

# GriefPlan.com

## with Dr. Jason Troyer



This worksheet is part of the **GriefPlan: Heal, Remember, & Rebuild Program** created by Dr. Jason Troyer. This worksheet is copyrighted by Dr. Jason Troyer and may only be used by individuals in the GriefPlan Program. This worksheet and other GriefPlan materials may not be sold, copied, or distributed without the permission of Dr. Jason Troyer. Please see **GriefPlan.com** for more details about the program and free resources.

## Rebuild with Creative Expressions

Rebuilding through creative expressive creations includes anything creative you may do to symbolize your growth and progress on your grief journey. For example, you could complete a woodworking project that symbolizes how you have grown and adapted. It can also include learning new skills simply to make yourself happy. Perhaps you've always wanted to learn to knit or crochet and you decide that life is short and you should just jump right in.

### Examples of Rebuilding with Creative Expressions

- Choosing a song or creating a playlist that focuses on how you are rebuilding your life.
- Learning a new skill or hobby for personal enjoyment. Examples may include quilting, needle-working, woodworking, juggling, coding, photography, painting, pottery, writing, poetry, videography, genealogy, cooking, gardening, yoga, a new sport, collecting something, auto restoration, etc.
- Remember, this is an activity for your personal growth and enjoyment.

### Journal Prompts

- Is there a hobby you have always wanted to try or a skill you have wanted to learn? Is there a hobby or activity from your past that you would like to return to?
- Would you like to participate in this hobby as a way to meet new people and create new friendships? What resources are available near you or online?