



# *Road to Freedom*

## **Week 2 - Loss & Grief**

### **Instructions**

Find a quiet spot and answer the questions as best you can. They are for your benefit in the healing process. For all participants - online, Mastermind, and Elite One-on-one Coaching, you will post in the group that you have completed it and we will celebrate your progress. For Mastermind and Elite Coaching, please keep for reference during our Coaching via Zoom.



Name the 7 stages of Grief

What losses have you had and when? What stages of grief can you see where you walked through them or are in them or were in them?

What losses could be considered Exterior Losses?

What Interior Losses come to your mind? When, if known, did each occur?