



Keeping a Continuing Bond

A relationship can continue in memory, values, stories, rituals and the ways someone influenced your life.

What do I still feel connected to?

What values or qualities do I carry forward?

Is there a ritual or tradition I want to keep?

How might I honour important dates?

Is there an object, place or activity that helps me feel connected?

What stories would I like to keep sharing?

How can remembrance sit alongside living my life?

One way I would like to honour this connection is...
