

WAYS TO HONOR YOUR LOVED ONE

Remember, there really is no right or wrong way to honor your loved one; do what feels right or is best for you. These are simply a few ideas:

- Plant a garden (or a single tree, plant or flower)
- Release sky lanterns on a special day
- Make a memory shadow box
- Take memorial pictures at cemetery or cremation site or with urn
- Make a scrapbook / photo scrapbook
- Take photos of something in nature that help you feel closer to your loved one
- Make a contribution in your loved one's name to your favorite charity or organization
- Start a charity or non-profit to help others
- Keep a journal and write what's in your heart
- Participate in walk/run in your loved one's name
- Plant a tree, shrub or flowers
- Do a butterfly release
- Speak his or her name to anyone willing to listen
- Write a letter to your loved one
- Make a shadow box of special items
- Make or buy a piece of jewelry (bracelet, necklace, ring)
- Take photos of something in nature that help you feel closer to your loved one (light, butterflies, flowers, sunsets, etc)
- Collect little things here and there that remind you of your loved one
- Name a star
- Paint rocks with hopeful messages/images and leave them around your neighborhood/city for others to find