

# Love Lives On

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*A Guided Pet Grief Journal  
& Memory Workbook*

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*For the ones we carry with us.*

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*By Hearts & Halos Photography  
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## A Note Before You Begin

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This workbook was created for you — the one sitting with a loss that is quietly enormous, even when the world around you may not fully understand why.

There is no right or wrong way to move through these pages. You might complete them in order, or open to a random page on a hard day. You might write pages worth, or just a single line. You might find certain prompts feel impossible right now — that's okay. You can always skip ahead and return when you're ready.

*A few gentle reminders as you begin:*

- *Grief has no timeline. Take all the time you need.*
- *There is no right or wrong way to complete this workbook.*
- *Some pages may feel easier than others — trust yourself.*
- *You can skip pages and return to them later.*
- *This is your space. Write as much or as little as you like.*

Your grief is a testament to the love you shared. That love doesn't end here. This workbook is simply one way of carrying it forward.

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*“The bond does not end when a life ends. Love simply changes the way it is carried.”*

Section 1

# Remembering

*Honoring the everyday moments that made them who they were.*

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Prompt 1

## What made them feel safe?

*The ways our pets sought comfort and security reveal so much about the quiet bond between you. In remembering these moments, we begin to see the language of love you built together.*

*One thing that always made them feel safe:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Prompt 2

**What ordinary moment do you miss most?**

*Grief often lives in the ordinary — the small rituals that filled your days without you ever realizing how much they meant. This prompt invites you to sit with the everyday.*

*The moment I miss most:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Prompt 3

**What was your favorite thing about their personality?**

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*Every animal has a personality all their own. There's was a gift — something that existed in the world only because of who they were. Take a moment to celebrate that.*

*My favorite thing about who they were:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Prompt 4

**What made you laugh the most?**

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*Laughter is love, too. The funny, ridiculous, joyful moments are worth preserving just as tenderly as the quiet ones.*

*The thing that always made me laugh:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Prompt 5

**What routine do you miss most?**

*Routine becomes ritual. The rhythms you shared — morning walks, evening cuddles, the particular way they greeted you — carried more love than either of you knew.*

*The routine I miss most:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Section 2

## Celebrating Their Life

*Every life deserves to be celebrated. This section is theirs.*

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Prompt 6

### What would you want them remembered for?

*Your pet touched your life in ways that deserve to be remembered. This is a place to capture the legacy they left behind.*

*I want them to be remembered for:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Prompt 7

**What adventure will you never forget?**

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*Adventures don't have to be grand to matter. What matters is who was beside you.*

*The adventure I'll always carry with me:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Prompt 8

**What do you wish more people knew about them?**

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*The people in our lives often see only a fraction of who our animals were. Here, you get to tell the whole story.*

*What I wish more people knew:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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## What made them unique?

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*There was no one quite like them. This page is theirs alone.*

*What made them one of a kind:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Prompt 10

**What was their greatest gift to you?**

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*Some gifts come wrapped in fur and paws. Yours gave you something you may still be discovering.*

*Their greatest gift to me was:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Section 3

## Their Legacy

*The love they gave doesn't disappear — it becomes part of who you are.*

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Prompt 11

### What did they teach you?

*Animals teach without words. What did this one leave in you that wasn't there before?*

*Something they taught me:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Prompt 12

**How did they change your life?**

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*A life shared with a pet is a life quietly shaped by their presence. In what ways did they shift the course of yours?*

*How they changed me:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Prompt 13

**What is something they helped you through?**

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*Our animals often show up most powerfully during our hardest seasons. If your pet was beside you through something difficult, this page is a place to honor that.*

*Something they helped me carry:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Prompt 14

**What are you most grateful for?**

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*Gratitude can coexist with grief. What are you most thankful for, even now?*

*What I am most grateful for:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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Prompt 15

**What does their love still mean to you today?**

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*Love doesn't disappear. It changes form. It becomes memory, habit, warmth — a presence that lingers long after the physical one is gone.*

*Their love still means:*

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*A memory that comes to mind:*

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*What I learned from this memory:*

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# Memory Collection

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*These pages are for all the beautiful, specific, irreplaceable details that made your pet who they were. There are no rules here — list as few or as many as you like.*

## **Their Nicknames**

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## **Favourite Foods**

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## **Favourite Places**

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## **Favourite Toys & Objects**

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## **Things They Loved**

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## **Funny Habits**

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**Things I'll Never Forget**

