



# FINDING MEANING AFTER LOSS

*Legacy • Purpose • Continuing Bonds*

*The person you love may no longer  
walk beside you, but the love they gave  
can still guide your path.*

After a significant loss, many people wonder:

- ♥ What now?
- ♥ How do I move forward?
- ♥ What purpose is left for me?
- ♥ How can I honor their life?

These questions are a natural part of grief.

Meaning is not something you find all at once.  
It often grows slowly through memories, values,  
relationships, acts of love, and the ways your loved  
one continues to influence your life.

*You do not have to leave them  
behind to keep living.*



## UNDERSTANDING MEANING AFTER LOSS

Loss changes your life.  
It may change:

- ♥ Your priorities
- ♥ Your perspective
- ♥ Your relationships
- ♥ Your sense of purpose
- ♥ Your future plans

Many grieving people discover  
that healing includes finding  
ways to carry their loved  
one's influence forward.



## WHAT IS A LEGACY?

A legacy is more than  
possessions.

A legacy can be:

- ♥ Values they taught you
- ♥ Lessons they shared
- ♥ Traditions they created
- ♥ Kindness they modeled
- ♥ Love they gave
- ♥ Strength they inspired

Their life continues through  
the lives they touched.



## CONTINUING BONDS

You do not have to stop loving  
someone because they died.

Healthy continuing bonds  
may include:

- ♥ Talking to them in your heart
- ♥ Looking at photographs
- ♥ Sharing stories
- ♥ Celebrating important dates
- ♥ Living according to values  
they taught
- ♥ Carrying forward their love

Connection can continue  
even when physical  
presence cannot.



## SMALL WAYS TO FIND PURPOSE

- ♥ Volunteer for a cause that  
mattered to them
- ♥ Help another person
- ♥ Create a memorial project
- ♥ Pass along family traditions
- ♥ Share their stories
- ♥ Practice kindness in their honor
- ♥ Write about what they  
taught you
- ♥ Live in ways that reflect  
their influence



## REMEMBER THIS

- ♥ Meaning is not forgetting.
- ♥ Purpose is not replacing.
- ♥ Healing is not leaving  
them behind.
- ♥ Meaning grows when love  
finds new ways to live.



## YOU ARE NOT ALONE

*The relationship did not end.  
It changed.*

*Their story remains  
part of your story.*

*Their love remains  
part of your life.*

*And the meaning of their life  
can continue unfolding  
through yours.*

*Meaning does not erase the pain,  
but it can help light the way forward.*

*Their love is not gone.*

*It lives in you.*

*It moves with you.*

*It continues through you.*



## WAYS MEANING CAN GROW

- ♥ Live with intention.
- ♥ Focus on what matters.
- ♥ Honor their values.
- ♥ Build new memories.
- ♥ Find hope in small moments.
- ♥ Allow purpose to evolve.
- ♥ Give yourself grace.
- ♥ Keep their love close as you  
move forward.



**MOURNING  
DISCOVERIES**  
Compassionate Grief Support,  
Education, and Hope

*You do not have to  
walk this path alone.*

