

Another Beautiful Life

Podcast Worksheet

This worksheet is intended to use as a complement to my podcast “Another Beautiful Life.” It would benefit you most if you listen to the episode before continuing. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 11 - The Gift I Gave Myself This Christmas

When you’ve lost a loved one, the heart being weighed down by grief can keep you from embracing the Holiday seasons. The burden of grief may hinder you from stepping into the newness of the present with your whole heart – thriving, enjoying, loving, and truly living. Allowing the grief while not allowing it to hinder your life is the best gift you could give yourself during the holidays.

I have so many sweet memories with my late husband surrounding Christmas. I shared about the difficulty I’ve been having putting up a Christmas tree now that he’s gone. The memories of hunting for the perfect ornaments together and the special gifts that he tucked under the tree for me are as painful as they are sweet. The grief has been holding me back.

1) What is keeping you captive to the grief that keeps you from truly living?

When things change that shifts the trajectory of everything, we have a choice in what we think about it. We can stay stuck in the thinking that “this is the way it was, and it’ll never be that way again, so I can’t possibly enjoy the memories of what was, or even be okay and settled in the way things are today.” But this is not living! When you identify yourself only by your past – even if that includes trauma – then you are still living in the past. We must live in the present if we’re going to thrive.

2) What can you do to honor your past that, at the same time, is a powerful step forward fully into the present? If you’re like me, you know exactly what that “something” is.

There is a healthy balance that recognizes and even honors the past, while at the same time embraces the present...the new. A real good example of this is my ability to say, I’m sad we won’t get to enjoy all those fun adventures of finding ornaments together, and we won’t get to enjoy seeing them hang on our Christmas tree together anymore. I genuinely grieve that. But at the same time that I honor the preciousness of those memories, I am able to embrace the present that says, “I can still enjoy these things

