

## Thirty Meaningful Ways to Remember a Life

### *How to Use this Printable*

1. Print these pages and cut out each activity individually.
2. Roll them into scrolls and tie with ribbon or string, or simply fold them.
3. Place activities in a jar or decorative bowl.
4. When you're inspired to do something to remember your loved one, but you're not quite sure what to do, select an activity from the jar.

Light a  
*candle*  
in the window.

Make a  
*cup of tea*  
and reflect.

Write about  
*things you learned*  
from your loved one.

Write a  
*letter*  
to your loved one.

Plant a  
*tree or garden*  
as a living memorial.

Donate to or  
*volunteer*  
for their favorite cause.

Make the  
*favorite meal*  
of your loved one.

Host a  
*storytelling*  
gathering.  
Invite guests to share stories and memories.

Create a  
*piece of art*  
in memory.

Paint, draw or doodle!

Look through  
*old photos*  
and frame a favorite.

Create a  
*memory altar*  
in your home.

Feature photos and mementos.

Host a  
*candlelight*  
vigil.

Read a  
*book*  
they loved.

Listen to their  
*favorite music*  
and make a playlist.

Take a  
*walk*  
in nature.

Select a  
*meaningful photo*  
and write about it.

Write a  
*poem*  
about your loved one.

Visit a  
*place*  
you both enjoyed.

Write about your  
*favorite times*  
together.

Write about a  
*meaningful day*  
you spent together.

Watch a  
*movie or show*  
they enjoyed.

Engage in a  
*spiritual practice*  
you shared.

Write about a time  
*your loved one*  
made you laugh.

Make a small  
*scrapbook*  
of memories.

Call a relative or  
*mutual friend*  
to share memories.

Craft a  
*memory sculpture*  
or collage.

Create a  
*memory box*  
for mementos.

Start a  
*memory jar*  
for memories.

Visit the  
*final resting place*  
of your loved one.

Or another peaceful place.

Host a small  
*gathering at their*  
favorite restaurant.