

## Take a moment...

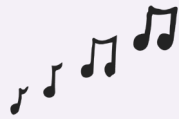
This Reflection piece is designed to help you take time to pause and reflect on your memories of the person you have lost.

Use the 12 suggested themes for daily reflection in any order that you like, either with others or in quiet solitude. Some people have a favourite photograph to hand, others play music that has happy associations, you might want to write down your thoughts and memories - just do what feels right for you. Find a comfortable space, choose the theme you want to use, light a votive candle and allow the memories to come as you rest your gaze on the flame.

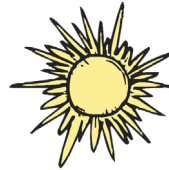
## Other ways to remember...

- Listening to favourite music
- Watching a favourite film or TV show
- Visiting their favourite pub/restaurant
- Walking in a place special to them
- Planting favourite flowers
- Cooking and sharing a favourite meal

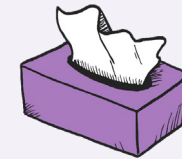
**1** A song that reminds me of you...



**2** Shared laughter...



**3** Shared tears...



**4** Things I treasure...



**5** I'll always remember...



**6** I want to say thank you for...



**7** I want to say sorry for...



**8** Other things I've left unsaid...



**9** Favourite places...



**10** Favourite photos...



**11** Things that drove me mad...



**12** Things I wish we'd done together...

