



HEALING AFTER MISCARRIAGE

*I know that you are hurting
Now that I am gone
Your heart is heavy and aches
Remember me. Your little one
I am ok, I am part of the
stars and sun*



MY FEELINGS

Allow yourself to recognise your feelings.

Let go and allow them to flow

Write them down





MY FEELINGS

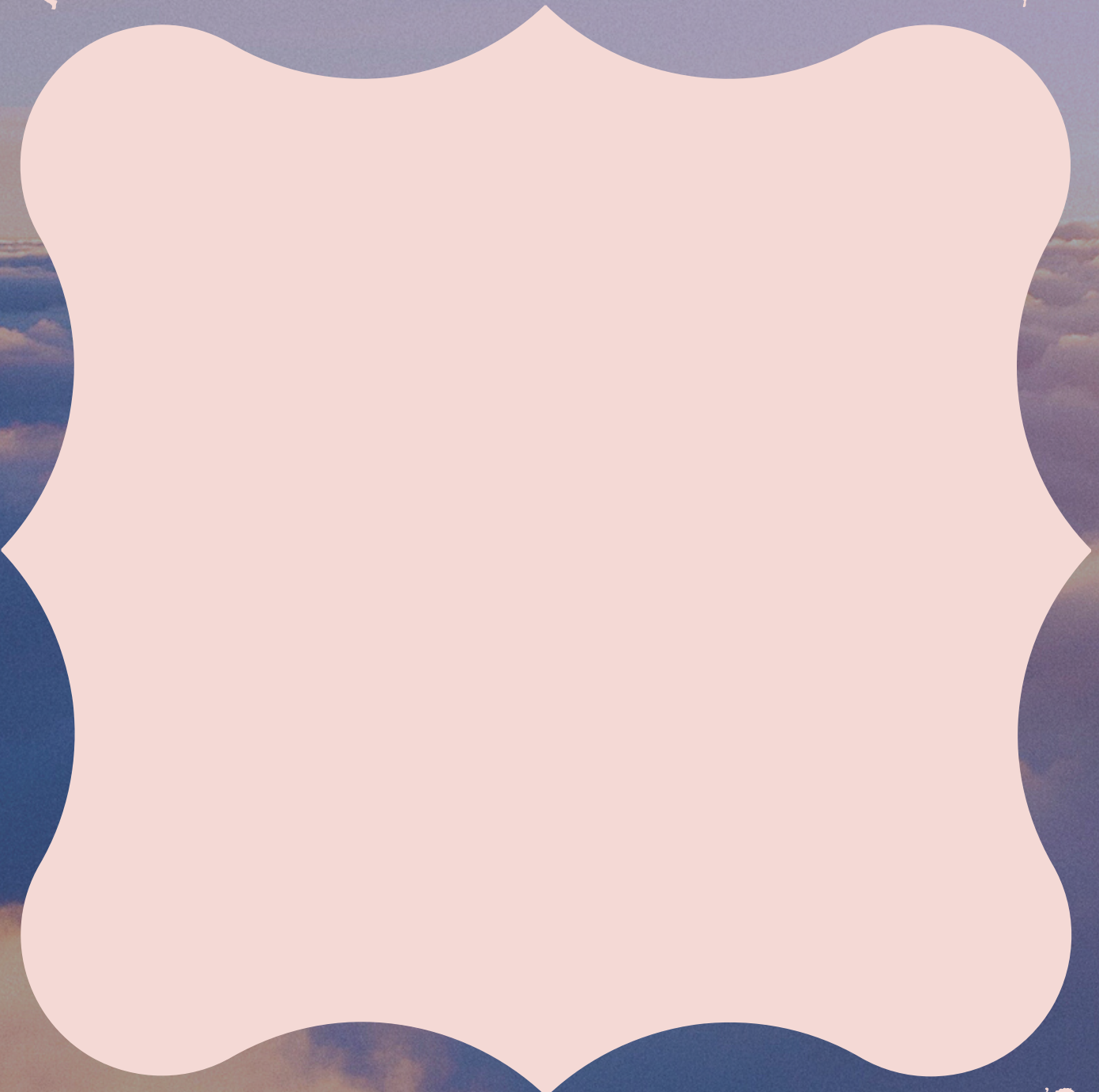


*Write down how your feelings are making
