

Good Grief: The Daily Life List

A list of questions and requests to help you remember the details of life while you are grieving.

ABOUT YOU

1. Did I pay my bills?
2. Did I return all of my calls? (Make a list.)
3. Do I have any appointments today? With whom? (Make a list.)
4. Do I need to bring anything to work today? What is it?
5. What will I make or buy for dinner tonight?
6. Do I need to go to the grocery store or should I just order in?
7. Is there any important deadline I need to remember for work?
8. Is there any important deadline I need to remember for my personal life? Birthday? Anniversary? (Make a list.)
9. Is there any important deadline I need to remember for my car registration? Bills?
10. Is there any maintenance needed on my computer? Phone? Car? Smoke alarms?
11. Does anything in my house need repair? Do I need to call a technician myself or delegate that to someone else? (Make a list.)
12. Does anything I purchased recently need to be returned to the store?

ABOUT YOUR HEALTH

1. Make sure I eat something at every mealtime.
2. Do I have any medication or supplements to take today? How often? (Make a list.)
3. Make sure I walk 20 minutes every day.
4. Make sure I go to sleep at a reasonable hour and take naps if I have the time.
5. Make sure I see my friends and family or they see me.

IF YOU HAVE KIDS

1. Do my kids need to bring anything important to school today?
2. Do my kids have any important appointments today?
3. Am I driving them to the appointment? Do I need to arrange a ride for them?
4. Do I have an appointment with a teacher or administrator on my kid's behalf today?
5. Do I know what their homework is for the day?
6. Did they complete their homework from yesterday?

NOTES: