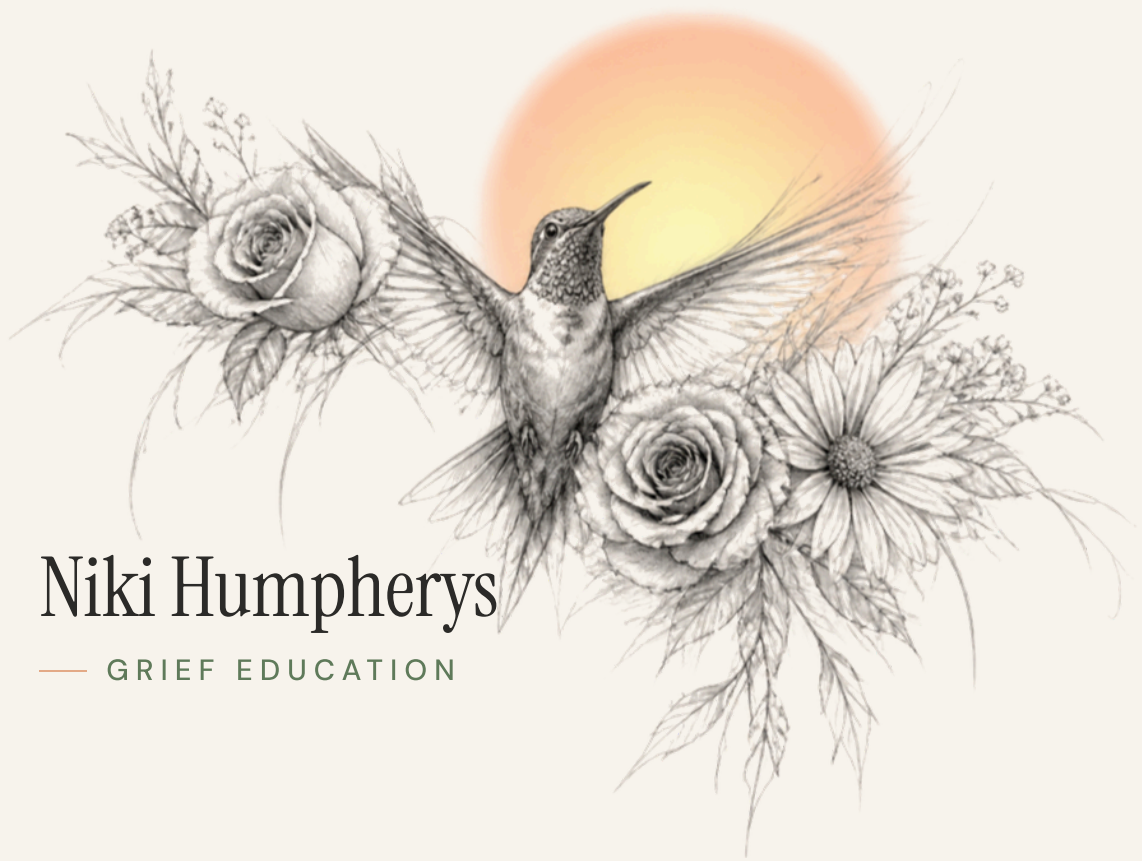




Niki Humpherys

— GRIEF EDUCATION

Little signs. *Big love.*

The moments that feel like them

Real tears. Real love.

Free from HarpersHopeStore.com · Please share the link, not the file



SIGNS & MOMENTS JOURNAL

Little signs. *Big love.*

The moments that feel like them

This journal holds the signs and moments of

A bird that lands close. A song that comes on at just the right time. A dream that feels so real. Many grieving hearts notice moments that feel like their person. There is no right way to feel about them. Write them down here so you can come back to them on the hard days.



Niki Humpherys · HarpersHopeStore.com · [@mommaniki5](https://www.instagram.com/mommaniki5)

Signs *I've noticed*

When something makes you stop and think of them, write it down. Big or small, it all counts.

DATE	WHAT I NOTICED	WHERE I WAS	HOW IT MADE ME FEEL

Dreams *of them*

Dreams can feel like a visit. Write them down soon after you wake, before the details fade.

Date

Where I was sleeping

What happened in the dream

What they said or did

How I felt when I woke up

Date

Where I was sleeping

What happened in the dream

What they said or did

How I felt when I woke up

Our *signs*

Check the ones that feel like your person. Add your own.

Signs that feel *like them*

- | | |
|---|---|
| ☐ Birds | ☐ A smell that is theirs |
| ☐ Butterflies | ☐ Sunsets |
| ☐ Feathers | ☐ Dreams |
| ☐ A song on the radio | ☐ A message at just the right time |
| ☐ A number that keeps showing up | ☐ Something only they would do |
| ☐ Coins | ☐ _____ |
| ☐ Rainbows | ☐ _____ |

Songs *that bring them close*

Places *I feel them*

A moment I never want *to forget*

Love doesn't end. It finds new ways to show up.

Sources: Klass, Silverman & Nickman, *Continuing Bonds: New Understandings of Grief* (1996); David Kessler (grief.com); The Dougy Center (dougy.org). Shared for education, with no endorsement implied. Niki Humpherys is a certified grief educator and coach, not a licensed therapist. This journal is for reflection and support. If you are in crisis, call or text 988.



HARPER'S HEART PRESS · MADE IN LOVE, FOR HARPER

More gentle help, *made for you.*

I hope this helped a little today. When you're ready for more, here is what I make with love.

25%
OFF

A thank-you gift for you

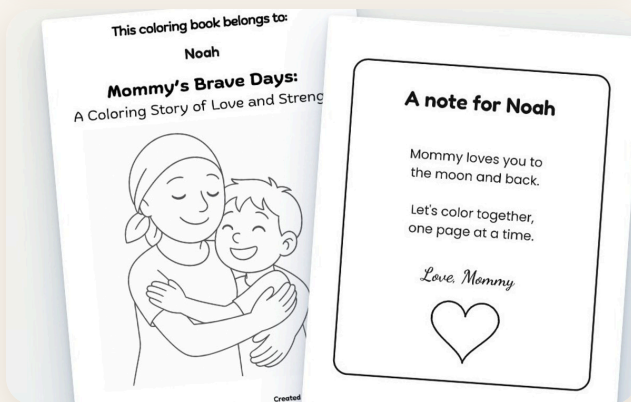
Use code **THANKYOU25** at checkout. Tap here to shop with it.



Gentle grief workbooks

Written the way I wish someone had spoken to me: gently, honestly and without a timeline. For moms, dads, siblings, little ones and the holidays.

[See the workbooks →](#)



Personalized coloring books for kids

Their name on the cover and a note from you inside. A gentle story to color together, made just for your child.

[Make one for your little one →](#)



Sympathy gifts

A cardinal memorial mug and a soft sherpa blanket that says "still with you, in every cuddle." For when you don't have the words.

[Find a gift to send →](#)

Visit Harper's Hope Store

Not sure where to start? It will help you find the right one · HarpersHopeStore.com

Healing is possible, at your own pace.

HarpersHopeStore.com · [@mommaniki5](https://twitter.com/mommaniki5) · [#FightLikeHarper](https://twitter.com/FightLikeHarper) · [#HarpersHeartPress](https://twitter.com/HarpersHeartPress)