you feel*





CONNECTING WITH YOUR ANGEL BABY

*Write down your thoughts and feelings
from the meditation*





*THIS IS HOW I
WILL HONOUR
YOUR MEMORY*

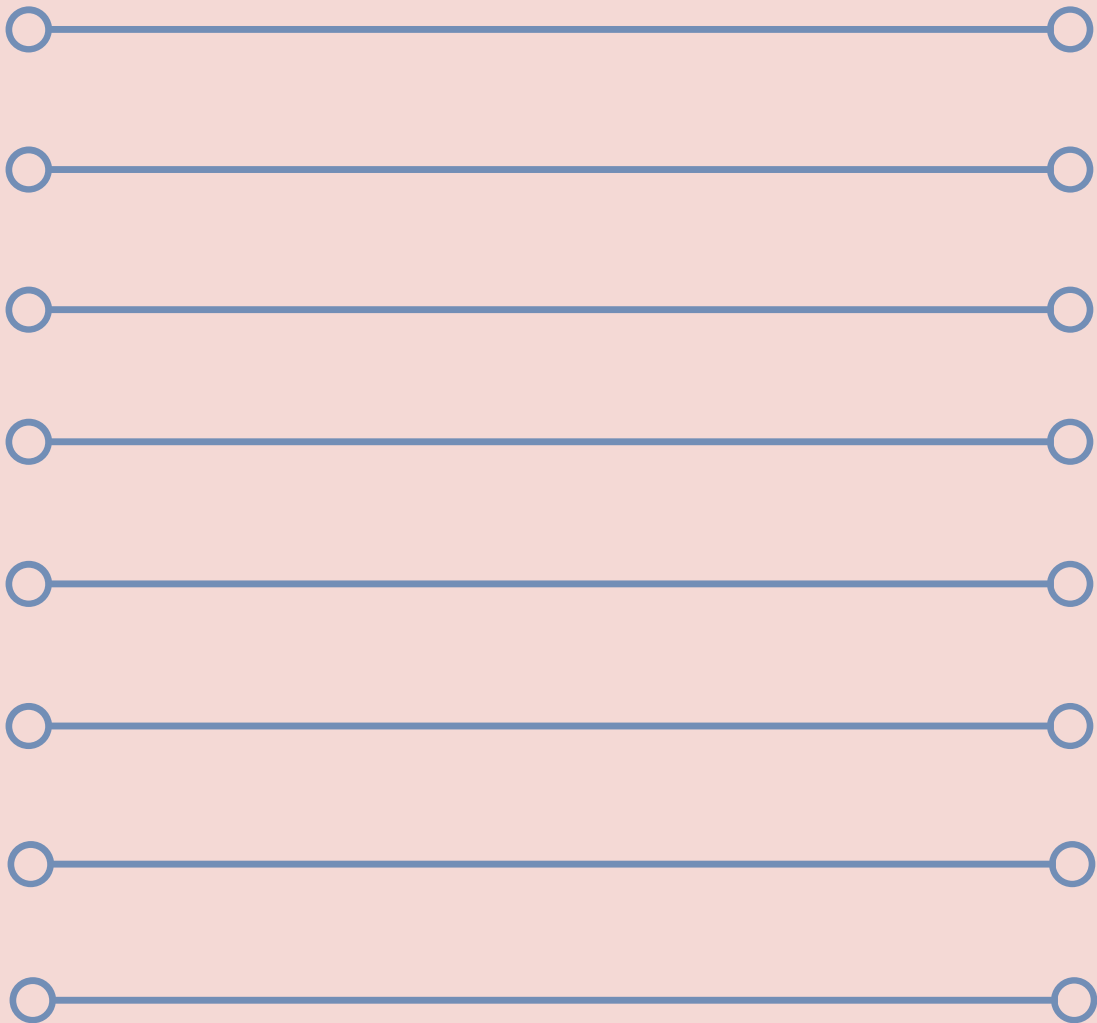





MY POSITIVITY STATEMENTS

"My day begins and ends with gratitude"

Write down your statements:



Eight horizontal lines for writing, each starting and ending with a small circle.