



## Daily Affirmations For Healing

- I embrace the opportunity to honour, remember and cherish my pet.
- I am grateful for the time we shared together as that time brings forward many gifts.
- It is those gifts that will always remain with me.
- I am open to the possibilities of healing.
- I remind myself of the many things I can do to move forward in my life and honour my pet at the same time.
- I thank my pet for this time of connection and for receiving tools to celebrate their life.

## Tool #1 – Recognition

**Have you taken this first step of recognition?**

- ☐ Yes
- ☐ No

**If yes, how have you done this?**

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**If no, why haven't you?**

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**What is one (1) thing you can do to take this step?**

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**What are three (3) things that you learned from this first tool?**

**1.** 

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**2.** 

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**3.** 

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## Tool #2 – Granting Permission



**To access your true feelings, go inwards and ask yourself the following:  
“What are the feelings I have at this time?” – Write down whatever comes  
to your mind**

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**What is one (1) thing you can do today to make time for yourself?**

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**One Minute Exercise:**

**Take 3 slow deep breaths. On each inhalation, breathe in love and healing. On each exhalation, breathe out any emotions that do not serve you any longer. How do you feel after doing this?**

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## Tool #3 – Learning



**What stage of grief are you at right now?**

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**Do you see yourself in more than one stage? If so, in what stages do you see yourself?**

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**What are three (3) things you can do to help yourself in the area of Guilt?  
Examples: Be kind to yourself; remind yourself that your intention was  
always of love; tell yourself that you did the best you could.**

**1.** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2.** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3.** \_\_\_\_\_  
\_\_\_\_\_  
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## Tool #4 – Personal Empowerment



**Did you know that you are a strong and deserving individual who can achieve anything?**

- ☐ Yes
- ☐ No

**Remind yourself by physical writing these following statements:**

**1. *"I am a strong and deserving individual who can achieve anything".***

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**2. *"Nothing is impossible because I have everything I need within me".***

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**Are you ready to embrace your Personal Empowerment?**

- ☐ Yes
- ☐ No



If yes, how?

If not, why?

## Tool #5 – Receiving Guidance



**Out of the strategies listed in this tool, what ones resonate with you the most?**

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**How can you implement these strategies into your healing?**

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**Will you give yourself permission to honour yourself AND your healing process?**

- ☐ **Yes**
- ☐ **No**

**If yes, how will you do this?**

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**If no, why?**

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## Tool #6 – Action



**Are you ready to take action in healing the emotional pain you are experiencing?**

☐ Yes

☐ No

**If yes, how?**

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**If no, why?**

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**What is one (1) thing you can do today to take action?**

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**What speaks to you most strongly in this chapter of taking action?**

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## Tool #7 – Gifts of Many

**What gifts did you give to your pet?**

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**What gifts did your pet give to you?**

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**Use this space to thank your pet for what he/she has given to you. For example, you can write about happy times, laughter, love, affection, companionship. Write whatever comes to your mind. You may wish to do this as if you were writing a letter to your pet or you can also do it in point form. Do this in the way you feel the most comfortable:**

[illegible]

[illegible]



