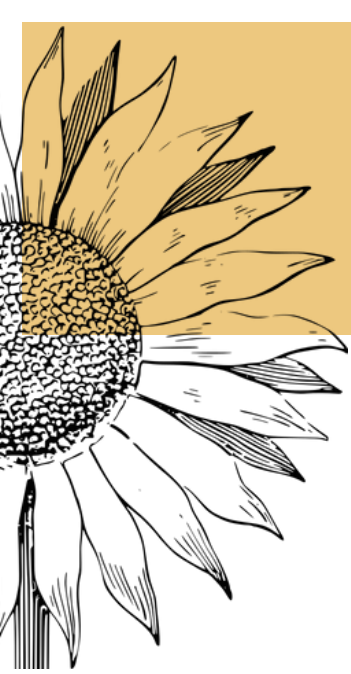
Simple habits or moments I can return to anytime I need a lift





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Practice 5: Envisioning a Life with Grief & Empowerment

Why this matters...

Grief changes us, but it doesn't define us. You have the power to build a life that honours your loss and reflects your values, dreams, and strengths.

This is about gently reclaiming your freedom, piece by piece.

Try this...

Reflect on these questions:

- What values do I want to live by?
- How can I hold space for grief while also embracing life?
- What boundaries or habits will support my well-being?
- What small step can I take today toward living fully?

Write your intention or affirmation here. Repeat it when you need strength or guidance.

Optional Deep Dive

Write a letter to your future self a year from now, describing how you'd like to feel and live alongside your grief.

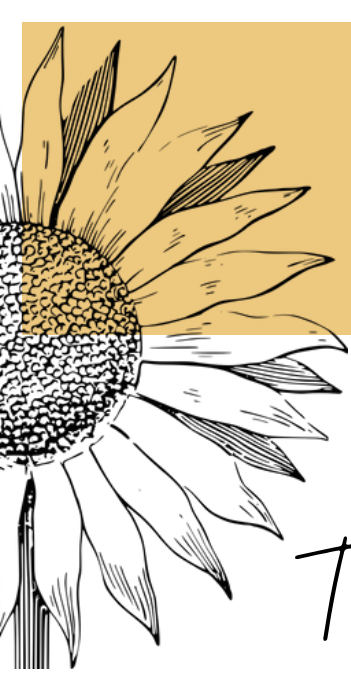


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Life Coaching



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Closing Reflection

Thank you...

Thank you for journeying through this workbook.

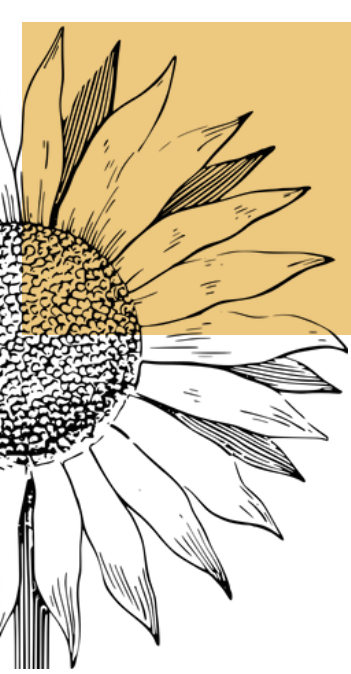
Remember, grief is a lifelong companion — sometimes quiet, sometimes loud — but you are never alone.

You have the wisdom, courage, and freedom to live fully and honour your grief.

Whenever you're ready, coaching support is here to walk alongside you.

With love,
Nikki





Next Steps

Next Steps...

If you'd like to explore this journey further and join me for 1:1 coaching, grief circles, or my future group programs, then please drop me an email at newfuturelifecoaching@gmail.com or drop me a DM.



Follow me @newfuturelifecoaching

*You deserve support as you navigate grief
and step into freedom.*

