



A QUIET PLACE TO LAND

A guided journey through grief
for the days
when your heart needs somewhere to rest.



Introduction

Dear Friend,

If you're reading these pages, I'm so sorry for the reason they found you.

I wish we were sitting together over a warm cup of coffee instead of meeting this way. We'd probably cry a little. We'd probably laugh at a memory. And we'd remind each other that grief doesn't follow rules or timelines.

It simply shows up.

Sometimes grief is loud. Sometimes it's quiet.

Sometimes it's tears in the grocery store because you saw their favorite snack.

Sometimes it's smiling at a memory and feeling guilty for it.

Sometimes it's just making it through the day.

If you've felt any of those things, you're not doing grief wrong.

You're grieving because you loved deeply.

This journal isn't here to fix you, You were never broken.

It isn't here to rush you toward healing or tell you to "move on."

It's simply a quiet place to land.

A place to pause.

To remember.

To write.

To breathe.

Some pages will invite you to reflect.

Some will simply remind you that you're not alone.

Take what you need.

Skip what you don't.

Come back whenever your heart needs somewhere to rest.

I'm grateful you're here.

As you turn these pages, I hope you'll give yourself permission to feel whatever shows up.

There is no right way to grieve. Only your way. And today, that's enough.

The love you carry still matters.



My Story

If we were sitting together over coffee, I'd probably tell you that I never imagined I'd be writing a grief journal.

Like so many people, I thought grief was something that happened to other families—until it happened to mine.

When I lost my husband, John, my world changed in ways I never could have prepared for. There were days I couldn't recognize myself. Days I smiled and felt guilty for smiling. Days when getting out of bed felt like the biggest accomplishment of all.

People often talk about grief like it's something we eventually "get over." I haven't found that to be true. I've found that we learn to carry it.

Some days it feels light enough to walk beside us. Other days it feels impossibly heavy. And sometimes it surprises us in the middle of an ordinary grocery store because we walked past their favorite snack.

Over time, I realized something important. Grief isn't just about missing someone. It's about continuing to love someone whose life changed ours forever.

That's why I created A Quiet Place to Land.

Not because I have all the answers.
Not because I've "healed."
But because I know how lonely grief can feel.

If these pages remind you—even once—that you are not alone, then they've done exactly what I hoped they would.

Thank you for trusting me with a small part of your story.

With love,
Amy
Always Amy XOXO



Embracing the Pain

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The first days after loss can feel like trying to find your way through a place you've never been.

Some moments feel heavy.

Some feel numb.

Some leave you wondering if you'll ever feel like yourself again.

If that's where you are today, I want you to know this...

You don't have to rush through your pain.

You don't have to hide it.

You don't have to apologize for it.

This Journal is simply a place to let your heart tell the truth

Today I need to hear:

- I allow myself to feel without shame or guilt.
- My pain is real and I do not have to hide it.
- I will take one step at a time. No step is too small.
- I release the idea that grieving must look a certain way.
- I don't have to have all the answers today.
- Every emotion I feel is a step toward healing.
- I hold space for all versions of me during this time.

Let's sit with this:

- What does my grief want me to know today?
- What are the first words I think about, when my loved ones name is mentioned?
- How do I define my strength in three words.
- How can I show myself Grace everyday.



Tiny steps are still steps forward



WHEN TODAY FEELS HEAVY



Let your emotions out

- Let yourself cry, scream, write, paint — whatever helps you release emotion. Give grief a physical voice without self-judgment.

Self Care

- Do ONE thing each day for you. It doesn't matter how small or big it is. It could simply be wearing your favorite color or getting your favorite coffee in the morning.

Your Grief Journey is your own

- Your grief journey is your own, don't measure your experience against someone else's timeline or expression.

Music sings to the soul

- Music has the power to stir, soothe, and release emotion. Make a playlist that meets you where you are — for crying, reflecting, or just sitting in the feeling.

Write Love Letters

- Write to the person you lost or to yourself. Say what you never got to say, confess the hard parts, or just write down how you are feeling. Sometimes this is the best way to go through your emotions and thoughts. Put them in a little keepsake box to look back on.

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Journal Time

- Carve out a regular time to check in with your emotions. Consistency can help grief feel less chaotic and more manageable.

There is Strength in softness.



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

A detailed botanical illustration of a dill seed head. The seed head is a flat-topped umbel, composed of numerous small, dark, star-shaped seeds radiating from a central point. The stem is long and slender, with a few finely divided, feathery leaves visible near the base and along the lower part of the stem. The illustration is rendered in a dark brown or black ink on a light background.

Unfinished Conversations

There may be words you've carried in your heart for days, months, or even years.
Maybe it's something you wish you had said. Maybe it's something you say every day in your thoughts.

There are no rules here.

Write about your day.

Tell them what you miss.

Share your anger, your gratitude, your questions, or your love.

This page is simply a place to let your heart speak.

Dear _____

Love,

Me



Until Next Time



If you've made it this far, I hope these pages have reminded you of one simple truth...

You are not grieving because you are weak.

You are grieving because you loved.
Love doesn't disappear when someone dies.

It changes.
It becomes memories.
It becomes traditions.
It becomes tears, laughter, and the quiet moments when you suddenly feel them close again.

As you close this journal today, I hope you carry this with you:
You don't have to have everything figured out.
You don't have to heal on anyone else's timeline.
You don't have to stop loving them to keep living your life.
You are allowed to miss them.
You are allowed to smile.
You are allowed to build a beautiful life while carrying their love with you.
If your heart feels heavy tomorrow...

Come back.

These pages will be waiting.

And so will I.

With love,
Amy
Always Amy XOXO ♡



Continue Your Healing Journey.



Coming soon from Always Amy XOXO:



Guided Grief Journals



Printable Affirmation Cards



Reflection & Coffee Companion Journals



Letter Writing Journals



Memory Journals



Holiday Grief Companions



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