





Instructions for this memory book, “Take Heart: A small book honoring a great love”

The following nine pages are a printable download which you can use to celebrate the beautiful spirit of someone you love who has passed away.

When we focus on the unique memories, stories, and attributes of someone we love, we can find a place of deep love and gratitude for having experienced this amazing relationship. The time spent on these memories helps us create a celebration in our hearts.

Of course we still miss having this great love alive in our lives. But by spending time on a memory book like this, we get to have this great love alive in our hearts. I invite you to bask in that love. Let it wash over you and warm you.

How to:



1. print pages 1 + 3-10 on your color or black/white printer. You can use regular copy paper, white cardstock, or a special paper of your choice.



2. Set aside an hour or so of quiet, uninterrupted time. You may want to find a cozy space where you feel warm and safe.



3. Fill out your responses to the questions posed in this booklet. If you need more room than is provided, you can always insert extra sheets of paper in between.



4. Print out 6-8 favorite photos of your loved one. You can print copies on your own printer or use a digital photo printing service of your choice. (Google “digital photo printing” for suggestions.)



5. Feel free to add pages or more photos whenever memories or appreciations come to mind. Let this booklet soothe you. Let it help you return to the love, over and over again.



In Loving Memory

Tape or paste photo here

This book was created by:

On this Date:

In memory of:

Date + place of birth:

Date + place of death:

Things I love
and appreciate
about you



Tape or paste photo here

1

2

3

4

5

6

7

8

9

10



Things I've learned from you ...

Tape or paste photo here

1

2

3

4

5



My favorite memories of times we shared...

Tape or paste photo here

1

2

3

4

Things you always said...

Things that remind me of you...

Things you loved...





A few more memories/photos ...

Tape or paste photo here

*What you leave behind is not what
is engraved in stone monuments, but
what is woven into the lives of others.*

-Pericles

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