

GriefPlan.com

with Dr. Jason Troyer



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First Things: Benefits of Structure

Journaling Topics/Prompts

- When would you have time in the day/week to make use of the GriefPlan program?
- What days of the week are most difficult for you? What times of the day?
- What can you plan to do during those times to make them easier?
- How structured are your days and weeks now? Would you benefit from more or less structure?
- How has your sleep been? What time do you usually wake up? Do you need to make your waking time more consistent?
- Type or write your thoughts in the shaded area below