

20 GEMS FOR GRIEVING WELL

A personal gift from Angel Inokon
to help you heal and find hope.

ANGEL INOKON





HEY, I'M ANGEL

We've talked before about how to build a brand, and of course, there are many ways to do so.

But this e-book is going to focus on the online aspect of building a brand. We'll talk about how you can start building your online presence by creating an account on social media platforms.

LET'S DO IT!



Angel



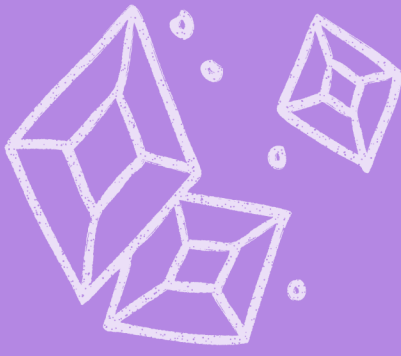


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01

grief

/grēf/

DEFINITION:

Grief is what we go through when we lose someone or something we love. It brings up all kinds of feelings—sadness, anger, pain—but it's how we find our way back to healing over time.

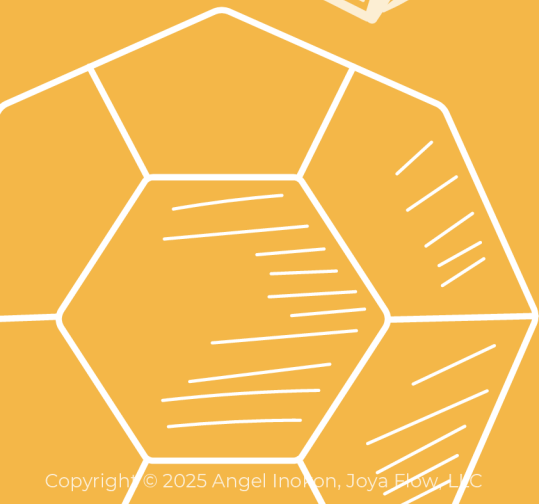


02

INTRO TO THE GEMS

Grief can feel heavy, like carrying a bag of stones. But within those stones, there are hidden gems—small truths and moments that can help you heal and find your way forward. These gems were discovered in life's hardest moments, and they're here to remind you that even in grief, there's something precious to hold onto. Let's uncover them together

LET'S DO IT!



03

20 GEMS FOR GRIEVING WELL

1

THE WAY I ALLOWED GOD IN AFFECTED HOW I HEALED

Letting God into my grief wasn't easy, but it changed everything. When I stopped pushing Him away and started leaning on His comfort, I found strength and healing I didn't know was possible.

2

ALLOW GOD TO TAKE YOU IN HIS ARMS AND HOLD YOU

Sometimes, you just have to stop fighting and let God hold you. In His arms, the weight of pain feels lighter, and there's peace that only He can give.

3

DAD DYING WAS NOT ABANDONING ME

Losing my dad felt unbearable until I saw it through a lens of love. His passing wasn't abandonment; it was God's kindness, giving him rest after so much heartache.

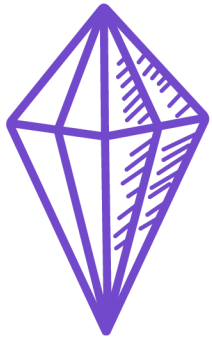
4

CHERISH THE FAMILY YOU HAVE

Grief reminds us to hold our loved ones close. It teaches us to cherish every moment and strengthen the bonds we still have.



20 GEMS FOR GRIEVING WELL (CONT'D)



5

SO MANY THINGS WOULD NOT HAVE HAPPENED

Sometimes, loss opens the door to unexpected blessings. Reflecting on those changes can help us see the good that came from the pain.

6

I DON'T HAVE AN ANSWER AND I'VE GOT TO KEEP MOVING FORWARD

Not everything in grief makes sense, and that's okay. Keep moving forward, trusting that clarity will come in time.

7

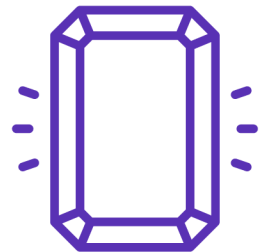
KEEP A SOFT HEART TO THE LORD

Grief can harden your heart if you let it. Choosing to stay open to God's love allows healing to flow in.

8

GOD IS GOING TO RESTORE ALL THINGS

In the midst of grief, hold tight to God's promise of restoration. He is master of all and has a good plan for us.



9

YOUR GRIEF IS IMPORTANT TO ME, I WILL GRIEVE TOO

God grieves with us. He doesn't rush us through the pain but sits with us in our sorrow, showing His love.

20 GEMS FOR GRIEVING WELL (CONT'D)



10

THE THREE GRIEFS: PAST, PRESENT, AND FUTURE

Grief isn't just about the person you lost. It's also about missing what was, mourning what is, and letting go of what could have been.

