



“The emotion that can break your heart is sometimes the very one that heals it.”
Nicholas Sparks

Healing Steps Calendar Journal

By Vicki J. Warner

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Week One Notes

“They say time heals all wounds, but that presumes the source of the grief is finite.”

-Cassandra Claire, Clockwork Prince

1. Day/Date:

2. Day/Date:

3. Day/Date:

4. Day/Date:

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4. Day/Date:

5. Day/Date:

6. Day/Date:

7. Day/Date:

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Week Three Notes

“Only people who are capable of loving strongly can suffer great sorrow, but this same necessity of loving serves to counteract their grief and heals them.” -Leo Tolstoy

1. Day/Date:

2. Day/Date:

3. Day/Date:

4. Day/Date:

5. Day/Date:

6. Day/Date:

7. Day/Date:

Week Four Notes

"In the night of death, hope sees a star, and listening love can hear the rustle of a wing."
-Robert Ingersoll

1. Day/Date:

2. Day/Date:

6. Day/Date:

7. Day/Date:

End of four weeks of journaling.
(Reprint document for additional weeks)

“We must embrace pain and burn it as fuel for our journey.” -Kenji Miazawa

