Image via [Pexels](https://www.pexels.com/photo/an-emotional-woman-crying-while-hugging-another-person-6565235/)

**Productive Plans to Help You Process Grieving**

Losing a loved one can still devastate you even if the loss was expected. You may feel like you will never be yourself again, but it is possible to deal with your grief and move forward. While it is tempting to repress your feelings and push through, you [need to process your grief](https://www.washington.edu/counseling/resources-for-students/healthy-grieving/) and then set realistic goals to move yourself out of despair and into life after your loss. In this article, [Artful Memorials](https://artfulmemorials.com/) shares some steps you can take to begin to heal.

**Make Amends in Broken Relationships**

Death can remind you that anyone could be gone tomorrow, robbing you of the chance to mend old wounds [and offer overdue apologies](https://issuesiface.com/magazine/5-apologies-that-always-work). A simple "I'm sorry" may be enough, but you may have to plan your words more carefully if the issues that led to a rift are complicated. [Pay attention to your body language](https://www.lifeintelligence.io/blog/the-power-of-im-sorry-offering-forgiveness-to-others-and-yourself), which experts determine is crucial to how an apology is accepted.

Always acknowledge your role in the split. Express your desire to change an offensive behavior and ask for forgiveness. Focus on restoring peace, not on being right. Of course, you shouldn't condone toxic behavior or reattach to people who damage your mental and emotional well-being. Be satisfied in doing your part to make peace and accept the circumstances if the other person isn't ready or refuses to engage in a healthy relationship.

**Find a More Rewarding Career**

Life is too short to waste the bulk of your working years in a job you hate. Create a career path plan that directs you toward the work you love. You may not be able to switch jobs immediately, but practical steps to prepare for a job change can inspire you. Simplify resume writing using a resume creator and free templates in which you can paste your job history and skills. Add a few images and photos and use a [color scheme](https://enhancv.com/blog/color-on-resume/) that grabs the recruiters' attention.

But before you send your new resume, let a few trusted friends look it over first. Make this process easy [by the use of a PDF editor online](https://www.adobe.com/acrobat/online/pdf-editor.html). With this tool, you can upload the file and send it to friends, who can then add comments, highlight sections, and leave you virtual sticky notes directly on the document before they send it back.

**Start an LLC in Your Loved One's Honor**

Honor your loved one's passions and life's work by starting a business that reflects one of their passions or supports a cause that was dear to them. For instance, if your loved one was passionate about baking, you could use their recipes to start a corner bakery. Or if they supported childhood literacy, you could open a bookstore or a tutoring center. Start by thinking through what you want to do to honor them, and then develop a [business plan](https://www.shopify.com/blog/business-plan) that will prompt you to think through all of the details.

In your business plan, you’ll need to articulate what your business will do, where you will get your funding, and how you will market your goods and services. You’ll also need to decide on a business structure. Although there are four common ones, the LLC (limited liability company) is most common. Starting an [LLC Minnesota](https://www.zenbusiness.com/minnesota-llc/) requires only five steps, which a formation service can help you to complete. When you’re done, you’ll enjoy personal asset protection along with tax incentives.

**Start Memorial Rituals**

Funeral plans are detailed and extensive as you ensure your loved one's final resting place is serene and appropriate. If they have chosen to be cremated, you may also need to decide what to do with their remains. Some people ask loved ones to scatter their ashes in a place that was significant to them. But if you choose to keep your loved one’s remains, consider selecting an urn from [Artful Memorials](https://artfulmemorials.com/product-category/cremation-urns/) that reflects their loves and passions.

While these decisions are difficult, they can help you through your healing. Scheduling [memorial routines can offer an outlet](https://www.choosingtherapy.com/grief-rituals/) for your feelings, leaving room to cope with the rest of life's challenges.

Your rituals don't have to bear spiritual or religious significance to be valuable and healing. Instead of wallowing in the grief, you can celebrate your loved one's life. Try some of these ideas:

* Enjoy a special meal that your loved one liked preparing or eating.
* Fill a scrapbook with memorabilia from their life.
* Watch their favorite movie.
* Carry a token that reminds you of them.
* Listen to their favorite music.

**Make Healthy Steps Towards Personal Growth**

It can be difficult to see beyond your grief, especially in the time closest to losing your loved one. However, taking steps to honor your loved one can help you to say goodbye while also keeping them close to you every day. And as hard as it can be, the person you lost would want you to move forward, so develop some healthy plans that can support your personal healing and growth. Then, start taking steps – even if they are small ones – to pursue those goals. While you will always miss your loved one, you will be able to think of them fondly and know that they would be proud of who you are and what you have accomplished.