11

HEALTHIEST WAY TO GRIEVE IS TO LET YOURSELF FEEL IT

Healing starts when you let yourself feel. Stop, Recognize it, Experience it, and Move on. Honor emotion as it comes up.

12

GRIEF WILL WAIT FOR YOU

Grief doesn't go away if you ignore it. It patiently waits for the moment you're ready to face it and heal.

13

DEAL WITH YOURSELF KINDLY

Deal with grief in the kindest way for yourself, whatever that looks like for you, whether it's going to church, or a therapist. Find a way of dealing with it.

14

JUST SIT

Sometimes, the most powerful thing you can do for someone grieving is to just sit with them. Your presence speaks volumes.



20 GEMS FOR GRIEVING WELL (CONT'D)

15

NEVER THE SAME

Grief changes you, but that change isn't always bad. It can lead to strength, growth, and a deeper understanding of life.

16

THERE IS NO RIGHT OR WRONG WAY TO GRIEVE

Grief is your journey, and no one else gets to set the rules. There's no timeline or "right" way to process it.

17

FOR EVERY TEAR THERE'S A BIT OF CELEBRATION

Grief and joy can exist together. For every tear you cry, there's a moment of celebration for the life you were blessed to know.

18

YOU'VE LOST A GOOD THING

When you grieve, you honor the goodness of what you've lost. It's okay to feel the depth of that loss.

19

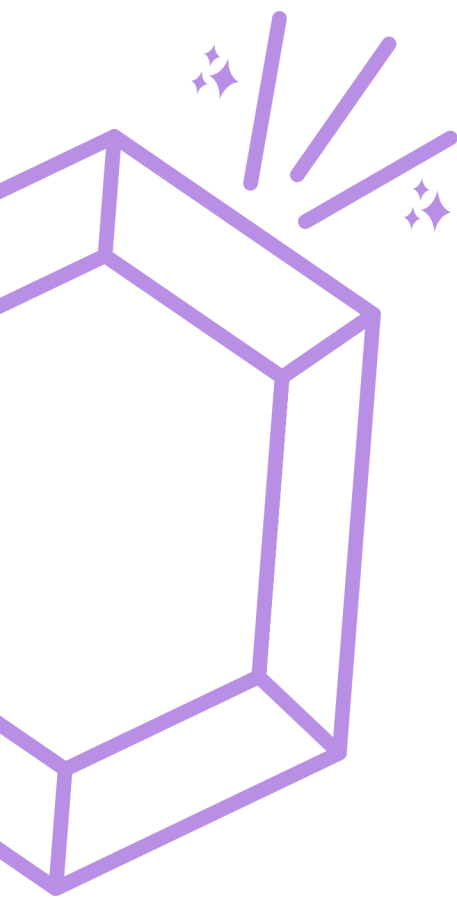
SUFFER WELL

Grief teaches us how to suffer with grace. It's in those hard moments that faith and character grow.

20

TALKING TOGETHER MADE IT BETTER

Talking with others who understand creates connection and makes the load a little easier to bear.



YOUR NOTES:

04

grief will wait for you

05

GIFTS FOR THE GRIEVING

MY CURATED LIST OF THINGS I LOVE WHEN GRIEVING

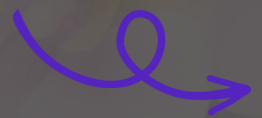


I'VE COLLECTED 4 AND 5 STAR ITEMS TO WARM AND SOOTH. VISIT MY AMAZON LIST.

[HTTPS://AMZN.TO/4GXL0TD](https://amzn.to/4GXL0TD)

IT WAS VERY HELPFUL TO HAVE WARMTH WHEN GRIEVING. I LOVED HEATED BLANKETS, SPICY POTS OF TEA AND CALMING ESSENTIAL OILS. I KEEP THE LIST UPDATED TO REFLECT NEW PRODUCTS AND SALES

OH THERE'S MORE



THE GEMS AS GIFTS!



**YOUR FAVORITE
GEMS ARE
AVAILABLE TO BUY.**

WE HAVE:

- JOURNALS
 - MUGS
 - HOODIES (COMING SOON)
 - T-SHIRTS (COMING SOON)
 - BLANKETS (COMING SOON)
 - WALL ART (COMING SOON)
- AND MORE**

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Pray.
Rest.
Repeat.

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EMOTIONS WITH THESE
UNIQUE WEIGHTED
FLAGS.

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NOW
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GRIEF10 AT CHECKOUT
WHILE SUPPLIES LAST.

joya



THANK YOU FOR READING!

Real gems don't start out perfect, and neither does healing.

Let these treasures guide you as you navigate your healing journey.

Let me know how this has impacted you. If you need help please reach out to me. We're stronger together.

Stay in touch -- Subscribe to my channel for more great content.

Angel

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