



Weeding The Garden

Weeding requires ongoing maintenance

- It would be nice if we only needed to weed the garden once and we never needed to do it again.
- Just like gardening, being emotionally complete with your grief needs to be maintained.



Save What You Want To Keep

Similarly to gardening as you continue to Grow From Grief, you save the things you want to keep and you weed out what doesn't serve you or bring you joy.



