



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

## *Healing Steps Calendar Journal*

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*(WarnerWords.weebly.com)*

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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

