

CURATING GRIEF

© Charlene Lam, Grief Coach and Curator of The Grief Gallery

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WE ARE ALL CURATORS AFTER A LOVED ONE DIES.

1. HOW DO I REMEMBER MY PERSON?

Write down all the stories, memories and qualities that come to mind when you think of your person.

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2. HOW DO I WANT TO REMEMBER MY PERSON?

Of the memories and stories you wrote down, which are the ones that represent how you WANT to remember your person? Circle them! Think of the circle like a spotlight, putting special attention and focus on those chosen memories/stories.

3. HOW DO YOU WANT YOUR PERSON TO BE REMEMBERED?

Looking at the Circled memories and stories above, identify which you want to showcase, for other people as well as for yourself. Draw a Box around the memories and stories that best represent how you want your person to be remembered.

FREE FORM BRAINSTORM

Now jot down any ideas that come up around how you might want to capture and showcase those memories. Feel free to borrow ideas shared in the presentation, or make up your own!