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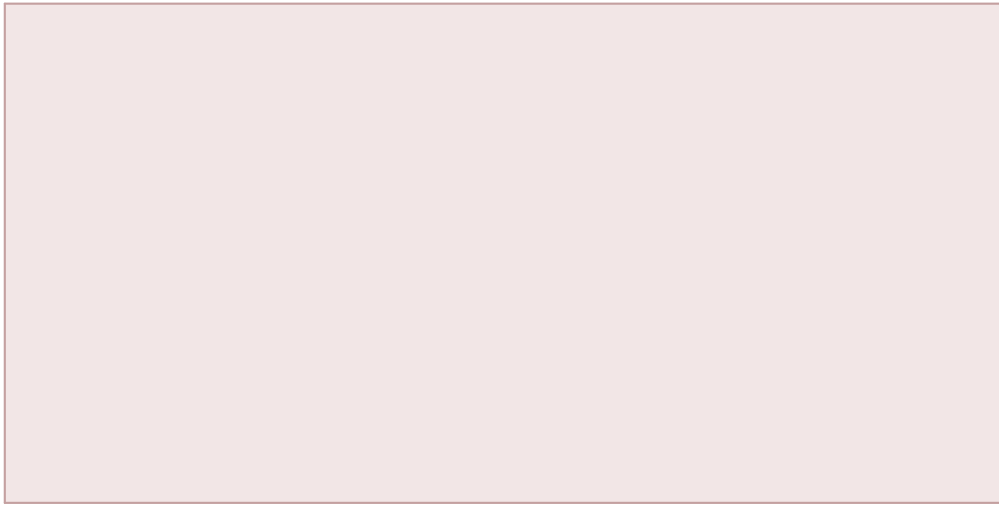
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# Favourite Photos

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*This section is yours to fill with the images that mean the most to you. You might print and tape a photo, describe one in words, or simply write about a moment you wish had been captured.*

## Photo 1



*Describe this photo or the memory behind it:*

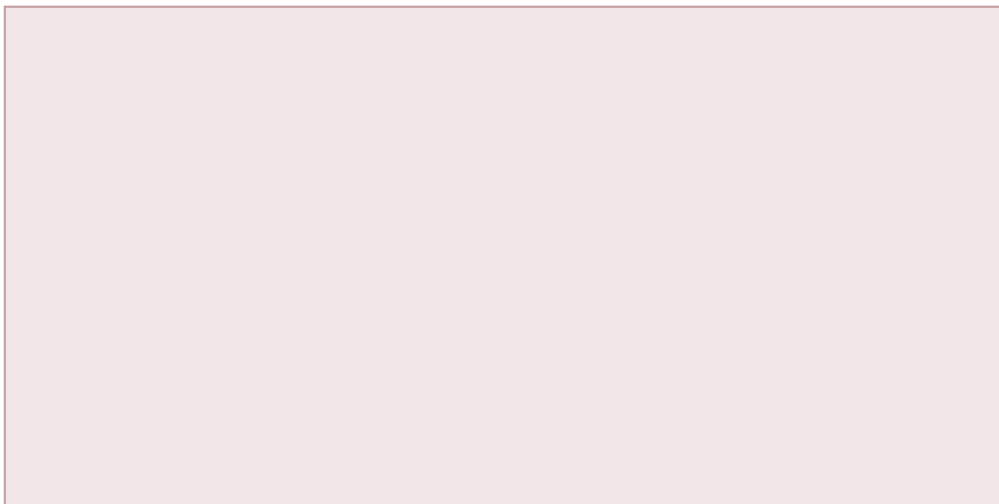
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## Photo 2



*Describe this photo or the memory behind it:*

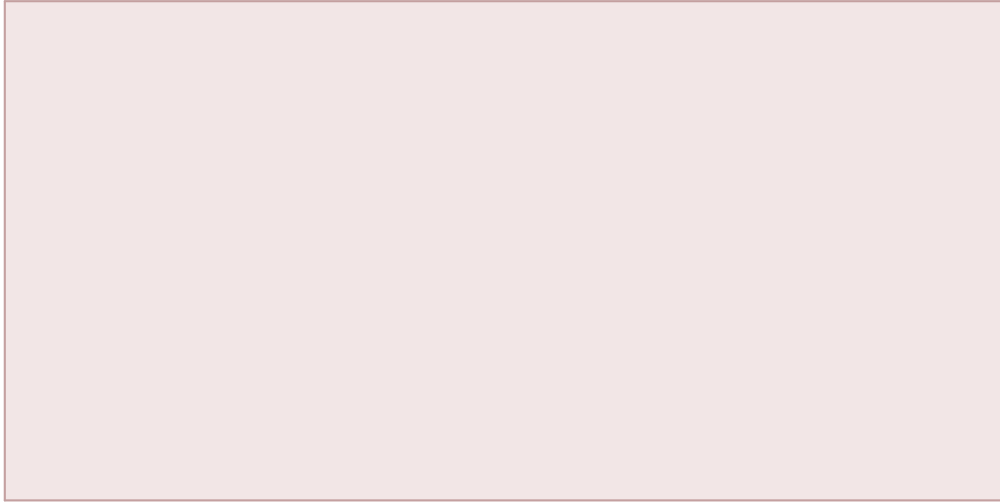
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**Photo 3**



*Describe this photo or the memory behind it:*

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# Love Lives On

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*Your love for them didn't end. It is still here — in memory, in habit, in the way you notice things you might never have noticed before. This page is a place to name the ways it continues.*

*I carry your love with me when...*

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*I smile when I remember...*

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*One thing I never want to forget...*

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*Thank you for...*

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# Certificate of Love & Remembrance

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*This workbook was completed with love, in memory of a life that mattered deeply.*

*Pet Name:*

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*Loved By:*

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*Favourite Memory:*

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*Date Completed:*

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*“The bond does not end when a life ends. Love simply changes the way it is carried.”*

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