

"The emotion that can break your heart is sometimes the very one that heals it." Nicholas Sparks

# Healing Steps Calendar Journal

By Vicki J. Warner (*WarnerWords.weebly.com*) © 2016 All rights reserved

# Week One Notes

"They say time heals all wounds, but that presumes the source of the grief is finite." -Cassandra Claire, Clockwork Prince

1. Day/Date:

#### 2. Day/Date:

#### 3. Day/Date:

## 6. Day/Date:

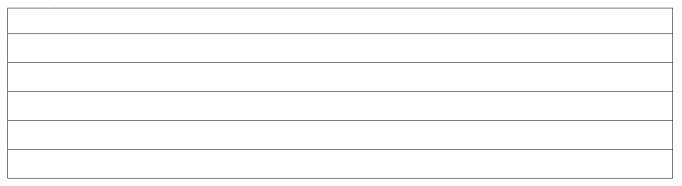



# Week Two Notes

"One cannot get through life without pain. What one can do is choose how to use the pain life presents to us." -Bernie

## 1. Day/Date:

2. Day/Date:



## 5. Day/Date:

## 6. Day/Date:



# Week Three Notes

"Only people who are capable of loving strongly can suffer great sorrow, but this same necessity of loving serves to counteract their grief and heals them." -Leo Tolstoy

### 1. Day/Date:

### 2. Day/Date:



1	
1	
1	
1	
1	
1	
1	

## 5. Day/Date:

# Week Four Notes

*"In the night of death, hope sees a star, and listening love can hear the rustle of a wing."* -Robert Ingersoll

### 1. Day/Date:


## 4. Day/Date:





## 7. Day/Date:

*End of four weeks of journaling.* (*Reprint document for additional weeks*)

"We must embrace pain and burn it as fuel for our journey." -Kenji Miazawa