



HONORING THEIR MEMORY

**IDEAS FOR REMEMBERING AND HONORING YOUR
LATE SPOUSE OR LIFE PARTNER**

AWAKEN & RENEW GRIEF COACHING LLC

AwakenRenewCoaching.com

Honoring and Remembering Your Late Spouse

Losing your spouse or life partner is devastating. Life can feel like it has stopped, as you figure out how to navigate the world without them. Over time you may begin thinking about how best to honor and remember them. There are many ways to do this and here are some ideas.

Ideas for honoring and remembering:

1. Have a Funeral, Memorial or Celebration of Life

There are many studies that indicate having a memorial or any type of recognition for your loved one is important in the grieving process. It allows friends and family to gather, to grieve together, to tell stories and remember your late spouse. It can also help in acknowledging your loss, which is important in helping you move forward in your own grief. There are no hard and fast rules for a memorial except to honor your late spouse in the way they would have wanted to be remembered and that feels right to you.

2. Visit Their Grave or Spread Their Ashes

Anniversaries like their birthday, wedding date, etc. can be challenging. Creating space for these dates by visiting their grave, spreading their ashes or visiting the place where you previously spread their ashes can bring solace and comfort in remembering your late spouse.

3. Plant a Tree or Memorial Garden

Planting a tree or creating a garden with their favorite flowers or plants is a nice way to remember your late spouse and provides a place for reflection of the memories you shared together. Having this space can also help you to feel closer to them.

4. Create a Memory Book

Compile photographs, letters, and other mementos from your late spouse to create a memory book. This could be a scrapbook, or you can even upload your photos to a website that will generate a printed book for you to share with friends and family when they visit to remember your late spouse.

5. Donate to a Cause

Consider donating to a cause or charity that was important to your spouse or that has meaning from their death. This can be a way to honor their values and legacy by supporting others.

6. Create Traditions and Rituals

Creating traditions in honor of your late spouse can be a beautiful way to keep their memory alive and create a sense of connection with them. Create something that would have been meaningful to them or to you as a couple. For instance, preparing a special meal or recipe on significant dates, hiking a certain trail that they enjoyed, hosting an annual BBQ to remember them, or anything else that would be special to them and for you to find comfort.

7. Volunteer in Their Honor

Volunteer your time or services to a cause that was important to your spouse or has meaning from their death. This can help in honoring them by making a positive impact on others in their name.

8. Create a Memorial Fund

Establishing a Memorial Fund can be a lasting tribute to your late spouse. Consider causes that would have been meaningful to them, like animal rescue, helping children or people with disabilities. Whatever the cause, providing support to others in their honor can be very meaningful in remembering them and honoring their legacy.

9. Celebrate Significant Dates

Significant dates associated with your late spouse are often very hard as they bubble up memories and the reminder that they are no longer here to celebrate. Consider continuing to celebrate these dates in a way that is meaningful to you now. This could include hosting a gathering of friends or participating in their favorite activities. Choosing to celebrate these dates can support you in moving forward in your grief and to find meaning.



Awaken & Renew Grief Coaching

Understanding and overcoming myths around grief are part of the journey to heal from your loss and to live the life you want. You deserve to be happy, to create a life after your loss AND you deserve to be supported in your grief. I am here to help and support you, one on one, as you seek to move forward in your grief journey.

I'm Emily Curtis. I am a widow who understands the impact of loss and enduring the agony of grief. I offer grief coaching with compassion and empathy to help you move forward in your grief journey and to live the life you want to live. Every journey is unique and personal, so each program I offer is tailored to you with the goal of getting you to the other side of grief and to find joy again.

Ready to begin?

[Schedule a free 30-minute consultation](#) so we may discuss your loss and explore a program that will support you best in your grief journey.