

PIECES OF MY *heart*

Did you get into the adult coloring pages craze a while ago? If not, try it! Coloring can be such a meditative and calming practice. If that's not your style, that's ok too. We hope you can see this practice as a way to look at how many wonderful places your heart has to hold things that are dear to you. Even though grief makes our hearts feel completely broken, maybe the goal is not to mend them into what they used to look like, rather to make a puzzle or mosaic from the pieces of our beautiful heart. Yes, it will look different, but it still holds beauty, love, and pieces of your life.

What are the different pieces that your heart holds dear?

