



~ Today ~

by Karen Badal Hacker

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*Today, I will remember your life, not your death, and hold on to the precious years, days, and moments we shared.*

*Today, I will give grace to those who may say inappropriate things, for they just don't know what to say.*

*Today, I will forgive my family and friends who haven't comforted me the way I need them to because they simply don't know how.*

*Today, I will not push away my emotions. I will identify and acknowledge my feelings and let them soak in, for I know that is how I will heal.*

*Today, I will reach out to a relative or friend, for surely they are hurting too, and perhaps we can strengthen one another.*

*Today, I will free myself from guilt because I know deep in my heart that if I could have done anything to save you, I would have.*

*Today, I will learn to live knowing there will forever be unexpected emotional triggers that remind me of you and may set me back.*

*Today, I will look for the gifts God provides—a timely song, a beautiful sunrise, a rainbow, a rose in full bloom, a hummingbird, or a butterfly—special gifts to remind me that God is with me and I'm not alone.*

*Today, I will reach out to another who has had a similar loss since I have an understanding of how they feel and may be able to provide comfort.*

*Today, I will cling to my faith, for I know that when I am weak, He is strong and will carry me.*

*Today, I will remember to take care of myself and give myself permission to decline events I'm not ready to attend.*

*Today, I will honor your memory by doing something special for someone else because I know that would have made you proud.*

*Today, I will not compare myself to others and remember that everyone grieves differently and in their own unique way.*

*Today, I will choose to be happy, for I know you wouldn't want me to be sad and feel guilty for continuing to live.*

*Today, when I feel heartbroken, I will stop and remember that grief goes hand in hand with love. I grieve deeply because I had the privilege of loving you deeply.*

*Today, I will accept that I did not die when you did. I am alive. My life will go on, and I must choose to make that life meaningful and significant.*

*Today, I will accept that grief never ends. It changes, and I will become more comfortable with it as time goes on. Grief is not a sign of weakness nor a lack of faith—it is the price of love.*

*Today, I choose to love and live.*

